


What's on?

The Bank, June 2024

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

Mondays	09:30 - 12:30	On the Plot	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	10:30 - 12:30	SPACE	10 week course for parents who wants to better understand and support their children's emotions, as well as their own.
	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided. Drop in, no booking required.
	11:30 - 13:30	Job Club	Discover new job opportunities and find the employment right for you. Computers provided. No booking required.
	14:00 - 16:00	St Awesome Community Design	Collaborative issue-solving in our community and understanding perspectives. Everyone welcome!
	13:30 - 16:00	Walking Football	Meet at The Bank for a drink and a chat then walk to Poltair park for kick off at 2.00 pm. All abilities welcome. Ages 16+.
Tuesdays	10:00 - 12:00	Disability Employment Advice	Disability Employment Advisor from St Austell Job Centre. Drop in or appointments available on 18th and 25th.
	10:00 - 13:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	10:00 - 14:00	St Petrocs	Offering homelessness advice. Drop in and appointments available.
	12:00 - 14:00	Community Lunch	Good food and a friendly chat. No booking required. Advice and Guidance available.
	13:00 - 15:00	Affordable Food Club	A subscription based food larder.
Wednesdays	10:00 - 15:00	Cook Well, Eat Well	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	14:00 - 16:00	Crafty Chat	Fun craft sessions with a friendly chat. No booking required.
	14:00 - 17:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	18:00 - 19:30	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	12:00 - 16:00	Non Accredited ESOL	Non accredited ESOL (English for Speakers of Other Languages) course. Booking required.
	14:00 - 16:00	The HELP Drop-in	Safe space. Everyone welcome! Information, Advice and Guidance available.
	13:00 - 16:00	Mental Health Drop-in	Drop-in service with a Mental Health Nurse Practitioner for those registered with St Austell Health Care.
	19:00 - 21:30	A Band of Brothers	Mentoring group for men aged 18-25 living in supported housing or at risk of entering the criminal justice system
Fridays	12:00 - 14:00	Lunch Club and Advice	Good food and a friendly chat. Advice and Guidance available. No booking required.
	12:00 - 15:30	UKR Safe Space	Ukrainian Safe Space. Lunch provided. No booking required.
	13:00 - 15:00	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
Saturdays	10:00 - 12:00	St Awesome Breakfast Club	Open to all. Come and enjoy a nutritional breakfast and meet and chat with old and new friends.
	13:30 - 16:30	The HOPE Programme	A 7 week course to help build confidence to self-manage health conditions. Register your interest now!
	13:00 - 15:00	The Young Ukrainian Youth Club	A space for young Ukrainians to meet, make new friends and have fun. Lunch included.
	15:00 - 17:00	Art Relax Therapy	Come and create art in a relaxing environment. Open to all. Booking required.

Bringing communities together

St Austell Community Bank
53 High Cross Street, St Austell, PL25 4AB
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

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