

▲ 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

LIVERPOOL MARCH - WEEK 1



Monday 02/03/2026	Tuesday 03/03/2026	Wednesday 04/03/2026	Thursday 05/03/2026	Friday 06/03/2026
<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Women only sessions Drop in breakfast club with Tania 9:30-10:30 Various women only activities with Tania 10:30-12:00 <i>Join us to improve your mental health, socialize and explore employment.</i></p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>
<p>Media session – make a film with Tom 10:30-12:00 ● <i>spread the word about Liverpool Hub and where to find it In Film</i> CSCS course 10:00-2:00 ▲ <i>Gain Green CSCS card.</i></p>	<p>Arts and Crafts with Julia and Matt ▲ 10:00-11:30 <i>Socialise and engage in a mindful</i> Digital College (self-led) 10:30-4:00 ▲ <i>Gain new qualifications.</i> CSCS course 10:00-2:00 <i>Gain Green CSCS card.</i></p>	<p>●</p>	<p>● Cooking Skills with peer mentor Dan 10:30-12:00 <i>Learn to cook healthily and explore meals from different cultures.</i></p> <p>CBT with Molly – booking only ▲ 10:00-4:00</p>	<p>Job Club with Ian 10:30-12:00 <i>Get help job searching, interviews and starting work.</i> Board games with peer mentor Ed 12:30-13:30 <i>Discuss hub activities and help us shape future activities.</i> ▲</p>
<p>Cooking skills with peer mentor Ed 12:00-13:00 ▲ <i>Plan cooking sessions using organisational and budgeting skills.</i></p>	<p>Recovery Group with Julia 11:30-12:30 ▲ <i>Receive group support to start and maintain drug/alcohol recovery.</i></p>	<p>UPW – invite only 10:00-12:00 DWP 1:00-3:00 <i>Receive 1:1 support from DWP.</i> ▲</p>	<p>Lego Nostalgia with peer mentor Ed 1:00-3:00 <i>learn skills such as problem solving, focus, task management.</i></p>	<p>● Music session with Donna 1:30-3:30 <i>Learn to play instruments and songwriting.</i></p>
<p>Hub induction (Meet the team and enroll!) 1pm -4pm ▲</p>	<p>Non-accredited course: Recall prevention with Julia 1:00-3:00 ▲ <i>Gain new knowledge and skills</i> CBT with Molly – booking only 10:00-4:00 ▲</p>	<p>Hub induction (Meet the team and enroll!) 1pm -4pm ▲</p>	<p>¿Hablas Español? Spanish lesson with Julia ▲ 3:00-4:00 <i>Learn Spanish in a fun, steady environment.</i></p>	<p>● Gardening with peer mentor Ed 3:00-4:00 <i>Gain skills to grow your own food and maintain your own garden.</i></p>

Information

Hub is located at State House, 22 Dale St., L2 4TR

Tel: 07341 604133

Referral link:

[CFO Evolution](#)

[Referrals – HMPPS](#)

[Creating Future Opportunities](#)



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LIVERPOOL MARCH – WEEK 2



Monday 09/03/2026	Tuesday 10/03/2026	Wednesday 11/03/2026	Thursday 12/03/2026	Friday 13/03/2026
<p>Drop in breakfast club 9:30–10:30 <i>come and enjoy free breakfast and a hot drink</i></p> 	<p>Drop in breakfast club 9:30–10:30 <i>come and enjoy free breakfast and a hot drink</i></p> 	<p>Women only sessions Drop in breakfast club with Tania 9:30–10:30 Various women only activities with Tania 10:30–12:00 <i>Join us to improve your mental health, socialize and explore employment.</i></p> 	<p>Drop in breakfast club 9:30–10:30 <i>come and enjoy free breakfast and a hot drink</i></p> 	<p>Drop in breakfast club 9:30–10:30 <i>come and enjoy free breakfast and a hot drink</i></p> 
<p>Media session – make a film with Tom 10:30–12:30 <i>spread the word about Liverpool Hub and where to find it In Film</i></p> 	<p>Arts and Crafts with Julia and Matt 10:00–11:30 <i>Socialise and engage in a mindful</i> Digital College (self-led) 10:30–4:00 <i>Gain new knowledge and qualifications.</i></p>  		<p>Therapy dogs 10:30–12:00 <i>the therapy dogs are trained to provide comfort and support.</i></p>  <p>CBT with Molly – booking only 10:00–4:00</p> 	<p>Naafi Café with Julia – veterans only 10:30–12:00 <i>explore veterans’ support available in community.</i></p>   <p>Job Club with Ian 10:30–12:00 <i>job searching, interviews and starting work.</i></p> 
<p>1:1 employment support 12:30–13:30 <i>improve your CV and find training/employment opportunities.</i></p>	<p>Recovery Group with Julia 11:30–12:30 <i>Receive group support to start and maintain drug/alcohol recovery.</i></p>	<p>UPW – invite only 10:00–12:00</p>	<p>Lego Nostalgia with peer mentor Ed 1:00–3:00 <i>learn skills such as problem solving, focus, task management.</i></p> 	<p>Say it in a song! Music session with Donna 1:30–3:30 <i>Learn to play instruments and songwriting.</i></p>
<p>Hub induction (Meet the team and enroll!)</p> <p>1pm –4pm</p> <p>Additional Music session with Donna 1:30–3:30 <i>Learn to play instruments and songwriting.</i></p> 	<p>Non-accredited course: Recall prevention with Julia 1:00–3:00 <i>Gain new knowledge and skills in a guided-learning environment.</i></p>  <p>CBT with Molly – booking only 10:00–4:00</p> 	<p>Hub induction (Meet the team and enroll!)</p> <p>1pm –4pm</p> 	<p>¿Hablas Español? Spanish lesson with Julia 3:00–4:00 <i>Learn Spanish in a fun, steady environment.</i></p> 	

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LIVERPOOL MARCH - WEEK 3



Monday 16/03/2026	Tuesday 17/03/2026	Wednesday 18/03/2026	Thursday 19/03/2026	Friday 20/03/2026
<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Women only sessions</p> <p>Drop in breakfast club with Tania 9:30-10:30</p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>
<p>1:1 employment support 12:30-13:30 ▲ <i>improve your CV and find training/employment opportunities.</i></p> <p>Media session – make a film with Tom 10:30-12:30 <i>spread the word about Liverpool Hub and where to find it In Film</i> ●</p>	<p>Arts and Crafts with Matt 10:00-11:30 ▲ <i>mindful activity to improve your mental health.</i></p> <p>Digital College (self-led) 10:30-4:00 ▲ <i>Gain new knowledge and qualifications.</i></p>	<p>Various women only activities with Tania 10:30-12:00 <i>Join us to improve your mental health, socialize and explore mindful.</i></p>	<p>Cooking Skills with peer mentor Dan 10:30-12:00 <i>Learn to cook healthy meals and explore meals from different cultures.</i></p> <p>CBT with Molly – booking only ▲ 10:00-4:00</p>	<p>March Quiz with peer mentor Dan 10:30-12:00 <i>Share and gain new knowledge in a team activity.</i></p> <p>Job Club with Ian 10:30-12:00 <i>Get help preparing for job searching, interviews and starting work.</i> ▲</p>
<p>Hub Newsletter with peer mentor Ed 12:00-13:00 <i>Edit our monthly newsletter to share what happens at the hub.</i> ●</p>	<p>Recovery Group ▲ 11:30-12:30 <i>Receive group support to start and maintain drug/alcohol recovery.</i></p> <p>CBT – booking only ▲ 10:00-4:00</p>	<p>UPW – invite only 10:00-12:00</p> <p>1:1s with DWP 1:00-3:00 <i>receive 1:1 support from DWP.</i> ●</p>	<p>Lego Nostalgia with peer mentor Ed 1:00-3:00 <i>Spend time with positive peers, learn skills such as problem solving, focus, task management.</i> ▲</p>	<p>Play it in a song! Music session with Donna 1:30-3:30 <i>Learn to play instruments and songwriting.</i></p> <p>Gardening with peer mentor Ed 3:00-4:00 <i>Gain skills to grow your own food and maintain your own garden.</i></p>
<p>Hub induction (Meet the team and enroll!) ▲ 1pm -4pm</p>	<p>Drama session with peer mentor Matt ▲ 1:00-3:00 <i>Gain team-working skills and confidence and develop your imagination.</i></p>	<p>Hub induction (Meet the team and enroll!) ▲ 1pm -4pm</p>	<p>¿Hablas Español? Spanish lesson 3:00-4:00 <i>Learn Spanish in a fun, steady environment</i></p>	

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LIVERPOOL MARCH - WEEK 4



Achieve



	Monday 23/03/2026	Tuesday 24/03/2026	Wednesday 25/03/2026	Thursday 26/03/2026	Friday 27/03/2026
	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i></p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i></p>		<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i></p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i></p>
	<p>1:1 employment support 12:30-13:30 <i>improve your CV and find training/employment opportunities.</i></p> <p>Media session – make a film with Tom 10:30-12:30 <i>spread the word about Liverpool Hub and where to find it In Film</i></p>	<p>Arts and Crafts with Matt 10:00-11:30 <i>a mindful activity to improve your mental health.</i></p> <p>Digital College (self-led) 10:30-12:00 <i>Gain new knowledge and qualifications.</i></p> <p>CBT with Molly – booking only 10:00-4:00</p>	<p>Women only sessions</p> <p>Drop in breakfast club with Tania 9:30-10:30</p> <p>Various women only activities with Tania 10:30-12:00 <i>Join us to improve your mental health, socialize and explore mindful.</i></p> <p>UPW – invite only 10:00-12:00</p>	<p>Therapy dogs 10:30-12:00 <i>Come spend time with the therapy dogs, trained to provide comfort and support.</i></p> <p>CBT with Molly – booking only 10:00-4:00</p>	<p>Mental Health coffee morning with peer mentors 10:30-12:00 <i>Join us for a coffee while we discuss mental health.</i></p> <p>Job Club with Ian 10:30-12:00 <i>Get help preparing for job search, interviews and starting work.</i></p>
	<p>Hub Club – focus group with peer mentor Ed 12:30-13:30 <i>Discuss hub activities and help us shape future activities.</i></p>	<p>Recovery Group with 11:30-12:30 <i>Receive group support to start and maintain drug/alcohol recovery.</i></p>	<p>IPP Group with Maura and – IPP only 2:00-4:00 <i>Get support from other IPP participants and discuss support required for yourself.</i></p>	<p>Lego Nostalgia with peer mentor Ed 1:00-3:00 <i>Spend time with positive peers, learn skills such as problem solving, focus, task management.</i></p>	<p>Say it in a song! Music session with Donna 1:30-3:30 <i>Learn to play instruments and about songwriting.</i></p>
	<p>Hub induction (Meet the team and enroll!) 1pm -4pm</p>	<p>18-29 only session 1:00-3:00 <i>Various support based on your needs with support workers.</i></p>	<p>Hub induction (Meet the team and enroll!) 1pm -4pm</p>	<p>Spanish – practice with peer mentor Matt 3:00-4:00 <i>Spend time learning about art and history with your peers.</i></p>	

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LIVERPOOL MARCH - WEEK 5



Achieve



	Monday 30/03/2026	Tuesday 31/03/2026	Wednesday 01/04/2026	Thursday 02/04/2026	Friday 03/04/2026
	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>	<p>Drop in breakfast club 9:30-10:30 <i>come and enjoy free breakfast and a hot drink</i> ▲</p>			
	<p>1:1 employment support 12:30-13:30 <i>Speak to support workers to improve your CV and find training/employment opportunities.</i> ▲</p> <p>Media session – make a film with Tom 10:30-12:00 <i>Make a film that will help spread the word about Liverpool Hub and where find it.</i> ●</p>	<p>Arts and Crafts with Julia and Matt ▲ 10:00-11:30 <i>Socialise and engage in a mindful activity to improve your mental health.</i></p> <p>Digital College (self-led) ▲ 10:30-12:00 <i>Gain new knowledge and qualifications.</i></p> <p>CBT with Molly – booking only ▲ 10:00-4:00</p>			
	<p>Hub induction (Meet the team and enroll!) 1pm -4pm</p>	<p>Recovery Group with Julia 11:30-12:30 <i>Receive group support to start and maintain drug/alcohol recovery.</i> ▲</p> <p>Drama session with peer mentor Matt 1:00-3:00 <i>Gain team-working skills and confidence and develop your imagination.</i> ▲</p>			
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4TR
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March Activities to look out for...



Interested in gaining new knowledge, ask about → Walks, Non-accredited courses, Digital College ...

These sessions will introduce new interests and help you widen your knowledge. You might learn something new and you might also share your knowledge with others.



For support with motivation, confidence, isolation, ask about →

Lego sessions, Wellbeing sessions, CBT, arts&crafts ...

Get support breaking down big goals, into smaller, more manageable steps, build confidence and motivation to achieve these goals and focus on a positive future. Improve mental, physical and social wellbeing.



For employment support, ask about → CV writing, disclosure letter writing, job searching, mock interviews, job clubs ...

Looking for employment and unsure where to start? These sessions will give you a chance to prepare for job applications, interviews and employment and allow you to improve these skills for the future.

