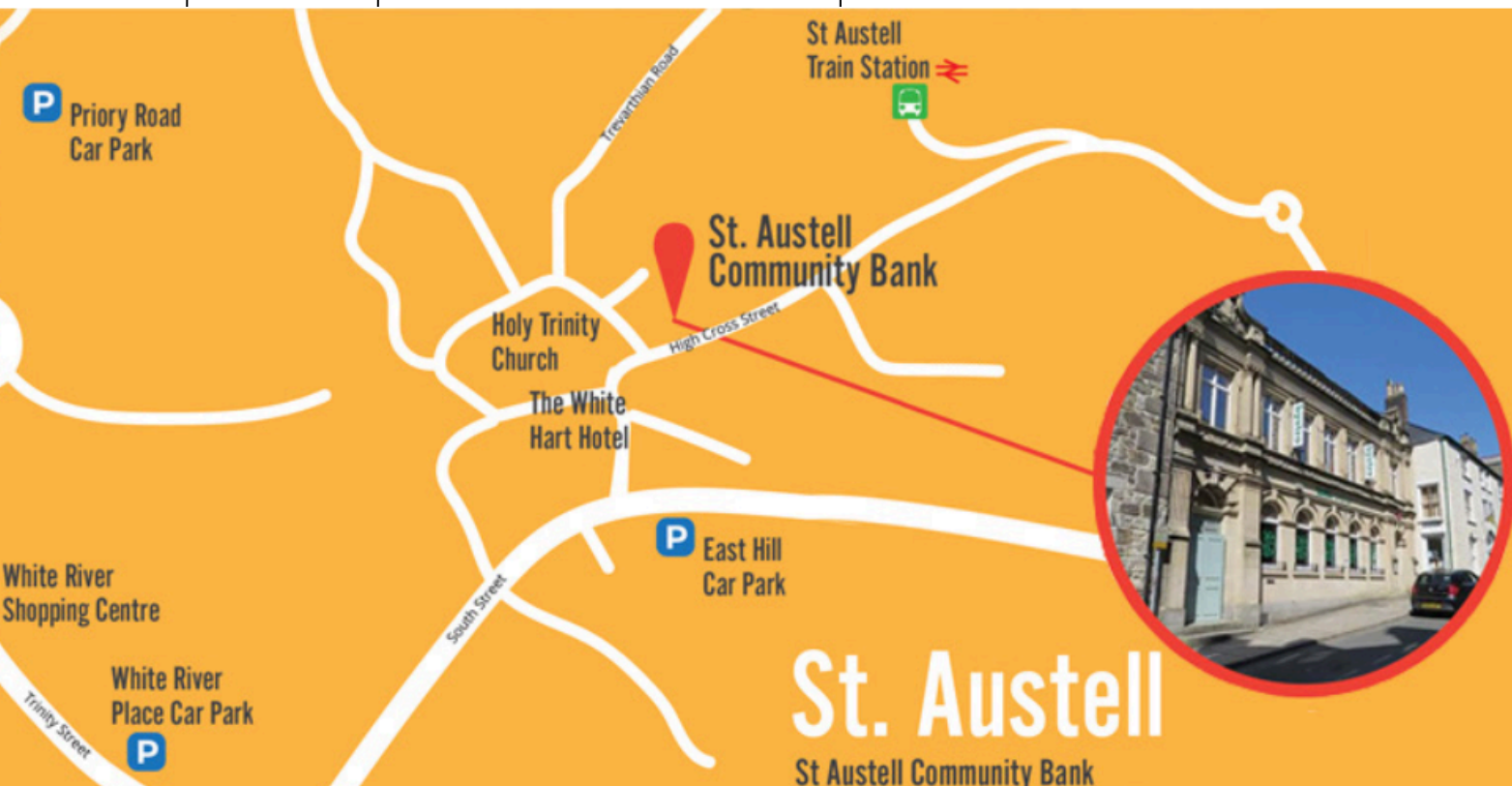


# What's on? Activities

## The Bank, August 2024

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

<b>Mondays</b>	<b>11:30 - 12:30</b>	<b>Job Club</b>	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
<b>Tuesdays</b>	<b>10:00 - 14:00</b>	<b>St Petrocs</b>	Offering homelessness advice. Drop in and appointments available.
	<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>Affordable Food Club</b>	A subscription based food larder.
<b>Wednesdays</b>	<b>14:00 - 16:00</b>	<b>St Awesome Sunshine Squad</b>	Preparations for the well-being festival! Be part of our team, spreading joy through accessible crafts for everyone.
	<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>14:00 - 16:00</b>	<b>The HELP Drop-in</b>	Safe space. Everyone welcome! Information, Advice and Guidance available.
	<b>19:00 - 21:30</b>	<b>A Band of Brothers</b>	Mentoring group for men aged 18-25 living in supported housing or at risk of entering the criminal justice system.
<b>Fridays</b>	<b>12:00 - 14:00</b>	<b>Lunch Club and Advice</b>	Good food and a friendly chat. Advice and Guidance available. No booking required.
	<b>12:00 - 15:30</b>	<b>UKR Safe Space</b>	Ukrainian Safe Space. Lunch provided. No booking required.
<b>Saturdays</b>	<b>10:00 - 12:00</b>	<b>St Awesome Breakfast Club</b>	Come and enjoy a nutritional breakfast and meet and chat with old and new friends. Not running on 17th.
	<b>10:00 - 15:00</b>	<b>Summer Wellbeing Festival</b>	Being held at Poltair Park on 17th. Come try new things, find local support, health checks, free activities and more!
	<b>13:00 - 15:00</b>	<b>The Young Ukrainian Youth Club</b>	A space for young Ukrainians to meet, make new friends and have fun. Lunch included. Not running on 17th.
	<b>15:00 - 17:00</b>	<b>Art and Relax</b>	Come and create art in a relaxing environment. Open to all. Booking required. Not running on 17th.



# St. Austell

St Austell Community Bank

# What's on? Courses

## The Bank, August 2024

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

<b>Tuesdays</b>	<b>10:00 - 12:00</b>	<b>SPACE</b>	10 week course for parents who wants to better understand and support their children's emotions, as well as their own.
	<b>10:00 - 13:00</b>	<b>Digital Empowerment</b>	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
<b>Wednesdays</b>	<b>14:00 - 16:00</b>	<b>Digital Empowerment</b>	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
<b>Fridays</b>	<b>13:00 - 15:00</b>	<b>ACES Recovery</b>	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
<b>Saturdays</b>	<b>13:30 - 16:30</b>	<b>The HOPE Programme</b>	A 7 week course to help build confidence to self-manage health conditions. Register your interest now!



# St. Austell

**St Austell Community Bank**