

What's on? Activities

The Bank, November 2025

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

Mondays	09:00 - 17:00	St Awesome	We are open 9am to 5pm for appointments with the team to talk about what matters to you.
Tuesdays	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.
	12:00 - 14:00	Community Lunch	Good food and a friendly chat. No booking required. Advice and Guidance available.
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	09:00 - 17:00	Santander Community Advice	Community banking advice from Santander.
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	13:00 - 15:00	Health Checks & Stop Smoking Clinic	Health Checks or Stop Smoking support with Healthy Cornwall. Booking essential.
	14:00 - 16:00	The HELP Drop-in	Information, Advice and Guidance on what matters to you. Drop in and chat with our team.
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

The Bank, October 2025

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

Mondays	11:00 - 12:30	Stronger Together	Join our 10 week course from 6th October for simple tips to eat well, feel good and stay independent.
Thursdays	10:00 - 12:00	Digital Basics	Improve your skills and build your confidence with our beginners course - sign up now!

Coming Soon!

HOPE

A 6 week course where you can learn a positive approach to looking after yourself.

Community Kitchen: Cooking Together, Learning Together

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

Digital Basics: 2026

Improve your digital skills and your confidence with our beginners course in the new year.