



Good Companions

joy & friendship, food & faith - for the elderly

1st Wednesday of each month (not January) 10am – 2pm
Good Companions is a welcoming monthly group providing:

- Transport to and from the venue
- Friendly company for an enjoyable day
- Three course meal, plus refreshments
- Devotional half hour by a local church leader
- Entertainment by visiting groups or soloists

Good Companions costs £6 per person each time you attend. It is run by a team of volunteers from several of the local churches and has been going for more than 45 years.

Thursdays 2pm – 3pm

Infinity is specially geared to meet the needs of an older generation, *Infinity* provides a mid-week opportunity to meet together for inspiring talks, worship, fellowship and fun. There are a variety of guest speakers, and occasional outings too.



Fridays 10am – 11am during term time.

Twinkle Tots is our social and musical event for preschool children with their parents / carers. Professional childcarers are also welcome to bring children.



Sundays from 10am

Bright sparks is for 0-5 year olds. They enjoy stories, crafts and play together in our well equipped creche room with its own toilet facilities.



Sundays from 10am

Junior Church is for primary school ages. They spend the first 15-20 minutes alongside adults in worship, and then have their own group with craft, videos, discussions, prayer and games.



Sundays from 10am

Recharge is for secondary school ages. They spend the first 15-20 minutes alongside adults in worship, and then have their own bible-based group discussions, activities and prayer.



Community &
FAMILIES WORKER

Community and Families Worker
Caroline Chapman – based at Cafevision
and available on 07597852255 or email
caroline@plymstock.org.uk

Coming soon...

Mental health support group – to run weekly and offer support, signposting opportunities and discuss coping strategies. Also, possible monthly Saturday drop in.

Secondary school drop in – to take place each Friday after school -social opportunity, games, music practice (jamming)



Plymstock
United
Church

70-74 Plymstock Road, Plymstock PL9 7PB



What's On @ PUC

Our café is open every Monday and Friday and community groups are run during our opening times. Look out for information about children's activities during the school holidays.

We are open: Monday: 10am – 3pm
Friday: 11am – 3pm



Mondays 10.30am – 11.30am during term time.

Storytime - a weekly group for preschool children where we read stories together followed by a craft activity.



We are a support group for parents/carers of children who have been sexually abused.

07856 067487



Mondays 11.30am – 1.30pm during term time. Trust in Us - a 20 week programme for supporting parents/carers of children who have been sexually abused. (There is also a monthly drop in on Fridays from 11.30am.) For more information/referrals please call Jill on 07856067487.



Mondays 1pm – 3pm

WEA Digital Photography Course. Come and enjoy learning about the practical side of digital photography which will include taking, saving, editing, sharing and printing photos. For beginners and improvers who would like to get the most out of their compact/bridge cameras. Free to many students. Contact Peter Childs to find out more on 07977057949.

Every Monday during term time 5.45pm – 6.45pm.

MnMs ("Monday Night Madness!") is a fun club for primary school ages, with a mix of activities, team games and crafts.



Every Monday during term time 7.15pm – 8.45pm.

Dynamic is for young people of secondary school age. It's a chance to hang out with friends – sometimes just social space with games and occasionally there are special events and activities to enjoy too.