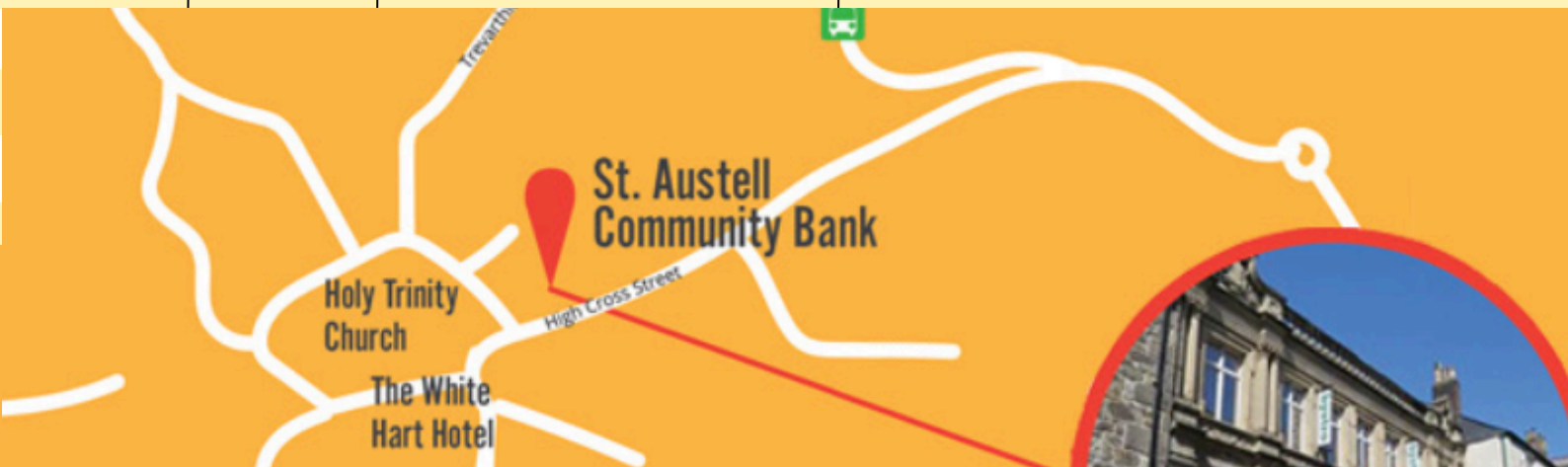


What's on? Activities

The Bank, April 2025

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

Mondays	11:00 - 13:00	Time2Move Hop & Chop!	Running on 7 th . Children's easter-themed cookery class. Enjoy your food afterwards as a group. Booking required.
	11:00 - 13:00	Time2Move Wheal Martyn	Running on 14 th . Walk to Wheal Martyn, create clay piskie houses. Lunch provided. Booking required.
	11:00 - 13:00	Job Club	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
Tuesdays	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	10:00 - 14:00	Affordable Food Club	A subscription based food larder.
	10:30 - 14:00	SWAP shop	Come and exchange any household items for other items you may need.
	12:00 - 14:00	Community Lunch	Good food and a friendly chat. No booking required. Advice and Guidance available.
	13:00 - 15:00	Health Checks	30 minute health checks run by Healthy Cornwall. Running every fourth Tuesday. Book in advance.
	13:00 - 15:00	Stop Smoking Clinic	20 minute appointments run by Healthy Cornwall. Running every second Tuesday. Book in advance.
Wednesdays	14:00 - 16:00	Time2Move Lanhydrock	Running on 16 th . Catch the train with us and explore Lanhydrock National Trust. Lunch provided. Booking required.
	14:00 - 16:00	Time2Move Easter Crafters	Running on 9 th . Children's easter craft workshop. Lunch provided. Booking required.
	14:00 - 16:00	Crafty Chat	Fun craft sessions with a friendly chat. No booking required.
	18:00 - 19:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	14:00 - 16:00	The HELP Drop-in	Safe space. Everyone welcome! Information, Advice and Guidance available.
	19:00 - 21:30	A Band of Brothers	Mentoring group for men aged 18-25 living in supported housing or at risk of entering the criminal justice system
Fridays	10:00 - 12:00	St Awesome Breakfast Club	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	10:30 - 14:00	SWAP shop	Come and exchange any household items for other items you may need.
	12:00 - 14:00	Nature Club with CWT	Join Cornwall Wildlife Trust to create some art with nature. Running on 4 th & 18 th .
	14:30 - 16:30	WOW - Women of the World	Exploring strong women of the world through art and self expression. No booking required. Women only group.



What's on? Courses

The Bank, April 2025

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

Mondays	09:30 - 12:30	Planting & Preparing for Spring	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	13:30 - 15:30	Empowerment through Research	Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!
Wednesdays	10:00 - 14:00	Fresh Spring Flavours: Cooking & Eating Well	Learn some new cooking skills and enjoy your food afterwards. Booking required. Resuming on the 23rd.
	10:00 - 12:00	Next Steps in Digital Skills	Bridging the digital divide. IT course. Booking required.

We offer three different personal development training courses. Details below. Register your interest now!

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 "ACEs 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.