



Promas CIC: Face-to-Face Courses/Sessions 2026

Informative Courses

(1-day) Caring for Carers (10am-4pm)

- Wednesday 10th June | Sainsbury's, Penzance | Jenny & Bernie
- Wednesday 9th September | St. Austell RFC | Jenny & Bernie
- Wednesday 3rd June | Bude Parkhouse Centre | Jenny & Bernie

(3-day) Caring for Carers (10am-3:30pm)

- All on a Wednesday – 6th, 13th, 20th May | Camborne Community Centre | Jenny & Bernie

Caring for Dementia Carers (10am-3:30pm)

- Tues 10th and Wed 11th March | Sainsbury's, Penzance | Jenny & Bernie
- Tuesday 14th and Wednesday 15th July | Truro Library | Jenny & Bernie
- Tuesday 22nd and Wednesday 23rd September | Liskeard Public Rooms **TBC** | Jenny & Bernie

Looking at the Future for Dementia Carers (10am-3:30pm)

- Tuesday 1st and Wednesday 2nd December | Camborne Community Centre | Jenny & Bernie

Managing Stress for Carers (10am-4pm)

- Tuesday 6th October | Truro Library | Laura
- Wed 18th Feb | Sainsburys, Penzance | Laura

Caring for Someone with Mental Illness (10am-4pm)

- Tuesday 10th February | Liskeard Public Rooms | Laura
- Tuesday 10th Nov | Truro | Laura
- Thursday 26th Nov | Sainsbury's, Penzance | Laura

Managing Sadness, Pain or Grief when Caring (1 x sessions every two weeks over 6 weeks-3sessions in total) 10am-2pm

- All on a Tuesday – 20th Oct, 3rd and 17th Nov | Camborne Community Centre | Jenny & Bernie
- Thursday 26th March and 9th, 23rd April | Lanivet Parish Community Centre | Jenny & Bernie

Sleep Workshops (10:30am-3:30pm)

- Thursday 17th September | Falmouth Training Solutions | Kellie Gilmour

Coping Strategies for Carers (10am-4pm)

- Wednesday 15th April | Truro Library | Laura
- Wednesday 14th October | Lanivet Parish Community Centre | Laura

Digital Skills for Carers (10:30am-1pm)

- Tuesday 2nd, 9th, 16th and 23rd June | Kate and Tracy | Pool

Recreational/Activity/Sessions

Creative Writing for Carers (10am-4pm)

- Friday 6th February | Truro Library | Polly Roberts

Making Time for Art for Carers (10am-2pm)

- Thursday 24th September | Sainsbury's, Penzance | Tamsin Dearing
- Friday 20th November | Liskeard Public Rooms | Tasmin Dearing
- Thursday 14th May | St. Austell RFC | Tamsin Dearing

Meditation for Stress and Fatigue (10:30am-2:30pm)

- Thursday 19th February | Truro Library | Kellie Gilmour

Lawn Bowls

- Thursdays – 4th, 11th, 18th, 25th June and 2nd, 9th July | Truro | 10am-12pm | Denny Drew
- Liskeard | June-July, **exact dates TBC** | 1 hour duration | Sylvia Wilcocks

Wood Carving (10:30am-12:30pm)

- Tuesdays – March 3rd, 10th, 17th, 24th | Upcycle Kernow (between Portreath and Porthowan | John Samworth

Yoga - Wednesdays -11.15-12.15 (six-week course)

- Wednesdays – February 25th, March 4th, 11th, 18th, 25th and April 1st | Pendennis Leisure, Falmouth | Kay

Leach Pottery – Fridays, 10-12 – all at The Leach Pottery, St. Ives

- 4-day course: March 6th, 13th, 20th and 27th
- 6-day course: May 15th, 22nd and June 5th, 12th, 19th 26th
- 6-day course: September 18th, 25th and October 2nd, 9th 16th, 23rd
- 3-day course: November 20th and December 4th, 11th

Wreath Making (10:00am-1:30pm)

- Thursday 10th December | Camborne Community Centre | Esme Anderson

Right Here, Right Now - Cultivating a Mindful Me (10am-12pm)

- Thursdays – 2nd, 9th, a weeks break then 23rd and 30th April- Tolvaddon - Sarah

Aromatherapy and Essential Oils for wellbeing (10am-1pm)

- Wednesday 22nd April | Redruth | Lesley Oates
- Wednesday 18th November | Redruth | Lesley Oates