

# What's on? Activities

## The Bank, October 2025

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

<b>Mondays</b>	<b>13:00 - 15:00</b>	<b>Nature Club with CWT</b>	Join Cornwall Wildlife Trust for adventures on 13 <sup>th</sup> October and stay cozy inside on 27 <sup>th</sup> October
<b>Tuesdays</b>	<b>10:00 - 14:00</b>	<b>Affordable Food Club</b>	A subscription based food larder.
	<b>10:30 - 14:00</b>	<b>SWAP shop</b>	Come and exchange any household items for other items you may need.
	<b>12:00 - 14:00</b>	<b>Community Lunch</b>	Good food and a friendly chat. No booking required. Advice and Guidance available.
<b>Wednesdays</b>	<b>14:00 - 16:00</b>	<b>Crafty Chat</b>	Fun craft sessions with a friendly chat. No booking required.
	<b>18:00 - 19:30</b>	<b>Georgia's Voice</b>	Fortnightly mental health support group for young women aged 18-25.
<b>Thursdays</b>	<b>09:00 - 17:00</b>	<b>Santander Community Advice</b>	Community banking advice from Santander.
	<b>10:00 - 14:00</b>	<b>St Petrocs</b>	Offering homelessness advice. Drop in and appointments available.
	<b>13:00 - 15:00</b>	<b>Health Checks &amp; Stop Smoking Clinic</b>	Health Checks or Stop Smoking support with Healthy Cornwall. Booking essential.
	<b>14:00 - 16:00</b>	<b>The HELP Drop-in</b>	Information, Advice and Guidance on what matters to you. Drop in and chat with our team.
<b>Fridays</b>	<b>10:00 - 12:00</b>	<b>St Awesome Breakfast Club</b>	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	<b>10:30 - 14:00</b>	<b>SWAP shop</b>	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!

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

## 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.