

# What's on? The Elms, December '22

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

We offer courses in Redruth (R), & also online too. Some lead to a Level 1 or 2 qualification! Look out for the codes after each course: E.g. (R-Wed, L2) is in The Elms, Redruth on Wednesdays & could lead to a Level 2 certificate.

## Food & Growing

### On the Plot:

Learn how to grow your own food at an allotment in Camborne. (Camborne - Tue)

### The Food Group:

Be more adventurous with your cooking & learn new skills. (R-Tue)

### Cook Well, Eat Well:

Learn some new cooking skills & enjoy your food afterwards. (R-Thu)

### Cooking Skills:

Learn more about menu planning, food safety & preparing meals with a range of ingredients. (R-Mon, L2)

## Creative

### Fix-it Club:

Transform your everyday items into fun & functional art & homeware. (R-Tue)

### Creative Photography:

Learn to take incredible photos with your camera or Smartphone. (Online-Thu)

### Chilled Arts Group:

Bring your own arts & crafts projects, tea & biscuits provided. (R-Fri)

### Creative Writing:

Unleash your creativity! (R & Online-Mon)

### Community Artists:

Develop your wellbeing through art. (R-Weds)

## Skills

### IT Communication Skills:

Learn how to use IT to communicate & exchange information safely & effectively. (R-Mon, L2)

### Introducing Psychology:

Learn more about the human mind & behaviours. (Online-Thu, L2)

### CV Writing:

Update or learn how to write a CV. (R-Tue, L2)

### IT Basic Computing:

An introduction to IT. Create files & folders, emails, social media & more! (R-Tue)

### Maths (Level 1 & 2):

Level 1 maths will help prepare you for Functional Skills Maths Level 2 GCSE Maths level. (Online-Wed, L1 & L2)

### English (Level 1 & 2):

Level 1 English will help prepare you for Functional Skills English Level 2 GCSE English level. (Online-Wed, L1 & L2)

### Level 3 Award in Education & Training:

Provides an introduction to working in the education & training sector. (R-Wed, L3)

### English for speakers of Other Languages ESOL:

Develop your reading, writing, listening, and speaking skills. (Online - contact us for more details)

## Families

### Warm Tums:

Under 5s & parent/carer group. Craft activities & hot lunch provided. (R-Weds)

### Why Don't you? Club:

Fun family Activities - bookings necessary. (R-Sat)

## Health & Wellbeing

### Mindfulness for Health & Wellbeing:

Activities & tips to help you uncover the benefits of mindfulness. (Online-Tue)

### Yoga For All:

Combining chair, floor & standing practices yin & vinyasa. (R-Thu)

### Health & Wellbeing Day:

Explore ways to improve health & wellbeing. (R-Mon)

### Puffalots:

Gentle exercises if you have completed pulmonary rehabilitation. (R-Thu)

## Social

### Just Be; :

A space for young people, with food, activities & on hand advice. (R-Wed)

### Friendly Fridays:

Good food & friendly chat. (R-Fri)

### Eat, Chat and Relax:

Watch some sport on TV & enjoy some food. (R-Sun)

### Sunday Social Lunch:

Good food & friendly chat for families. (R-Sun)

### Cuppa Companions:

Meet new people & make new friends. (R and Tyacks, Mon)

To find out more, or to register your interest in one of our courses, please contact one of our friendly team!



# December 2022

# Activities & Courses at The Elms

All activities & courses are **free of charge**

Cornwall Neighbourhoods for Change offers many ways for the community to come together. As well as a wide range of events, social groups & online  activities, we also offer courses that lead to qualifications.



**Social:** Our social groups are a way to meet new people, make friends & ask for CN4C guidance if needed.



**Food & growing:** Bring your enthusiasm and a willingness to join something and get stuck into our gardening and cookery groups.



**Families:** We offer inspiring & creative activities & adventures to families with younger children.



**Skills:** We provide a variety of skills training and courses to help you move forward in everyday life & in the workplace too. Some of them can lead to Levels 1, 2 or 3.



**Creative:** We host a huge variety of courses so you can learn new creative skills.



**Health & Wellbeing:** Mindfulness classes to exercise classes & much more.

Day	Time	Activity	Description
Thursday 1	9:30-12:30	Introducing Psychology 	Online Course. Learn about human mind, behaviours, and potential careers in psychology.
	10:00-14:00	Advice Session 	Drop in for advice from one of our team plus pop-up sessions from Citizens Advice.
	11:00-12:00	Puffalots 	Gentle exercises if you have completed pulmonary rehabilitation.
	10:30-13:30	Cook Well, Eat Well 	Learn some new cooking skills & enjoy your food afterwards.
	13:00-16:00	Creative Photography 	Online. Learn to take incredible photos with your camera or Smartphone.
	10:30-12:30 or 13:30-15:30	Cornwall Wildlife Trust: Operation Hedgehog. 	Learn about our prickly pals and how we can help them.
	15:45-16:45	Yoga For All! 	Combining chair, floor & standing practices yin & vinyasa.
Friday 2	10:00-14:00	Chilled Arts Group 	Bring your own arts & crafts projects, tea & biscuits provided.
	13:00-16:00	Community Larder 	Groceries & 1-1 support to people experiencing hardship.
	17:00-19:00	Friendly Fridays 	Good food & friendly chat.
Saturday 3	10:00-14:00	Why Don't you? Club 	Explore the old water wheels & gunpowder factory & create some ephemeral art. Ponsanooth Woods.
	14:00-17:00	Eat, Chat and Relax 	Watch some sport on TV & enjoy some food.
Sunday 4	12:00-14:00	Sunday Social Lunch 	Good food & friendly chat for families.
Monday 5	08:00-12:00	Housing Advice Drop-in 	Advice to link you to the right services for housing support.
	9:30-15:30	The Future in Our Hands 	Learn how to reduce our negative impact on the environment.
	9:30-12:30	Creative Writing 	Online Course. Unleash your creativity.
	10:30-12:30	Cuppa Companions 	An opportunity to meet new people & make new friends. Tyacks, Camborne.
	11:00-14:00	Health & Wellbeing Day 	Explore ways to improve health & wellbeing. Booking essential.
	13:00-16:00	IT Communication Skills 	Level 2 Course. Learn how to use I.T. to communicate & exchange information safely & effectively.
	13:00-16:00	Cooking Skills 	Level 2 course. Learn more about menu planning, food safety & preparing meals with a range of ingredients.
	13:30-16:30	Creative Writing 	Unleash your creativity!
	15:00-16:30	Cuppa Companions 	An opportunity to meet new people & make new friends

<b>Tuesday 6</b>	09:30-12:30	<b>On The Plot</b> 	Learn how to grow your own fruit & veg at our allotment in Pengegon, Camborne from our expert.
	10:00-12:00	<b>CV Writing</b> 	Level 2 Course. Update or learn how to write a CV.
	10:00-13:00	<b>Mindfulness for Health &amp; Wellbeing</b>  	Online. Activities & tips to help you uncover the benefits of mindfulness.
	10:00-14:00	<b>Fix It Club</b> 	Learn new skills and give your old pieces of loved clothing or furniture a new lease of life.
	11:00-14:00	<b>The Food Group</b> 	Be more adventurous with your cooking & learn new skills.
	13:00-16:00	<b>IT Basic Computing</b> 	Community Learning. An introduction to Information Technology. Creating files & folders, emails, social media & more!
<b>Wednesday 7</b>	All Day	<b>Xmas Decoration Making</b> 	Join us for some creative fun and get yourself into the Christmas spirit!
	10:00-13:00	<b>Warm Tums</b> 	Under 5s & parent/carer group. Craft activities & hot lunch provided.
	10:30-12:30	<b>Maths (Level 1 &amp; 2 offered)</b>  	Online Course. Level 1 maths will help prepare you for Functional Skills Maths Level 2.
	10:00-13:00	<b>Community Artists</b> 	Develop your wellbeing through art.
	13:00-15:00	<b>English (Level 1 &amp; 2 offered)</b>  	Online. Level 1 English will help prepare you for Functional Skills English Level 2 (GCSE English level).
	16:00-19:00	<b>Just Be;</b> 	A space for young people, with food, activities & on hand advice.
17:30-20:30	<b>Level 3 Award in Education Training</b> 	Level 3 Course. Provides an introduction to working in the education & training sector.	
<b>Thursday 8</b>	9:30-12:30	<b>Introducing Psychology</b>  	Online Course. Learn about human mind, behaviours, and potential careers in psychology.
	10:00-14:00	<b>Advice Session</b> 	Drop in for advice from one of our team plus pop-up sessions from Citizens Advice.
	10:30-12:30 or 13:30-15:30	<b>Cornwall Wildlife Trust: Operation Hedgehog Practical</b> 	Make wooden hedgehog boxes for a cosy winter hibernation.
	10:30-13:30	<b>Cook Well, Eat Well</b> 	Learn some new cooking skills & enjoy your food afterwards.
	11:00-12:00	<b>Puffalots</b> 	Gentle exercises if you have completed pulmonary rehabilitation.
	13:00-16:00	<b>Creative Photography</b>  	Learn to take incredible photos with your camera or Smartphone.
	15:45-16:45	<b>Yoga For All!</b> 	Combining chair, floor & standing practices yin & vinyasa.
<b>Friday 9</b>	10:00-14:00	<b>Chilled Arts Group</b> 	Bring your own arts & crafts projects, tea & biscuits provided.
	13:00-16:00	<b>Community Larder</b> 	Groceries & 1-1 support to people experiencing hardship.
	17:00-19:00	<b>Friendly Fridays</b> 	Good food & friendly chat.
<b>Saturday 10</b>	10:00-14:00	<b>Why Don't you?</b>  	Festive wreath making, St Andrews Church.
	14:00-17:00	<b>Eat, Chat and Relax</b>	Watch some sport on TV & enjoy some food.
<b>Sunday 11</b>	12:00-14:00	<b>Sunday Social Lunch</b> 	Good food & friendly chat for families.
<b>Monday 12</b>	08:00-12:00	<b>Housing Advice Drop-in</b> 	Advice to link you to the right services for housing support.
	9:30-15:30	<b>The Future in Our Hands</b> 	Learn how to reduce our negative impact on the environment.
	9:30-12:30	<b>Creative Writing</b> 	Online Course. Unleash your creativity.
	10:30-12:30	<b>Cuppa Companions</b>  	An opportunity to meet new people & make new friends. Tyacks, Camborne.
	11:00-14:00	<b>Health &amp; Wellbeing Day</b> 	Explore ways to improve health & wellbeing. Booking essential.
	13:00-16:00	<b>IT Communication Skills</b> 	Level 2 Course. Learn how to use I.T. to communicate & exchange information safely & effectively.
	13:00-16:00	<b>Cooking Skills</b>  	Level 2 course. Learn more about menu planning, food safety & preparing meals with a range of ingredients.
	13:30-16:30	<b>Creative Writing</b>  	Unleash your creativity!
15:00-16:30	<b>Cuppa Companions</b> 	An opportunity to meet new people & make new friends.	
<b>Tuesday 13</b>	09:30-12:30	<b>On The Plot</b> 	Make your own Christmas Wreath & enjoy a great company. Pengegon, Camborne.
	10:00-12:00	<b>CV Writing</b> 	Level 2 Course. Update or learn how to write a CV.
	10:00-14:00	<b>Fix It Club</b> 	Learn new skills and give your old pieces of loved clothing or furniture a new lease of life.
	10:00-13:00	<b>Mindfulness for Health &amp; Wellbeing</b>  	Online. Activities & tips to help you uncover the benefits of mindfulness.
	11:00-14:00	<b>The Food Group</b> 	Be more adventurous with your cooking & learn new skills.
	13:00-16:00	<b>IT Basic Computing</b> 	Community Learning. An introduction to Information Technology. Creating files & folders, emails, social media & more!

<b>Wednesday 14</b>	10:00-13:00	<b>Warm Tums</b>		Under 5s & parent/carer group. Craft activities & hot lunch provided.
	10:30-12:30	<b>Maths (Level 1 &amp; 2 offered)</b>	 	Online Course. Level 1 maths will help prepare you for Functional Skills Maths Level 2.
	10:00-13:00	<b>Community Artists</b>		Develop your wellbeing through art.
	13:00-15:00	<b>English (Level 1 &amp; 2 offered)</b>	 	Online. Level 1 English will help prepare you for Functional Skills English Level 2 (GCSE English level).
	16:00-19:00	<b>Just Be;</b>		A space for young people, with food, activities & on hand advice.
	17:30-20:30	<b>Level 3 Award in Education Training</b>		Level 3 Course. Provides an introduction to working in the education & training sector.
<b>Thursday 15</b>	9:30-12:30	<b>Introducing Psychology</b>		Online Course. Learn about human mind, behaviors, and potential careers in psychology.
	10:00-14:00	<b>Advice Session</b>		Drop in for advice from one of our team plus pop-up sessions from Citizens Advice.
	10:30-13:30	<b>Cook Well, Eat Well</b>		Learn some new cooking skills & enjoy your food afterwards.
	11:00-12:00	<b>Puffalots</b>		Gentle exercises if you have completed pulmonary rehabilitation.
	13:00-16:00	<b>Creative Photography</b>	 	Online Course. Learn to take incredible photos with your camera or Smartphone.
	13:30-15:30	<b>Community Energy Plus</b>		Drop in for some advice from the Community Energy Plus team.
	14:30-16:30	<b>Cornwall Wildlife Trust: Feed the birds - Festive crafts</b>		Make festive bird feeder decorations for our feathered friends.
	15:45-16:45	<b>Yoga For All!</b>		Combining chair, floor & standing practices yin & vinyasa.
<b>Friday 16</b>	13:00-16:00	<b>Community Larder</b>		Groceries & 1-1 support to people experiencing hardship.
	17:00-19:00	<b>Friendly Fridays</b>		Good food & friendly chat.
<b>Saturday 17</b>	14:00-17:00	<b>Eat, Chat and Relax</b>		Watch some sport on TV & enjoy some food.
<b>Sunday 18</b>	12:00-14:00	<b>Sunday Social Lunch</b>		Good food & friendly chat for families.
<b>Monday 19</b>	08:00-12:00	<b>Housing Advice Drop-in</b>		Advice to link you to the right services for housing support.
	9:30-12:30/ 13:30-16:30	<b>Introducing Psychology</b>	 	Online Course. Learn about human mind, behaviors, and potential careers in psychology.
	9:30-12:30	<b>Creative Writing</b>		Online Course. Unleash your creativity!
	10:30-12:30	<b>Cuppa Companions</b>		An opportunity to meet new people & make new friends, Tyacks, Camborne.
	13:30-16:30	<b>Creative Writing</b>		Unleash your creativity!
	15:00-16:30	<b>Cuppa Companions</b>		An opportunity to meet new people & make new friends.
<b>Tuesday 20</b>	10:00-14:00	<b>Fix It Club</b>		Learn new skills and give your old pieces of loved clothing or furniture a new lease of life.
	11:00-14:00	<b>The Food Group</b>		Be more adventurous with your cooking & learn new skills.
<b>Wednesday 21</b>	10:30-12:30	<b>Maths (Level 1 &amp; 2 offered)</b>	 	Online Course. Level 1 maths will help prepare you for Functional Skills Maths Level 2.
	13:00-15:00	<b>English (Level 1 &amp; 2 offered)</b>	 	Online Course. Level 1 English will help prepare you for Functional Skills English Level 2.
	16:00-19:00	<b>Just Be;</b>		A space for young people, with food, activities & on hand advice.
	16:00-20:00	<b>Christmas Party</b>		Let's celebrate Christmas together!
	17:30-20:30	<b>Level 3 Award in Education Training</b>		Level 3 Course. Provides an introduction to working in the education & training sector.
<b>Thursday 22</b>	9:30-12:30/ 13:30-16:30	<b>Introducing Psychology</b>	 	Online Course. Learn about human mind, behaviours, and potential careers in psychology.
	10:00-14:00	<b>Advice Session</b>		Drop in for advice from one of our team plus pop-up sessions from Citizens Advice.
	11:00-12:00	<b>Puffalots</b>		Gentle exercises if you have completed pulmonary rehabilitation.
<b>Friday 23</b>	13:00-16:00	<b>Community Larder</b>		Groceries & 1-1 support to people experiencing hardship.
	17:00-19:00	<b>Friendly Fridays</b>		Good food & friendly chat.
<b>Saturday 24</b>	14:00-17:00	<b>Eat, Chat and Relax</b>		Watch some sport on TV & enjoy some food.
<b>Sunday 25</b>	11:00-13:00 *Meal 12:30	<b>Christmas Day Meal</b>		Join us this Christmas.
<b>Monday 26</b>	08:00-12:00	<b>Housing Advice Drop-in</b>		Advice to link you to the right services for housing support.
	11:00-15:00 *Meal 12:30	<b>Boxing Day Meal</b>		Join us this Christmas for our Boxing Day Meal.
<b>Tuesday 27</b>	14:00-18:00	<b>Why Don't You</b>		Rogue Theatre: Winter Wood. Tehidy. Woods, North Cliffs.
	10:00-14:00	<b>Fix It Club</b>		Learn new skills and give your old pieces of loved clothing or furniture a new lease of life.
	11:00-14:00	<b>The Food Group</b>		Be more adventurous with your cooking & learn new skills.



<b>Wednesday 28</b>	<b>9:30-14:00</b>	<b>Why Don't You</b> 	Eden Project & ice skating.
	<b>10:30-12:30</b>	<b>Maths (Level 1 &amp; 2 offered)</b> 	Online. Level 1 maths will help prepare you for Functional Skills Maths Level 2.
	<b>13:00-15:00</b>	<b>English (Level 1 &amp; 2 offered)</b> 	Online. Level 1 English will help prepare you for Functional Skills English Level 2.
	<b>16:00-19:00</b>	<b>Just Be;</b> 	A space for young people, with food, activities & on hand advice.
<b>Thursday 29</b>	<b>10:00-14:00</b>	<b>Advice Session</b> 	Drop in for advice from one of our team plus pop-up sessions from Citizens Advice.
<b>Friday 30</b>	<b>Starts 10:00</b>	<b>Why Don't You</b> 	Coosebean Woods & Fairy Doors.
	<b>13:00-16:00</b>	<b>Community Larder</b> 	Groceries & 1-1 support to people experiencing hardship.
	<b>17:00-19:00</b>	<b>Friendly Fridays</b> 	Good food & friendly chat.
<b>Saturday 31</b>	<b>14:00-17:00</b>	<b>Eat, Chat and Relax</b> 	Watch some sport on TV & enjoy some food.

 [info@cn4c.org.uk](mailto:info@cn4c.org.uk)

 01209 310610

 The Elms, 61 Green Lane, Redruth, TR15 1LS

