Leeds CFO Activity Hub

The Hub is open Monday to Friday.

Thursday and Friday are for 1:1s and drop ins.

0113 2425522

CFOEvolution@growthco.uk

Leeds CFO Activity Hub, Unit 8 Northwest Business Park, Servia Hill, LS6 2QH

November 2026

The Growth Company

Monday	Tuesday	Wednesday
All day **1:1 support**	**All day** **1:1 support**	**All day** **1:1 support**
Cooking on a budget: Explore healthy eating, budget-friendly cooking and nutrition, then sit down to enjoy a healthy meal as a group. **10:30am - 12:30pm**	**Employment & Education Support:** Access to online & fully funded courses with Sussana **10:30am - 12:30pm**	**Music** Learn a new skill or hobby & showcase your musical talent with James **10:30am - 12:30pm**
Employment Support: Looking for Work? Let Enie Help! • Create a CV or disclosure letter • Search and apply for jobs • Get interview preparation and tips • Build confidence and become job ready • Access fully funded courses and training opportunities Leave with the tools, skills, and support you need to move closer to employment. **Bookable slots between 13:30pm- 15:30pm**	**Green Skills Course with Ground works** **10:00am - 12:30pm** Planning and designing the hub garden and learn plant propagation, houseplant care, indoor air quality, nature-inspired crafts, and tree grafting.	**Men in Mind** A supportive & relaxed space to talk, learn ways to manage emotions, improve wellbeing & build confidence **10:15am - 11:15pm**
	Confident Futures A 4-week programme designed to help men understand and manage their emotions, build confidence, develop practical coping strategies, and create a personal plan for positive change. **13:00pm - 14:30pm**	**Independent Living Skills:** Gain confidence in cooking & kitchen safety by preparing & serving communal meals, helping to develop skills for independent & healthy adult living. **11:30pm - 13:30pm**
	Time Out Club 18-24's A chilled space to explore ways to handle life's ups and downs **14:00pm - 15:00pm**	**Money management & benefit advice** Learn how to budget and access benefits with Simon **13:00pm - 16:00pm**
		Arts and Crafts Creative expression & confidence through art with Chloe **13:30pm - 15:30pm**

▲ 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

CFO

This programme is funded by HMPPS CFO

Open Monday to Friday. Open Monday, Tuesday and Wednesday for activities and 1:1 appointments 9:30am till 4pm Thursday and Friday

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Leeds CFO Activity Hub

Support available via your dedicated support worker:
Obtaining ID
Accomodation
Finance/benefit/Debt
Obtaining RTW docs
1:1 Employment support
Financial support available to help you get into work!

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Drop-in Session available for 1:1 Support Monday to Friday

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Reception contact number:
01132 425522

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Fully Funded CSCS Courses at the Leeds CFO Activity Hub!

2nd and 3rd November

Complete your **Level 1 Award in Health and Safety in a Construction Environment, and sit the CITB Health, Safety & Environment (CSCS) test**. Receive your **Green CSCS card** as well as support to apply for **live vacancies** in construction following completion!

This is an incredible opportunity to gain a recognised construction qualification, improve employability, and take an important step towards reaching your full potential!

LEEDS HUB JOBS FAIR!

Thurs 5th November

Meet local employers, explore live job vacancies, and discover training opportunities in a wide variety of roles. Speak with Job Centre representatives and training providers for advice, support, and opportunities to help you move into employment.
Speak to your support worker to book a slot now!

Digital College

Access to online fully funded courses:
Access to hundreds of courses, fully funded with access to IT equiptment once approved by your Probation Practitioner

Employment support

- Create a CV
- Create a Disclosure letter
- 1:1 support with our in house Employment Engagement Consultant
- Access and support to apply for live vacancies
- Understanding Spent vs Unspent Convictions

Accessing ID and Food Banks

Whatever your circumstance, we understand that with the rising cost of living things are hard. We can support you to access Food Banks in your local area.

Support to apply for right to work documents, when trying to find employment:
Birth Certificate or Citizen Card

CBT

Access to Cognitive Behavioural Therapy with a therapist, on a 1:1 basis to receive support around your wellbeing, thoughts and processes and trauma.

Additional drop in sessions

- **Kings Trust** (Age 18-30) - **5th Nov 13:30pm-15:30pm**
- **Our Way Leeds** (Under 25's) Homeless Prevention support - **5th Nov PM**
- **Restorative Solutions** (Referral only) - **26th Nov - PM & 27th Nov - PM**
- **Ingeus - Thursdays AM** 121's Emotional Wellbeing (18-23 Referral only) **Transition & Hope** & lived experience peer mentor **- 14:00pm**
- **Job Centre** - Fortnightly **3rd Nov 13:00pm - 17:00pm**
- **Talking Therapy** (Referral only) **Wednesdays** weekly
- **Forward Leeds** Tuesdays at **2pm**

The CFO Activity Hubs are a safe space. Whether you have a form you don't understand, you need support on 1:1 basis or you want to reduce your social isolation, we are here to help!

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