

What's on? Activities The Bank, August 2025

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

Mondays	10:00 - 12:30	Pontsmill Woodland Walk	Pontsmill/Black Hill woodland walk with CWT, bug hunting. Families welcome. Booking required. Running on 4 th .
	10:00 - 12:30	Spit Beach with CWT	Identify what's in your local rock pools! Families welcome but not suitable for pushchairs. Booking required. Running on 18 th .
	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 & 21 st .
Tuesdays	10:00 - 13:00	Time2Move Safe & Sound	Fun personal safety session for kids. Picnic lunch. Booking required. Running on 19 th .
	10:00 - 14:00	Woodland Day with CWT	Exploring, identification of wildlife and sensory mapping. Booking required. Adults only. Running on 12 th .
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available only on 4 th .
	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.
	11:00 - 13:00	Time2Move Play & Power Up!	Soft play session at St Austell Leisure Centre. Lunch provided. Running on 5 th . Now fully booked.
	11:30 - 14:30	Time2Move Brunch & Breathe	Brunch at the park, then enjoy some yoga with Emma from Lovely Yoga Cornwall. Booking required. Running on 12 th .
	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	18:00 - 19:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 13:00	Time2Move Create & Slime!	Craft and Slime making workshop at The Bank. Lunch provided. Running on 14 th . Booking required.
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	10:00 - 16:00	Time2Move Godolphin Trip	Join us exploring Godolphin House with the National Trust. Lunch provided. Booking required. Running on 7 th .
	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. Running on 7 th and 21 st . Instruments provided. Drop In.
	13:00 - 15:00	Leather Workshop	Leather workshop with Kernow Recovery for beginners, equipment provided, drop in.
	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.
Sundays	12:00 - 17:00	Time2Move Sun, Sand & Freedom	Celebrate UKR independence day with lots of beach fun and a picnic at Carlyon Bay. Running on 24 th . Booking required.



What's on? Courses The Bank, August 2025

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

Mondays

14:00 - 16:00

Empowerment through Research

Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!

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

Positive & 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 "PAACE Trauma 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.

**Fill in a contact form by
scanning the QR code**

