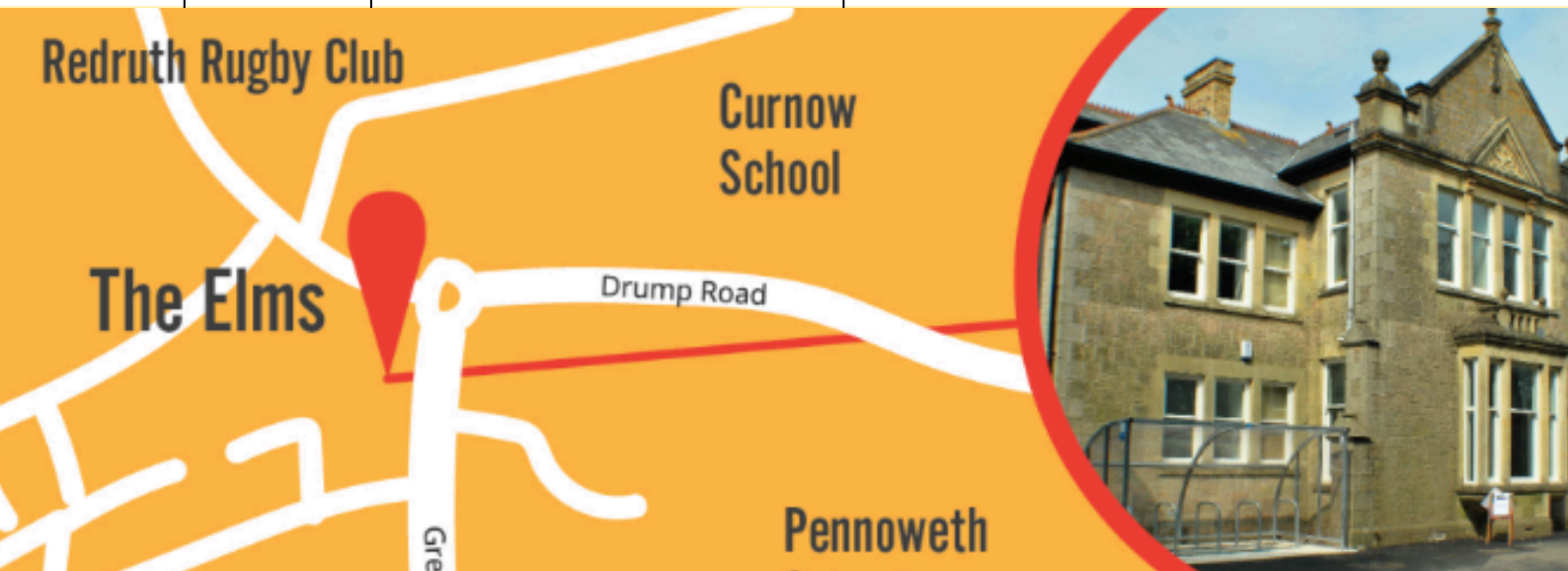


What's on? Activities The Elms, May 2025

Mondays	9:30 - 14:30	Meet your CHWW worker	Meet your Community Health and Wellbeing Worker. Running on 12th. Pool Family Hub, behind Treloweth.
	9:30 - 11:30	Tiny Tots	Playgroup for under 5's and their parent/carer. Running on 19th. Pool Family Hub, behind Treloweth School.
	9:30 - 12:30	Rise & Thrive	Enrichment group - hands-on activities for those not attending school including crafts, cooking and trips out.
	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	12:00 - 14:00	Health Coaching	Appointments or drop-ins available. Run by Healthy Cornwall. Optional weigh in available.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
Tuesdays	10:00 - 11:00	Navigating SEN: Parent Support Hub	Coffee & chat group for parents with SEN young people (aged 15-24) for support, advice, or to connect with other parents.
	09:30 - 11:30	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Come and enjoy a story, rhymes, and gentle play in a warm and friendly atmosphere.
	13:00 - 15:00	Woman Kind (Spring Term)	Our women's peer support group. Safe supportive space for all women. Introduction/referral needed.
	19:00 - 20:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 12:00	HELP Drop In with Coodes Solicitors	Drop in for advice and guidance. Free legal consultations on 1st, 15 th and 29 th from Coodes Solicitors.
	10:00 - 13:00	Health Checks	60 minute health checks run by Healthy Cornwall. Booking in advance required. Eligibility criteria applies.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required. Weather dependant.
Fridays	10:00 - 12:00	Chilled Art Group	Bring your own craft project and enjoy a relaxed, social space to create! Limited materials and prompts available.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 13:00	Why Don't You? Club	Fully accessible family activities for children aged 5-16 designed to be enjoyed by all. Booking required.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required.



What's on? Courses The Elms, May 2025

Tuesdays	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.
	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	10:00 - 12:00	Domestic Abuse Recovery Toolkit	A supportive group for women healing from domestic abuse, focused on recovery. Starting 12 th May.
	13:00 - 15:00	Next Steps in Digital Skills	Bridging the digital divide. IT course. Booking required.
	17:00 - 19:30	HOPE for Spring: Managing Health & Stress	Learn how to self-manage your health conditions. Start date to be confirmed. Booking required.
Wednesdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	10:00 - 12:00	ACES Recovery	10 week course starting on 7 th May. Details of course below.
Thursdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	10:00 - 14:00	Fresh Spring Flavours: Cooking & Eating Well	Learn some new cooking skills and enjoy your food afterwards. Booking required.
Fridays	12:30 - 15:30	Empowerment through Research	Collaborative issue-solving in our community and understanding perspectives.

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.