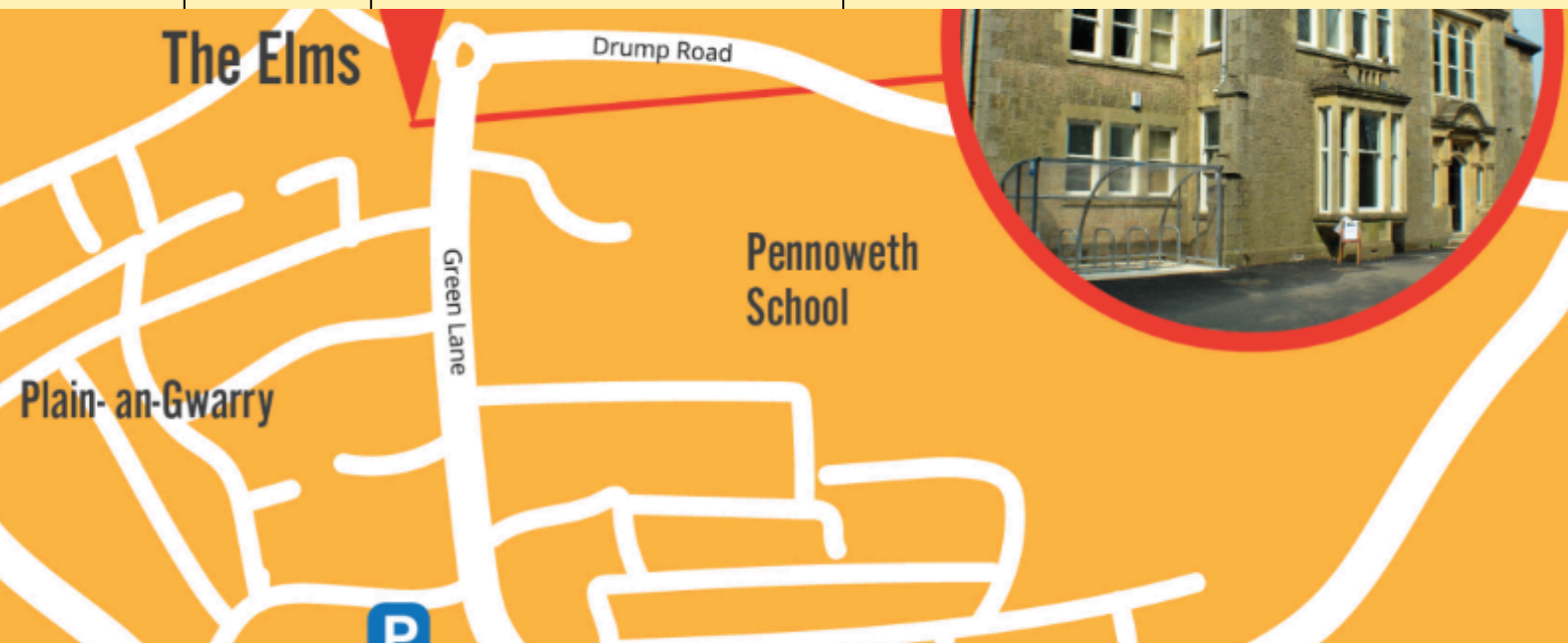


What's on? Activities

The Elms, January 2025

Mondays	10:30 - 12:00	Cuppa Companions (Tyacks Hotel)	An opportunity to meet new people and make new friends. Tyacks, Camborne.
	12:00 - 14:00	Health Coaching	Appointments or drop-ins available. Run by Healthy Cornwall. Optional weigh in available.
	15:00 - 16:30	Cuppa Companions	An opportunity to meet new people and make new friends. Drop in.
Tuesdays	10:00 - 12:00	The Magic Cupboard	A subscription based food larder.
	10:00 - 12:00	Cuppa Companions (Treloweth)	Meet the Community Health & Wellbeing Team at Treloweth Community Hall. First Tuesday of every month. Drop in.
Wednesdays	10:00 - 13:00	Warm Tums	Under 5s & parent/carer group. Craft activities and a hot lunch provided.
	13:00 - 15:00	Woman Kind (Winter Term)	Our women's peer support group. Safe supportive space for all women. No booking required.
	16:00 - 18:00	Just Be;	A space for young people, with food, activities and on-hand advice. Drop in, no booking required.
	16:00 - 18:00	Georgia's Voice	Fortnightly mental health support group for young women aged 18-25.
Thursdays	10:00 - 12:00	HELP Drop In with Coodes Solicitors	Drop in for advice and guidance , anything from housing to benefits. Free legal consultations on 9th & 23rd from Coodes.
	10:00 - 13:00	Health Checks	60 minute health checks run by Healthy Cornwall. Booking in advance required.
	10:00 - 16:00	Community Open Day	Running on 23rd January only. Different agencies coming in to meet members of the community. Lunch provided.
	11:00 - 12:00	Puffalots (Illogan)	Gentle exercises if you have completed pulmonary rehabilitation. The Old School Centre, Illogan.
	14:30 - 16:30	The Wanderers	Walking group leaving from The Elms to various places. Booking required.
Fridays	10:00 - 12:00	Chilled Art Group	Join Professional Community Artist Steph from ArtsWell for a creative journey! No booking required.
	17:00 - 19:00	Friendly Friday	Good food and a friendly chat. Booking required.
Saturdays	10:00 - 13:00	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.



What's on? Courses

The Elms, January 2025

Tuesdays	09:30 - 13:30	Harvesting & Preparing for Autumn	Learn how to grow your own fruit and veg at our allotment, with our expert. Booking required.
	17:00 - 19:30	The HOPE Programme	Learn how to self-manage your health conditions. Start date to be confirmed. Booking required.
Thursdays	10:00 - 15:00	Autumn Eats: Cooking Made Easy	Learn some new cooking skills and enjoy your food afterwards. Booking required.
	13:00 - 15:00	Digital Empowerment	Bridging the digital divide. IT course, laptop provided upon completion. Booking required.
	17:00 - 19:30	ACES Recovery	10 week course learning how childhood adversity impacts your present and discover paths towards healing and growth.
Fridays	12:30 - 16:30	Lights, Community, Action	Collaborative issue-solving in our community and understanding perspectives.

We offer three different personal development training courses. Details below. Register your interest now!

Adverse Childhood Experiences

Pre-Assessment included. 10 week course.

Negative or Adverse Childhood Experiences (ACEs) can affect the life you are living now. They can keep us fixed to the past, and have ongoing effects throughout adult life. But we can do something about this. Do you want to understand more about how these experiences may be affecting you? Join us on "ACES recovery" to explore how we can start to move forward from these experiences

SPACE Supporting Parents and Children Emotionally

SPACE is a free programme for any parent or carer who wants to better understand and support their children's emotions, as well as their own. This is a 4 session, face-to-face programme.

HOPE Help Overcoming Problems Effectively

HOPE is a programme to help people build confidence to self-manage their health conditions. This could include: Physical health e.g. pain relief. Mental ill-health issues such as anxiety, stress, and depression. Discover how to use relaxation techniques to refresh your mind and body. Learn how to make plans and achieve goals that can help you make changes for the better.