



What's on?

Activities The Elms, October 2025

Mondays	9:30 - 11:30	Tiny Tots	Playgroup for under 5's and their parent/carer. 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.
	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	09:30 - 11:30	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Come and enjoy a story, rhymes, and gentle play in a warm and friendly atmosphere.
	13:30 - 15:00	Woman Kind	Our women's peer support group. Safe supportive space for all women. Introduction/referral needed.
	19:00 - 20:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 12:00	Drop In with Coodes Solicitors	Free legal consultations on 2 nd , 16 th and 30 th from Coodes Solicitors.
	10:30 - 12:30	HELP Crisis Drop In	Drop in for advice and guidance with our team every week.
	10:00 - 13:00	Health Checks	Health checks by Healthy Cornwall on 16 th October. Booking in advance required. Eligibility criteria applies.
	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. Weather dependant.
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.
	12.30-15:00	VIVA Co-Design Group	Join the VIVA group to talk about what really matters to you, and challenge the systems that don't work for people.
	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.





SUPPORTED BY
**The
Community
Hub Network**

**Cornwall
Neighbourhoods
for Change**

What's on?

Courses The Elms, October 2025

Mondays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
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Wednesdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	10:00-12:00	PAACE - Trauma Recovery Course	Learn how childhood trauma affects adults and ways to recover from it.
Thursdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	14:00 - 16:00	Digital Basics	Improve your digital skills and confidence with our beginners course.
Fridays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Saturdays	13:30-16:00	HOPE Programme 6 week Course	Learn to take a positive approach to looking after yourself with our trained facilitators. Booking required

Coming Soon!

True You: Unlock your Best Self

Learn simple ways to care for your hair, skin and nails to boost confidence and feel your best.

HOPE 6 week programme

Join the next group on the 6 week HOPE programme.

Community Kitchen: Cooking Together, Learning Together

Learn to cook budget friendly seasonal food and make meals for our community members

Digital Basics 2026

Join the next course to improve your skills and build your confidence!