



Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

MARCH - WEEK 1



Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th		
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		
<p>Job Club 10:30 - 12 with Nadya</p> <p><i>'Participate in a job club where you can build confidence, develop job-search skills, share opportunities, and motivate each other while looking for work.'</i></p> 	<p>CV Support 10:30 - 12 with Gabbi</p> <p><i>'Gain support in creating or updating your CV to be employment ready.'</i></p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Intro to Self-Employment 10:30 - 12 with Sam</p> <p><i>'Engage in a non-accredited course aimed at exploring self-employment opportunities.'</i></p> 	<p>Disclosure Support 10:30 - 12 with Gabbi</p> <p><i>'Support in learning about how to disclose your criminal conviction.'</i></p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Men's Matter Group 10:30 - 12:30 with Sam</p> <p><i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i></p> 
<p>Art Therapy 1 - 3 with Nadya</p> <p><i>'Engaging in creatively expressing your emotions.'</i></p> 	<p>Wellbeing & Mindfulness 1 - 3 with Gabbi</p> <p><i>'Discuss your current wellbeing and learn techniques to support yourself.'</i></p> 	<p>CBT with Hayley (Appt Only) 1 - 4</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>TIPP Drama Session 1 - 3</p> <p><i>'Participate in creative expression through story telling and acting.'</i></p> 	<p>Women's Only Hub Induction - Meet the Team and Enrol 1 - 4</p> <p>CBT with Hayley (Appt Only) 1 - 4</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Hub Induction - Meet the Team and Enrol 1 - 4</p> 	
<p>Hub Drop-in Support 3 - 4</p> <p><i>'Drop-in at the Hub to gain general support.'</i></p> 	<p>National Budget Day Debt & Money Management Advice 3 - 4 with Gabbi</p> <p><i>'Gain advice around managing your money better and creating budget plans.'</i></p> 	<p>Hub Quiz 3 - 4 with Sam</p> <p><i>'Test your knowledge and challenge the staff in a quiz.'</i></p> 	<p>Women's Only Job Search 3 - 4 with Gabbi</p> <p><i>'Gain support in searching for suitable employment opportunities.'</i></p> 	<p>National White Chocolate Cheesecake Day Baking Session 2 - 4 with Sam</p> <p><i>'Learn new skills and enjoy a baking session with staff and Hub Mentors.'</i></p> 		

Information

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate, Blackburn, BB1
3BD

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07467 296781 (Sam)

Please contact support workers to book onto any sessions!

Enrolments are needed to do any of the activities.



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MARCH - WEEK 2



Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30
<p>Job Applications & Cover Letter Support 10:30 - 12 with Gabbi</p> <p><i>'Gain support in completing job applications and writing a cover letter for employment opportunities.'</i></p> 	<p>Training & Course Searching (CSCS, Forklift) 10:30 - 12 with Sam</p> <p><i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Approved Premises Support 10:30 - 12 with Sam</p> <p><i>'Gain move on support from temporary accommodation.'</i></p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 
<p>Unpaid Work Support 1 - 3 with Gabbi</p> <p><i>'Support in understanding and completing unpaid work hours.'</i></p> 	<p>Intro to Self-Employment (non-accredited course) 1 - 3 with Sam</p> <p><i>'Engage in a non-accredited course aimed at exploring self-employment opportunities.'</i></p> 	<p>CBT with Hayley (Appt Only) 1 - 4</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>TiPP Drama Session 1 - 3</p> <p><i>'Participate in creative expression through story telling and acting.'</i></p> 	<p>Motivation & Confidence Building 1 - 2:30 with Sam</p> <p><i>'Support in understanding yourself and setting goals for the future.'</i></p> 
<p>Goal Setting 3 - 4 with Gabbi</p> <p><i>'Planning realistic short and long-term goals.'</i></p> 	<p>Hub Induction - Meet the Team and Enrol 1 - 4</p> 	<p>Hub Forum 3 - 4 with Nadya</p> <p><i>'Participate in a group discussion to provide feedback on the Hub.'</i></p> 	<p>Hub Induction - Meet the Team and Enrol 1 - 4</p> 	<p>Women's Only Wellbeing & Mindfulness 2:30 - 4 with Nadya</p> <p><i>'Discuss your current wellbeing and learn techniques to support yourself.'</i></p> 

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MARCH - WEEK 3



Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th		
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		
<p>Disclosure Support 10:30 - 12 with Nadya</p> <p><i>'Support in learning about how to disclose your criminal conviction.'</i></p> 	<p>CV Support 10:30 - 12 with Sam</p> <p><i>'Gain support in creating or updating your CV to be employment ready.'</i></p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Prepare for Employment with Lived Experience – Importance of Soft Skills 10:30 - 12 with Gabbi</p> <p><i>'Engage in a non-accredited course to learn about your employability skills.'</i></p> 	<p>Unpaid Work Support 10:30 - 12 with Sam</p> <p><i>'Support in understanding and completing unpaid work hours.'</i></p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Hub Induction - Meet the Team and Enrol 10:30 - 12:30</p> 
<p>Accessing Health Services & Support 1 - 2:30 with Nadya</p> <p><i>'Gain support in accessing a GP, dentist or other healthcare service.'</i></p> 	<p>Men's Matter Group 1 - 2:30 with Sam</p> <p><i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i></p> 	<p>CBT with Hayley (Appt Only) 1 - 4</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>TiPP Art Session 1 - 3</p> <p><i>'Participate in creative expression through plant pot painting and design.'</i></p> 	<p>Benefit Support 1 - 2:30 with Sam</p> <p><i>'Gain support in learning what benefits you are entitled to and support in applying for these.'</i></p> 	<p>CBT with Hayley (Appt Only) 1 - 4</p> <p><i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i></p> 	<p>Eid Celebration Chicken Curry Cooking Session + Activities 1 - 4 with Gabbi</p> <p><i>'Engage in an Eid celebration with a cooking session and activities such as crafts and quizzes.'</i></p> 
<p>Women's Only Relationship Advice & Support 2:30 - 4 with Nadya</p> <p><i>'Learn what a healthy relationship is and how to maintain positive relationships.'</i></p> 	<p>Hub Drop-in Support 2:30 - 4</p> <p><i>'Drop-in at the Hub to gain general support.'</i></p> 	<p>Hub Induction - Meet the Team and Enrol 1 - 4</p> 	<p>Managing Emotions 2:30 - 4 with Sam</p> <p><i>'Learn strategies on how to handle negative emotions.'</i></p> 			

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MARCH - WEEK 4



Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th		
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		
Obtaining Right to Work Documents - ID & National Insurance 10:30 - 12 with Nadya <i>'Support in gaining ID documents.'</i>  	Job Applications & Cover Letter Support 10:30 - 12 with Nadya <i>'Gain support in completing job applications and writing a cover letter for employment opportunities.'</i> 	CBT with Hayley (Appt Only) 10 - 12 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 	Job Club 10:30 - 12 with Sam <i>'Participate in a job club where you can build confidence, develop job-search skills, share opportunities, and motivate each other while looking for work.'</i> 	Exploring Employability Skills 10:30 - 12 with Gabbi <i>'Exploring the skills needed to gain meaningful employment.'</i> 	CBT with Hayley (Appt Only) 10 - 12 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 	Women's Only Hub Induction - Meet the Team and Enrol 10:30 - 12:30 with Gabbi 
Healthy Living 1 - 3 with Nadya <i>'Engage in a non-accredited course that aims to help promote a healthier lifestyle.'</i> 	Mindfulness & Self-Care Techniques 1 - 3 with Nadya <i>'Engage in positive strategies to support physical and mental wellbeing.'</i> 	CBT with Hayley (Appt Only) 1 - 4 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 	TiPP Art Session 1 - 3 <i>'Participate in creative expression through plant pot painting and design.'</i> 	In-Work Support: Support for those in employment 1 - 2:30 with Gabbi <i>'Opportunity to discuss current employment and gain advice and guidance.'</i> 	CBT with Hayley (Appt Only) 1 - 4 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 	Prepare for Employment with Lived Experience – Importance of Soft Skills 1 - 3 with Gabbi <i>'Engage in a non-accredited course to learn about your employability skills.'</i> 
Confidence Building 3 - 4 with Nadya <i>'Building on current skills and learning new skills.'</i> 	Hub Induction - Meet the Team and Enrol 1 - 4 		Ping Pong 3 - 4 with Sam <i>'Engage in a health and wellbeing session through competing against staff and fellow service users.'</i> 	Stress Relief Strategies 2:30 - 4 with Gabbi <i>'Learn effective ways of managing stress.'</i> 	Motivation Workshop 3 - 4 with Gabbi <i>'Work on strategies to boost your motivation to engage with support and services.'</i> 	

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MARCH - WEEK 5



Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30
Training & Course Searching (CSCS, Forklift) 10:30 - 12 with Sam <i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i> 	Job Search & Application Support 10:30 - 12 with Gabbi <i>'Engage in a job searching session and gain support completing applications.'</i> 	CBT with Hayley (Appt Only) 10 - 12 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 	Approved Premises Support 10:30 - 12 with Nadya <i>'Support in understanding and completing unpaid work hours.'</i> 	CBT with Hayley (Appt Only) 10 - 12 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 
Accommodation Advice & Support 1 - 3 with Sam <i>'Gain advice and support regarding your current accommodation and options available.'</i> 	Literacy & Numeracy Skills 1 - 3 with Gabbi <i>'Support in expanding your current literacy and numeracy skills.'</i> 	CBT with Hayley (Appt Only) 1 - 4 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 	National Burrito Day Cooking Session 1 - 3 with Nadya <i>'Learn new skills and enjoy a baking session with staff and Hub Mentors.'</i> 	CBT with Hayley (Appt Only) 1 - 4 <i>'Attend a 1-1 session with a registered therapist to support your mental health and wellbeing.'</i> 
Hub Induction - Meet the Team and Enrol 1 - 4 	Personal Journaling 3 - 4 with Gabbi <i>'Learn how to express your emotions in a healthy way.'</i> 	Hub Drop-in Support 3 - 4 <i>'Drop-in at the Hub to gain general support.'</i> 	Hub Quiz 3 - 4 with Nadya <i>'Test your knowledge and challenge the staff in a quiz.'</i> 	Wellbeing Goal Setting 3 - 4 with Nadya <i>'Set achievable goals to support your mental and physical wellbeing.'</i> 

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