


What's on? The Bank, May 2024

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

Mondays	09:30 - 12:30	On the Plot	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	10:30 - 12:30	SPACE	10 week course for parents who wants to better understand and support their children's emotions, as well as their own.
	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided. Drop in, no booking required.
	11:30 - 13:30	Job Club	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
	14:00 - 16:00	St Awesome Community Design	Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!
Tuesdays	10:00 - 12:00	Disability Employment Advice	Disability Employment Advisor from St Austell Job Centre. Drop in or appointments available on 14th & 28th.
	10:00 - 13:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	12:00 - 14:00	Community Lunch	Good food and a friendly chat. No booking required. Advice and Guidance available.
	13:00 - 15:00	Affordable Food Club	A subscription based food larder.
Wednesdays	10:00 - 14:00	Affordable Food Club	A subscription based food larder.
	10:00 - 15:00	Cook Well, Eat Well	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	14:00 - 16:00	Crafty Chat	Fun craft sessions with a friendly chat. No booking required.
	14:00 - 17:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
Thursdays	12:00 - 16:00	Non Accredited ESOL	Non accredited ESOL (English for Speakers of Other Languages) course. Booking required.
	14:00 - 16:00	The HELP Drop-in	Safe space. Everyone welcome! Information, Advice and Guidance available.
	13:00 - 16:00	Mental Health Drop-in	Drop-in service with a Mental Health Nurse Practitioner for those registered with St Austell Health Care. Starts 9th May.
	19:00 - 21:30	A Band of Brothers	Mentoring group for men aged 18-25 living in supported housing or at risk of entering the criminal justice system
Fridays	12:00 - 14:00	Lunch Club and Advice	Good food and a friendly chat. Advice and Guidance available. No booking required.
	12:00 - 15:30	UKR Safe Space	Ukrainian Safe Space. Lunch provided. No booking required.
	13:00 - 15:00	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
Saturdays	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.
	13:30 - 16:30	The HOPE Programme	A 7 week course to help build confidence to self-manage health conditions. Register your interest now!
	14:00 - 17:00	Art Relax Therapy	Come and create art in a relaxing environment. Booking required.

Bringing communities together

Cornwall Neighbourhoods for Change 

We offer crisis and job support, activities, courses and social groups for all ages, and so much more!

A Warm Welcome

Hot food, company and advice and guidance are available 6 days a week all winter

Social Meals and Cooking

Grow, harvest, cook and eat meals together

Career Progression

Guidance and financial support for career progression

Crisis Support

Basic needs and emergency advice and guidance for food, housing and homelessness, fuel, benefits, wellbeing and access to services

Clubs and Activities

Community-designed useful, and fun activities that bring people together to learn and share. Just Be;, Warm Tums, Yoga, Walking Groups and many more

Ukrainian Support

Make friends at our weekly Ukrainian safe space or pop in for some advice and guidance

Learning

Fun learning and skills, from entry-level to professional qualifications. Starting you on your journey or helping you to progress

TOAST

A learning and work experience programme for brave young people who can't attend school or college but want to find a future path

Families

Our "Why Don't You..?" Club will support families and inspire aspiration and achievement

Coaching Conversations

1-2-1 support with your wellness, learning or work journey