


What's on? The Elms, February 2024

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

Mondays	10:00 - 12:00	Creative Writing (Online)	Online session. Unleash your creativity! Booking required.
	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	13:30 - 16:00	Creative Writing	Unleash your creativity! Face to face session. Booking required.
	13:30 - 15:30	Join the Ride	Bike riding group. Bring your own bike or use of ours. First session on 5th Feb - Bike Maintenance Session.
	14:00 - 16:00	Healthy Cornwall Weigh In	Health and Wellbeing advice with an optional weigh in. Drop in, open to everyone.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends.
	18:00 - 21:00	The HOPE Programme	A 7 week course to help build confidence to self-manage health conditions. Booking required. Starting on 26th Feb.
Tuesdays	09:30 - 13:30	On the Plot (Pengegon Allotment)	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	11:00 - 14:00	The Magic Cupboard	A subscription based food larder.
	13:30 - 15:30	Multiply Workshop	Become more confident with numbers, or work towards a full level 2 Maths qualification.
	14:00 - 15:30	Fix It Club	Learn new skills and give your old pieces of loved clothing a new lease of life. No booking required.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided. Drop in, no booking required.
	16:00 - 18:00	Just Be;	A space for young people, with food, activities and on-hand advice. Drop in, no booking required.
	19:00 - 20:30	Georgia's Voice Women's Group	Caring, non-judgemental group to chat, or just listen for young women aged 18-25.
Thursdays	10:00 - 15:00	Cook Well, Eat Well	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre.
Fridays	10:00 - 12:30	Chilled Arts Group	Bring your own arts and crafts projects, tea and biscuits provided.
	12:00 - 16:00	Community Designers	Collaborative issue-solving in our community and understanding perspectives.
	13:00 - 16:00	Community Larder	Groceries and 1-1 support to people experiencing hardship.
	15:00 - 16:30	Games Galore	Fun and friendly competition as we dive into a world of board games. Drop in, no booking required.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 14:00	Why Don't You? Club	Fully accessible family activities designed to be enjoyed by all. Booking required. Only running 3rd, 10th, 12th and 24th.
Sundays	11:00 - 14:30	Fix it Club with Make A Mends	Give your old pieces of loved clothing a new lease of life. Social Sunday lunch. Booking required.
	12:00 - 14:00	Social Sunday	Good food and a friendly chat. 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 7 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

Food Larder

Fresh food and veg as well as toiletries for those in need

Ukrainian Support

Make friends at our weekly online conversational English lessons or pop in for some advice and guidance

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

Families

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

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

Coaching Conversations

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