

## Welcome to **PCH Connect!** Our new way of delivering community activities, resident involvement and resident learning!



### Learn for Free

Learn something new with online courses. Visit

<https://www.plymouthcommunityhomes.co.uk/our-community/learn-for-free/> to see our range of courses as well as learning offers from our partners.

Current courses: Equality and Diversity Training, Food safety and cooking ideas.

NEW: Creative writing workshops. Group calls on Friday or work at your own pace using the guides available online

You can also use the 'Learn My Way' hub to learn computer skills or other skills like online banking or social media. Log in by going to the website [www.learnmyway.com](http://www.learnmyway.com) and sign up using our centre code – 8000268.

**When:** Everyday at a time to suit you

**Please note this is open to PCH residents only.**

---



### Tell us what you think

We would like to hear your views on our services. Visit our website to find out more about Resident Involvement or to join our involvement list.

<https://www.plymouthcommunityhomes.co.uk/our-community/get-involved/>

**When:** Everyday at a time to suit you

Please note this is open to PCH residents only.

---



### Computer Club

Want to learn new computer skills or learn how to use social media to keep in touch? Book some time with one of our staff to help you.

To book an appointment email [communitiesteam@plymouthcommunityhomes.co.uk](mailto:communitiesteam@plymouthcommunityhomes.co.uk) telling us what you would like help with.

**When:** Monday-Friday, 9am-5pm at a time to suit you

---



### Job Search Support

Book some time with us to help guide you through job searches, writing a CV and recommend online learning courses.

To book an appointment email: [communitiesteam@plymouthcommunityhomes.co.uk](mailto:communitiesteam@plymouthcommunityhomes.co.uk) telling us how we can help.

For any benefit advice or applications, call our Incomes team who will be able to help: **0808 230 6500.**

**When:** Monday-Friday, 9am-5pm at a time to suit you



### Notte St Community Café Elevenses

Group video chat on Facebook Messenger. Everyone welcome to join in and have a chat and you're welcome to join with audio only. To join the group contact Hazel Alexander [www.facebook.com/hazel.alexander.507](https://www.facebook.com/hazel.alexander.507)

**When:** Wednesdays 11am – 12pm

---



### North Prospect Tea & Toast Friends

An opportunity for North Prospect residents to get together with Community Workers from PCH and the Wolseley Trust for a virtual Tuesday Tea and Toast. To join us for a chat contact Leigh Ferguson [www.facebook.com/leigh.cdworker.9](https://www.facebook.com/leigh.cdworker.9)

You will need access to Facebook Messenger for this.

**When:** Tuesdays 11am – 12pm

---



### History Club

Each week the group will pick an interesting subject to research and share. We will use video conferencing to share our ideas. For more information on this drop-in session please email: [communitiesteam@plymouthcommunityhomes.co.uk](mailto:communitiesteam@plymouthcommunityhomes.co.uk).

**When:** Thursday 3-4pm

---



### Give It A Go

Visit our Give It A Go YouTube channel. We will be regularly adding new activities; things you may not have thought about trying before and we hope you'll really enjoy. You may find a new hobby and will definitely have fun.

Visit [https://www.youtube.com/channel/UCydiecH\\_h\\_473jKzR3lwKKA/videos](https://www.youtube.com/channel/UCydiecH_h_473jKzR3lwKKA/videos) or search for 'Hazel Alexander Community Worker' on YouTube

Exercises and Seated Stretch – a range of exercises for different abilities  
Vocal Coach and Singalong – learn how the best singers get their voices sounding great and join in with the Coffee Cup Choir  
Craft Sessions – step by step guide to creating something beautiful from things at home  
Drama session – try on your own or with other household members

NEW – Bedtime Stories and Cornish Language for Beginners

**When:** Everyday at a time to suit you

---



Janner Men's Shed meet on Facebook every Tuesday at 12 noon. Members only. If you would like more details please call the Communities Team on 0808 230 6500.

**When:** Tuesdays – 12pm



## Photography Club

Fun projects will be set each week. Social sessions to share photos and ideas. We will use video conferencing to share our work and show finished projects for our wider community. For more information on this drop-in session please email:

[communitiesteam@plymouthcommunityhomes.co.uk](mailto:communitiesteam@plymouthcommunityhomes.co.uk).

**When:** Tuesdays 3pm – 4pm

---



## Mount Wise Towers Craft Group

Social sessions to share crafts and ideas. We will use Facebook messenger to share our work, hints and tips, with a general chat and a cuppa. Not just for Towers residents, for anyone who loves all things crafty, and no you don't have to be an expert. To join the group contact Hayley Kemp <https://www.facebook.com/hayley.kemp.3910>

**When:** Tuesdays 12pm – 1pm

---



## PCH Lunch Bunch

Group video chat on Facebook Messenger. All welcome to join in and have a chat – we do sessions on cooking, crafts and have guest speakers. Join the PCH People Social Group for more information <https://www.facebook.com/groups/2660427387399028/>

(Please note we will ask you some simple questions before you join)

**When:** Wednesdays 12pm – 1pm

---



## Online Communities

### PCH People Social Group

<https://www.facebook.com/groups/2660427387399028/>

### PCH Hub Facebook Page

<https://www.facebook.com/Plymouth-Communities-Hub-107598050877461/>

### Efford Forum/Friends of Efford Marsh:

[www.facebook.com/groups/359649111163393/](http://www.facebook.com/groups/359649111163393/)

### North Prospect Community:

[www.facebook.com/leigh.cdworker.9](http://www.facebook.com/leigh.cdworker.9)

### Renaissance (Digital Dance):

Renaissance MSP for gentle movement sessions Tuesday and Thursday 11am live or watch later. No previous experience or involvement needed. Search on Facebook for Renaissance MSP, or click on the link [www.facebook.com/benjamin.dunks](http://www.facebook.com/benjamin.dunks)

## HOW TO TAKE PART:

If you would like to take part in any of these activities, or to register your interest in those coming soon, send a brief description of the activity you would like to join in to [communitiesteam@plymouthcommunityhomes.co.uk](mailto:communitiesteam@plymouthcommunityhomes.co.uk). You can also telephone our Communities team on **0808 230 6500**.

[www.plymouthcommunityhomes.co.uk/our-community/pch-connect/](http://www.plymouthcommunityhomes.co.uk/our-community/pch-connect/)  
**COMING SOON**

Virtual board games club

Book club

Gardening group

Film club

Creative challenges