

# What's on? Activities

## The Bank, September 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 to create some art with nature on 15 <sup>th</sup> and 29 <sup>th</sup> September.
<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>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>Wednesdays</b>	<b>14:00 - 16:00</b>	<b>Crafty Chat</b>	Fun craft sessions with a friendly chat from 24 <sup>th</sup> September. 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 Petros</b>	Offering homelessness advice. Drop in and appointments available.
	<b>10:00 - 16:00</b>	<b>Kernow Recovery Community</b>	A friendly space for people in recovery and support services to chat and connect. Drop in.
	<b>11:00 - 13:00</b>	<b>Kernow Recovery Jam Session</b>	Jam session with Kernow Recovery Community. Starting on 3 <sup>rd</sup> . Instruments provided. Running fortnightly. Drop In.
	<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, September 2025

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**Mondays**

**11:00 - 12:30**

**Stronger Together**

Join our 10 week course from 22<sup>nd</sup> September for simple tips to eat well, feel good and stay independent.

# 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: Everyday Online Confidence.

Improve your digital skills and your confidence with our beginners course.

Starting Thursday 18<sup>th</sup> September