



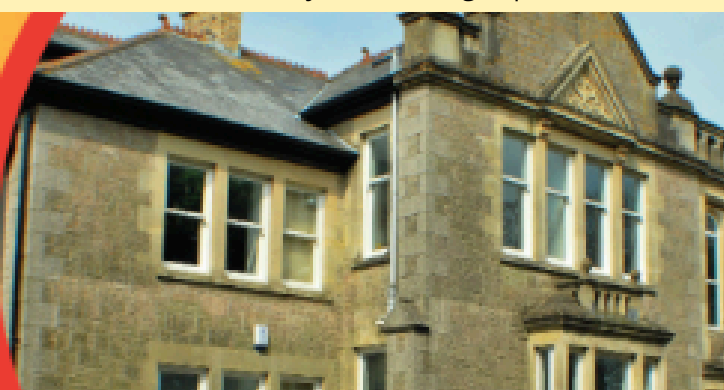
# What's on? Activities

## The Elms, August 2025

<b>Mondays</b>	<b>9:30 - 11:30</b>	<b>Tiny Tots</b>	Playgroup for under 5's and their parent/carer. Pool Family Hub, behind Treloweth School.
	<b>9:30 - 12:30</b>	<b>Rise &amp; Thrive</b>	Enrichment group - hands-on activities for those not attending school including crafts, cooking and trips out.
	<b>11:00 - 14:00</b>	<b>Community &amp; Our Services Day</b>	Fun interactive wellbeing event at Redruth Rugby Club. See flyer for more details. Running on 4 <sup>th</sup> .
	<b>11:00 - 14:00</b>	<b>Community &amp; Heritage Day</b>	Fun interactive wellbeing event at East Pool Mine. See flyer for more details. Running on 11 <sup>th</sup> .
	<b>11:00 - 14:00</b>	<b>Arts Day</b>	Fun interactive wellbeing event at The Elms. See flyer for more details. Running on 18 <sup>th</sup> .
	<b>12:00 - 14:00</b>	<b>Health Coaching</b>	Appointments or drop-ins available. Run by Healthy Cornwall. Optional weigh in available.
	<b>15:00 - 16:30</b>	<b>Cuppa Companions</b>	An opportunity to meet new people and make new friends. Drop in.
<b>Tuesdays</b>	<b>09:30 - 11:30</b>	<b>The Magic Cupboard</b>	A subscription based food larder.
<b>Wednesdays</b>	<b>10:00 - 13:00</b>	<b>Warm Tums</b>	Under 5s & parent/carer group. Come and enjoy a story, rhymes, and gentle play in a warm and friendly atmosphere.
	<b>13:00 - 15:00</b>	<b>Woman Kind (Summer Time)</b>	Our women's peer support group. Safe supportive space for all women. Introduction/referral needed.
	<b>19:00 - 20:30</b>	<b>Georgia's Voice</b>	Fortnightly mental health support group for young women aged 18-25.
<b>Thursdays</b>	<b>10:00 - 12:00</b>	<b>HELP Drop In with Coodes Solicitors</b>	Drop in for advice and guidance. Free legal consultations on 7th & 21st from Coodes Solicitors.
	<b>10:00 - 13:00</b>	<b>Health Checks</b>	60 minute health checks run by Healthy Cornwall. Booking in advance required. Eligibility criteria applies.
	<b>11:00 - 12:00</b>	<b>Puffalots (Illogan)</b>	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	<b>14:30 - 16:30</b>	<b>The Wanderers</b>	Walking group leaving from The Elms to various places. Booking required. Weather dependant.
<b>Fridays</b>	<b>10:00 - 12:00</b>	<b>Chilled Art Group</b>	Bring your own craft project and enjoy a relaxed, social space to create! Limited materials and prompts available.
	<b>10:00 - 13:00</b>	<b>Time2Move FundaMedics</b>	Fun, hands-on first aid class for kids! Lunch provided. Booking required. Running on 8 <sup>th</sup> .
	<b>10:00 - 16:00</b>	<b>Time2Move Waves &amp; Wildlife</b>	Trip to Lizard Wireless Station & a seaside picnic, kids aged 6+, lunch and transport provided. Running on 22 <sup>nd</sup> .
	<b>11:00 - 14:00</b>	<b>Wheal Harmony Wellbeing Event</b>	Fun with literacy wellbeing event, please see flyer for more details. Running on 1 <sup>st</sup> .
	<b>11:00 - 14:00</b>	<b>Together in the Park Fun Day</b>	Fun day with info stalls, ice cream van, glitter tattoos, bouncy castle and more! Moorfield Park, Pool on 29 <sup>th</sup> . See flyer.
	<b>17:00 - 19:00</b>	<b>Friendly Friday</b>	Good food and a friendly chat. Booking required.
<b>Sundays</b>	<b>12:00 - 14:00</b>	<b>Social Sunday</b>	Good food and a friendly chat. Booking required.

**Curnow School**

Drump Road





SUPPORTED BY  
**The  
Community  
Hub Network**

**Cornwall  
Neighbourhoods  
for Change** 

# What's on?

## Courses The Elms, August 2025

<b>Fridays</b>	<b>12:30 - 15:30</b>	<b>Empowerment through Research</b>	Collaborative issue-solving in our community and understanding perspectives.
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**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**

