



SUPPORTED BY
**The
Community
Hub Network**

**Cornwall
Neighbourhoods
for Change** 

What's on?

Activities The Elms, September 2025

Mondays	9:30 - 11:30	Tiny Tots	Playgroup for under 5's and their parent/carer. 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.
	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	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	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	Drop In with Coodes Solicitors	Free legal consultations on 4th & 18th from Coodes Solicitors.
	10:30 - 12:30	HELP Crisis Drop In	Drop in for advice and guidance.
	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.
	12.30-15:00	VIVA Co-Design Group	Join the VIVA group to talk about what really matters to you, and challenge the systems that don't work for people.
	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.



The Elms, Green Lane, Redruth, TR15 1LS



info@cn4c.org.uk



01209 310610



@CN4C.Cornwall

What's on?

Courses The Elms, September 2025

Mondays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Tuesdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Wednesdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
	10:00-12:00	PAACE - Trauma Recovery Course	Learn how childhood trauma affects adults and ways to recover from it.
Thursdays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Fridays	09:30 - 16:15	TOAST	A supportive education programme designed for young people who cannot attend mainstream school.
Saturdays	13:30-16:00	HOPE Programme 6 week Course	Learn to take a positive approach to looking after yourself with our trained facilitators. Starts 27 th September

Coming Soon!

True You: Unlock your Best Self

Learn simple ways to care for your hair, skin and nails to boost confidence and feel your best.

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 18th September.