

What's on? Activities The Elms, April 2025

Mondays	9:30 - 14:30	Meet your CHWW worker	Meet your Community Health and Wellbeing Worker. Running on 14th & 28th. Pool Family Hub, behind Treloweth.
	9:30 - 11:30	Tiny Tots	Playgroup for under 5's and their parent/carer. Running on 7th & 21st. Pool Family Hub, behind Treloweth School.
	9:30 - 12:30	Rise & Thrive	Enrichment group - hands-on activities for those not attending school including crafts, cooking and trips out.
	10:00 - 14:00	Time2Move Personal Safety	Running on 14 th . Children's personal safety and self defence workshop. Lunch provided. Booking required.
	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	12:00 - 14:00	Health Coaching	Appointments or drop-ins available. Run by Healthy Cornwall. Optional weigh in available.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
Tuesdays	10:00 - 11:00	Navigating SEN: Parent Support Hub	Coffee & chat group for parents with SEN young people (aged 15-24) for support, advice, or to connect with other parents.
	09:30 - 11:30	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 12:00	Bright Future's Drop In	Drop-in information session for parents to help shape our support for a new course for 12-16yr olds. Running on 16 th .
	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided.
	13:00 - 15:00	Woman Kind (Spring Term)	Our women's peer support group. Safe supportive space for all women. No booking required.
	16:00 - 18:00	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 12:00	HELP Drop In with Coodes Solicitors	Drop in for advice and guidance , anything from housing to benefits. Free legal consultations on 3rd & 17th from Coodes.
	10:00 - 13:00	Health Checks	60 minute health checks run by Healthy Cornwall. Booking in advance required.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required.
Fridays	10:00 - 12:00	Chilled Art Group	Bring your own craft project and enjoy a relaxed, social space to create! Limited materials and prompts available.
	10:00 - 14:00	Time2Move Easter Fun & Fitness	Running on 11th. Enjoy an Easter egg hunt, games, and more. Children will bake their own bread. Booking required.
	10:00 - 17:00	Time2Move St Michaels Mount	Day out on 18th for children exploring St Michaels Mount. Fully booked. Lunch provided.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 13:00	Why Don't You? Club	Fully accessible family activities for children aged 5-16 designed to be enjoyed by all. Booking required.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.

The Elms

Drump Road

Pennoweth



What's on? Courses

The Elms, April 2025

Tuesdays	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.
	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	13:00 - 15:00	Next Steps in Digital Skills	Bridging the digital divide. IT course. Booking required.
	17:00 - 19:30	HOPE for Spring: Managing Health & Stress	Learn how to self-manage your health conditions. Start date to be confirmed. Booking required.
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	10:00 - 14:00	Fresh Spring Flavours: Cooking & Eating Well	Learn some new cooking skills and enjoy your food afterwards. Booking required. Resuming on the 24th.
	17:00 - 19:30	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
Fridays	12:30 - 16:30	Empowerment through Research	Collaborative issue-solving in our community and understanding perspectives.

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.