

What's on? Activities

The Bank, July 2025

CN4C offers many ways for the community to come together & they are all completely free!

Mondays	09:30 - 12:30	Cyanotype Printing	Join us at the allotment on the 7 th to create striking blue prints using sunlight and natural materials.
	10:00 - 12:30	Brenay Common with CWT	Explore the wild with us on 21 st - pond dipping and nature spotting. Booking required. Ability to walk is essential.
	11:00 - 13:00	Job Club	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
	13:00 - 15:00	Nature Club with CWT	Join Cornwall Wildlife Trust to create some art with nature. Running on 7 th
	14:00 - 16:00	Making Ends Meet	Drop in on the 14 th for a cuppa and a chat! Find out about the cost of living and what support is available. Everyone welcome
Tuesdays	10:00 - 14:00	Beach Day with CWT	A relaxed walk from Par to Spit Beach on 15 th with sensory mapping along the way. Adults only. Booking required.
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	10:00 - 14:00	Affordable Food Club	A subscription based food larder.
	10:30 - 14:00	SWAP shop	Come and exchange any household items for other items you may need.
	10:30 - 14:00	Time2Move Splash & Munch!	Jump in for a fun swim with your family on 29 th , then enjoy a yummy, healthy lunch together. Booking required.
	12:00 - 14:00	Community Lunch	Good food and a friendly chat. No booking required. Advice and Guidance available.
	13:00 - 15:00	Health Checks	30 minute health checks run by Healthy Cornwall. Every fourth Tuesday. Book in advance. Eligibility criteria applies.
	13:00 - 15:00	Stop Smoking Clinic	20 minute appointments run by Healthy Cornwall. Running every second Tuesday. Book in advance.
Wednesdays	14:00 - 16:00	Crafty Chat	Fun craft sessions with a friendly chat. No booking required.
	18:00 - 19:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 13:00	Time2Move Little Chefs	Come have fun in the kitchen on the 31 st and make something tasty! Then tuck into a yummy, healthy lunch. Booking required
	10:00 - 16:00	Kernow Recovery Community	A friendly space for people in recovery and support services to chat and connect. Drop in.
	11:00 - 13:00	Kernow Recovery Jam Session	Jam session with Kernow Recovery Community. Starting on 3 rd . Instruments provided. Running fortnightly. Drop In.
	13:00 - 15:00	Leather Workshop	Leather workshop for beginners, equipment provided, drop in. Starting on 3 rd June.
	14:00 - 16:00	The HELP Drop-in	Safe space. Everyone welcome! Information, Advice and Guidance available.
Fridays	10:00 - 12:00	St Awesome Breakfast Club	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	10:30 - 14:00	SWAP shop	Come and exchange any household items for other items you may need.



What's on? Courses

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Mondays	09:30 - 12:30	Planting & Preparing for Spring	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	14:00 - 16:00	Empowerment through Research	Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!
Wednesdays	10:00 - 14:00	Fresh Spring Flavours: Cooking & Eating Well	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	10:00 - 13:00	Next Steps in Digital Skills	Bridging the digital divide. IT course. Booking required.

We offer three different personal development training courses. Details below. Register your interest now!

Adverse Childhood Experiences

Pre-Assessment included. 10 week course.

Negative or Adverse Childhood Experiences (ACEs) can affect the life you are living now. They can keep us fixed to the past, and have ongoing effects throughout adult life. But we can do something about this. Do you want to understand more about how these experiences may be affecting you? Join us on "ACEs recovery" to explore how we can start to move forward from these experiences

SPACE Supporting Parents and Children Emotionally

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. This is a 4 session, face-to-face programme.

HOPE Help Overcoming Problems Effectively

HOPE is a programme to help people build confidence to self-manage their health conditions. This could include: Physical health e.g. pain relief. Mental ill-health issues such as anxiety, stress, and depression. Discover how to use relaxation techniques to refresh your mind and body. Learn how to make plans and achieve goals that can help you make changes for the better.