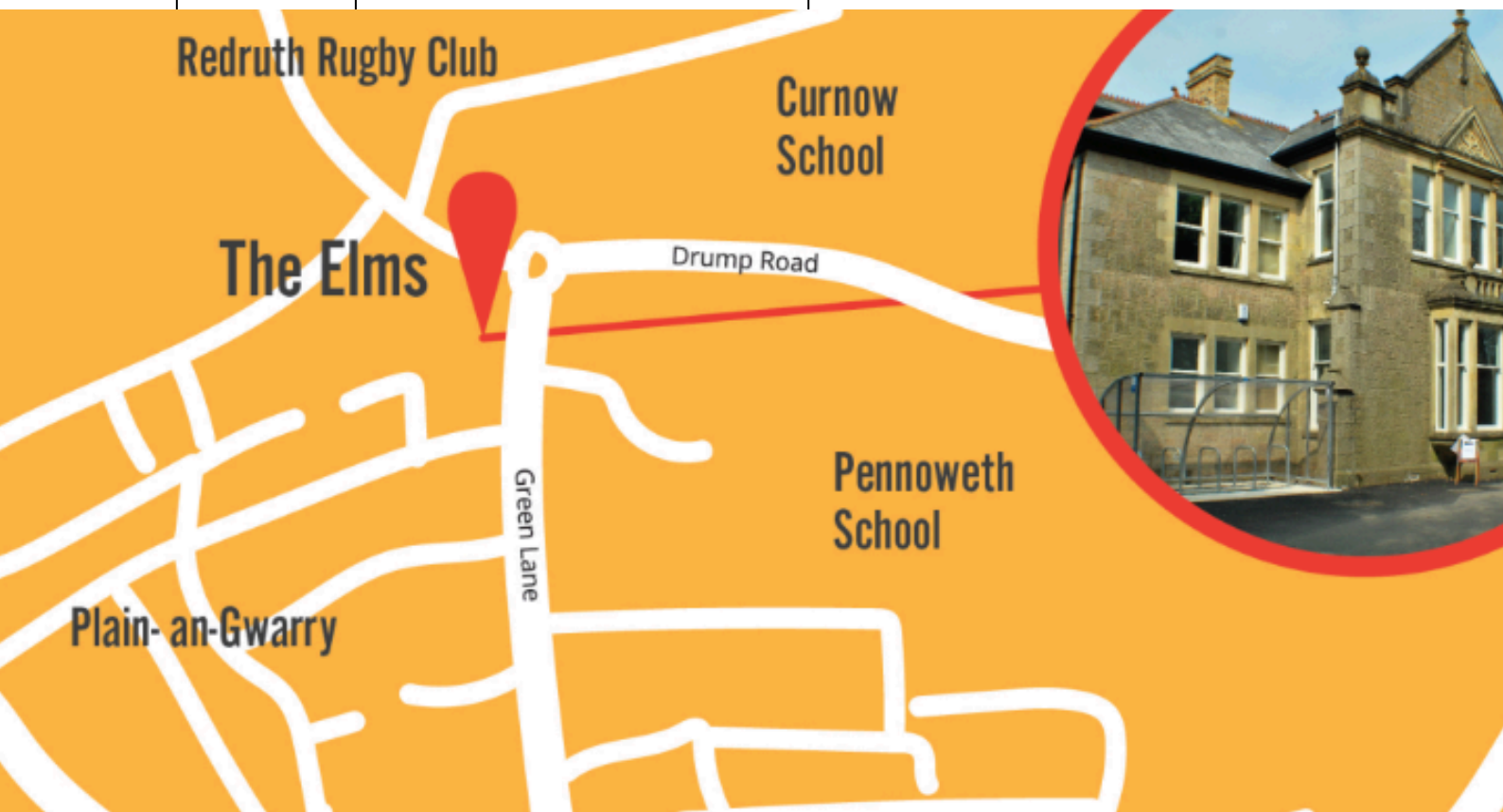


What's on? Activities The Elms, August 2024

Mondays	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
Tuesdays	10:00 - 12:00	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided.
	14:00 - 16:00	Woman Kind	Our new women's peer support group. Safe supportive space for all women. No booking required. Just come along!
	16:00 - 18:00	Just Be;	A space for young people, with food, activities and on-hand advice. Drop in, no booking required.
Thursdays	10:00 - 12:00	HELP Drop In with Coodes Solicitors	Drop in for advice and guidance, anything from housing to benefits. Free legal advice every other week from Coodes.
	10:00 - 13:00	Health Checks	60 minute health checks run by Healthy Cornwall. Running first Thursday of every month. Booking in advance required.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required.
Fridays	10:00 - 12:30	Chilled Arts Group	Bring your own arts and crafts projects or start a new one with us! Tea and biscuits provided. No booking required.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 15:00	Summer Wellbeing Festival	Enjoy the festival at Redruth Rugby Club & The Elms on the 3rd. Free activities, local support, health checks and more!
	14:00 - 16:00	Cultural HELP Drop-In	Struggling to feel settled? Need advice on money, housing, jobs and getting to know your area? Running on 10th & 24th.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.



What's on? Courses

The Elms, August 2024

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.
Thursdays	13:00 - 15:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	17:00 - 19:30	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
	17:00 - 19:30	SPACE	10 week course for parents who wants to better understand and support their children's emotions, as well as their own.
Fridays	12:30 - 15:00	Community Designers	Collaborative issue-solving in our community and understanding perspectives.

