



## ST PANCRAS CHURCH

### CONTACT

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For more information visit us at:  
[www.stps.org.uk](http://www.stps.org.uk)  
[www.facebook.com/StPancrasPlymouth](https://www.facebook.com/StPancrasPlymouth)

St Pancras is a friendly community church at the heart of Pennycross, working to help combat disadvantage, loneliness, low mental health and family difficulties.



Community based activities and services meeting practical, social and emotional needs for all in the Pennycross area.



St Pancras Church Centre,  
Honicknowle Lane, Pennycross,  
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# Cafes



We have two cafes and they both run from 10am–12noon. The Monday morning Community Café serves up light breakfast choices such as toast and jam alongside hot drinks. Once a month they do a special such as breakfast baps, eggs Benedict, etc. A brilliant way to start the week.

On Wednesdays we have TLC Café (Tea with Lots of Cake), again from 10am to 12noon (alongside our community food larder). A great opportunity to settle down with a free cake and cuppa and a friendly community of folk ready to listen and chat. Young children are welcome and toddler toys and colouring are available to keep them busy while you relax.

## ST PANCRAS KNITTERS & KNIT-A-SQUARE



St Pancras Knitters meet in the church lounge every Wednesday from 1.30pm–4pm. We knit blankets, beanie hats and hand warmers to support Knit-a-Square (KAS) providing warmth and love for orphaned and vulnerable 'Street Children' in South Africa. New members welcome.

## MUMS STAY & PLAY FITNESS



ARGYLE  
COMMUNITY  
TRUST

These sessions run every Wednesday, from 9.30am to 11.30am. If your goal is to get fit whilst having fun, this is an opportunity to get active whilst your little ones are looked after and entertained. If you would like to come along, please contact us.

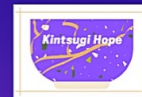


**A FREE FRIENDLY PARENTING GROUP FOR ANYONE WITH PRIMARY AGED CHILDREN RUNNING THURSDAY MORNINGS LATE SEPTEMBER TO NOVEMBER EACH YEAR.**



A free friendly parenting group for anyone with primary aged children running Thursday mornings, late September to November each year. Kids Matter aims to increase the wellbeing and confidence of Mums, Dads and Carers, particularly where they face disadvantage or difficulty in any form. The course equips participants with tools needed to build strong families and resilient relationships. This has a positive impact on child wellbeing and future outcomes. Come along and see your child thrive! Booking essential and creche available.

**A KINTSUGI HOPE WELLBEING GROUP RUNS ON THURSDAY MORNINGS STARTING EVERY JANUARY FOR 12 WEEKS. THIS IS A SAFE AND SUPPORTIVE GROUP WHO MEET TO SHARE LIFE'S STRUGGLES.**



We hope that together we will increase our self-worth, confidence and wellbeing by looking at different topics through stories, videos and the latest research, sharing with each other and making new connections. Each participant only shares what they want – there is no pressure for people who feel overwhelmed (or are supporting others who feel overwhelmed). Together, we cover topics such as Honesty, Anxiety, Shame, Anger, Disappointment and Loss, Perfectionism, Forgiveness, Self-acceptance, Healthy Relationships & Resilience.



*'For every family out there! This was not your typical parenting course but a breath of fresh air – every week I left feeling reassured and motivated. I learned such a lot. The best thing was being part of such a friendly, non-judgemental community. I made great friends. If you want a relaxed and supportive space to grow as a parent this course is it.'*

CL, local parent.

*'Kintsugi helped me navigate a dark and difficult time in my life and overcome fear anxiety and depression which had troubled me for a long time. It has been wonderful to be part of such a kind community of other people who understand. I learned a lot about the importance of self-care, managing my 'stress bucket', as well as the science behind why our brains react in certain ways and what I can do about it. A really helpful and thought-provoking course.'*

CS, local participant.