

# What's on? The Bank, December 2023


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

<b>Mondays</b>	<b>11:30 - 13:30</b>	<b>Job Club</b>	Discover new job opportunities and find the employment right for you. Last session on 18th December.
<b>Tuesdays</b>	<b>10:00 - 15:30</b>	<b>Community Lunch</b>	Good food and a friendly chat.
	<b>10:30 - 12:30</b>	<b>Disability Employment Advice</b>	Disability Employment Advisor from St Austell Job Centre. Drop in or appointments available. Only on 19th & 22nd.
	<b>10:00 - 14:00</b>	<b>St Petrocs</b>	Offering homelessness advice. Drop in and appointments available.
	<b>11:00 - 14:00</b>	<b>Affordable Food Club</b>	A subscription based food larder.
	<b>16:00 - 19:00</b>	<b>Christmas Party</b>	Christmas Party on 19th December with Santa's Grotto! Booking required.
<b>Wednesdays</b>	<b>10:00 - 14:00</b>	<b>Affordable Food Club</b>	A subscription based food larder.
	<b>10:00 - 15:00</b>	<b>Cook Well, Eat Well</b>	Learn some new cooking skills and enjoy your food afterwards. Last session on 13th December.
	<b>14:00 - 16:00</b>	<b>Crafty Chat</b>	Fun craft sessions with a friendly chat.
<b>Thursdays</b>	<b>14:00 - 16:30</b>	<b>The Hub Drop-in</b>	Safe space. Everyone welcome! Information, Advice and Guidance available.
<b>Fridays</b>	<b>12:00 - 15:30</b>	<b>Lunch Club and Advice</b>	Good food and a friendly chat.
<b>Saturdays</b>	<b>14:00 - 17:00</b>	<b>Art Relax Therapy</b>	Come and create art in a relaxing environment. Booking required.



**St. Austell**  
St Austell Community Bank

# 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