



Cuppa Companions & Wellness Hubs

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Boscaste Hope	2 Bodmin 10-12 Bude 10-12	3
4	5 Cookwise Bodmin 10 am - 12 pm	6 Bodmin Wellness Hub 1:30 pm - 3:30 pm Citizens Advice & Health watch	7 Xmas card making Wadebridge Family hub 1:30 - 3:30pm	8 Boscaste Hope Wadebridge Wellness Hub 2 pm - 4 -pm Chair Yoga	9 Bodmin 10 - 12 Boscaste 10 - 12	10
11	12 Health For The Homeless pop-up BODMIN 10:00-16:30 Cookwise Bodmin 10 am - 12 pm	13	14	15 Bodyspeak Wadebridge 10 - 11 Wadebridge Wellbeing Walk 1.30pm - 3.30pm	16 Bodmin 10 - 12 Bude 10 - 12	17
18	19 Cookwise Bodmin 10 am - 12 pm	20 Bodmin Wellness Hub 1.30 - 3.30 Healthy Cornwall & Christmas dees	21	22 Bodyspeak Wadebridge 10 - 11 NO HUB	23 Boscaste Cuppa Companions 10- 12	24
25	26	27	28	29	30 intoBodmin Warm space will be open 10- 12	

For further info please call Sarah 07541 622153
or email sarahr@pentreath.co.uk