


What's on? The Elms, September 2023

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

Mondays	10:30 - 12:30	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	14:00 - 16:00	Healthy Cornwall Weigh In	Health and Wellbeing advice with an optional weigh in. Booking essential.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends.
Tuesdays	09:30 - 12:30	On the Plot (Pengegon Allotment)	Learn how to grow your own fruit and veg at our allotment in Pengegon, Camborne from our expert.
	10:00 - 14:00	The Magic Cupboard	A subscription based food larder.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided. No session on 13th September.
	13:00 - 16:00	Just Be;	A space for young people, with food, activities and on-hand advice.
Thursdays	09:00 - 11:00	Crisis Drop - In	Drop in for advice and guidance, anything from housing to benefits.
	10:00 - 15:00	Cook Well, Eat Well	Learn some new cooking skills and enjoy your food afterwards.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre.
Fridays	10:00 - 12:30	Chilled Arts Group	Bring your own arts and crafts projects, tea and biscuits provided.
	10:00 - 16:00	Mental Health First Aid	Level 2 Mental Health First Aid Course running on 22/09. Booking essential.
	13:00 - 16:00	Community Larder	Groceries and 1-1 support to people experiencing hardship.
	13:00 - 16:00	Community Designers	Collaborative issue-solving in our community and understanding perspectives.
	14:30 - 16:30	Games Galore	Fun and friendly competition as we dive into a world of board games.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required. Starting again from 22nd September.
Saturdays	10:00 - 14:00	Why Don't You? Club	Fully accessible family activities designed to be enjoyed by all. Booking required.
Sundays	12:00 - 14:00	Social Sunday	Good food and a friendly chat. Booking required. Starting again from 24th September.
	14:00 - 15:30	Meet & Two Veg	Men's peer support group. Come and tell us what matters to you. Starting from 24th September.



Bringing communities together

Cornwall Neighbourhoods for Change 

We offer crisis and job support, activities, courses and social groups for all ages, and so much more!

A Warm Welcome

Hot food, company and advice and guidance are available 7 days a week all winter

Social Meals and Cooking

Grow, harvest, cook and eat meals together

Career Progression

Guidance and financial support for career progression

Food Larder

Fresh food and veg as well as toiletries for those in need

Ukrainian Support

Make friends at our weekly online conversational English lessons or pop in for some advice and guidance

Crisis Support

Basic needs and emergency advice and guidance for food, housing and homelessness, fuel, benefits, wellbeing and access to services

Clubs and Activities

Community-designed useful, and fun activities that bring people together to learn and share. Just Be;, Warm Tums, Yoga, Walking Groups and many more

Families

Our "Why Don't You..?" Club will support families and inspire aspiration and achievement

Learning

Fun learning and skills, from entry-level to professional qualifications. Starting you on your journey or helping you to progress

TOAST

A learning and work experience programme for brave young people who can't attend school or college but want to find a future path

Coaching Conversations

1-2-1 support with your wellness, learning or work journey