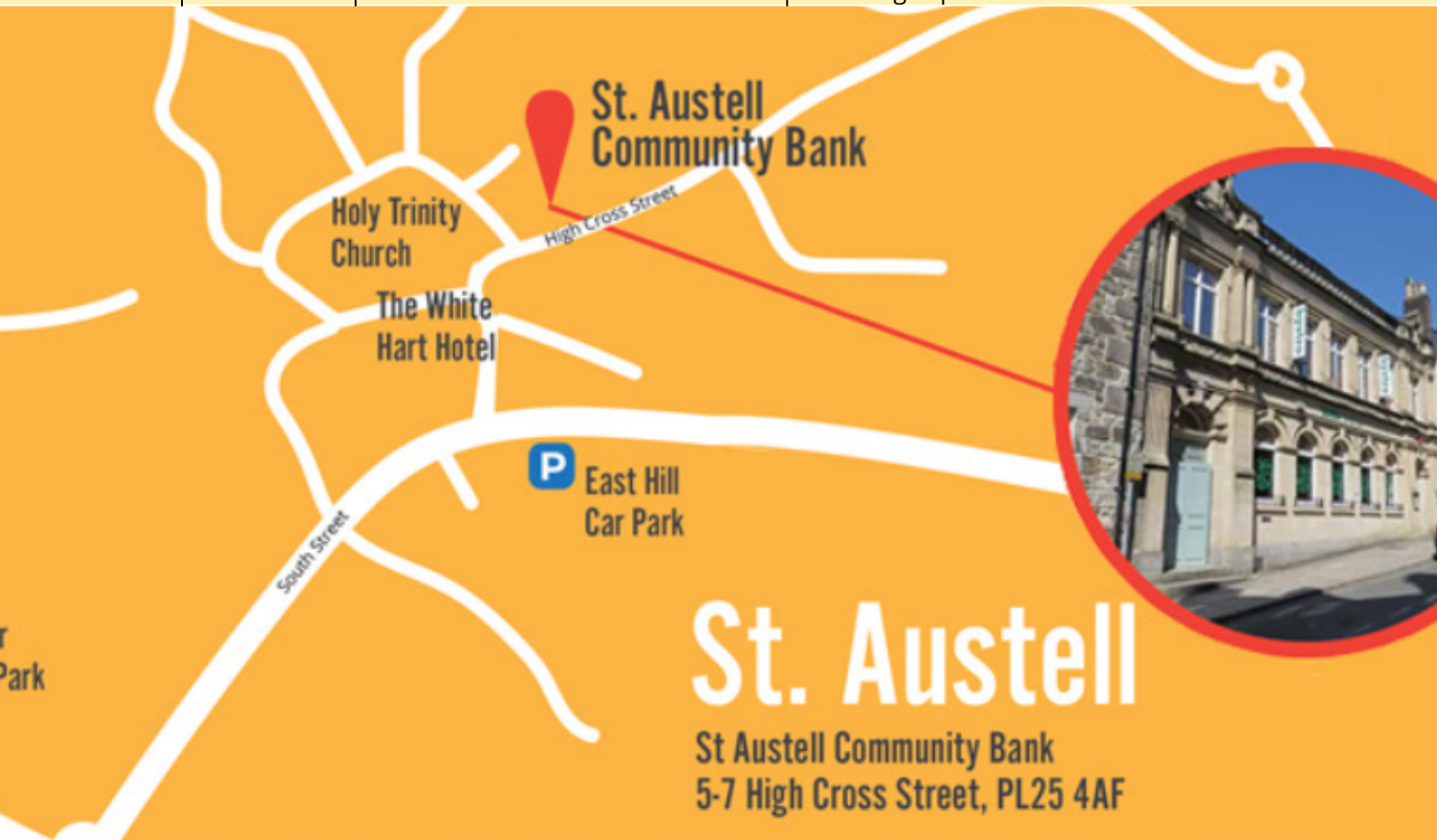



What's on? The Bank, September 2023

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

Mondays	11:30 - 13:30	Job Club	Discover new job opportunities and find the employment right for you.
Tuesdays	10:00 - 13:00	Community Lunch	Good food and a friendly chat. Booking required.
	11:00 - 14:00	Affordable Food Club	A subscription based food larder.
	13:30 - 15:30	Ukrainian Conversational English	A safe space for Ukrainian families to improve your English language skills and expand your vocabulary.
Wednesdays	10:00 - 14:00	Affordable Food Club	A subscription based food larder.
	10:00 - 15:00	Cook Well, Eat Well	Learn some new cooking skills and enjoy your food afterwards.
	14:00 - 16:00	Crafty Chat	Fun craft sessions with a friendly chat.
Thursdays	14:00 - 16:30	The Hub Drop-in	Safe space. Everyone welcome! Information, Advice and Guidance available.
Fridays	12:00 - 15:30	Lunch Club and Advice	Good food and a friendly chat. Booking required.
	14:00 - 16:00	Writing for Wellness	A safe environment where you can explore your experiences through writing.
Saturdays	14:00 - 17:00	Art Relax Therapy	Come and create art in a relaxing environment. Booking required.



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 6 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

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

Ukrainian Support

Make friends at our weekly Ukrainian safe space or pop in for some advice and guidance

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

Families

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

Coaching Conversations

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