



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

BLACKBURN CFO ACTIVITY HUB

November - Week 1



Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07789 951065 (Hayley)
07734 784590 (Fatimah)

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Monday 2nd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset

10-11

with Gabbi



A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.



Digital College: Pathway to Health & Safety

10:30 - 12

with Nadya



'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Tuesday 3rd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Relationship Advice & Support

10 - 12

with Fatima

'Engage in a session focused on receiving relationship advice and support to build healthier and more positive connections with others.'



Wednesday 4th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Pause & Reset: Mindfulness Session

10 - 11

with Hayley



A calming & supportive session where you can explore simple mindfulness techniques to help you relax, manage everyday stress, focus on the present, and take some time for yourself



Disclosure Support

11-12

with Fatima



'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'



Thursday 5th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support

10 - 11

with Hayley



'Access support in understanding community service requirements and help in completing unpaid work hours.'

Prepare for Employment with Lived Experience – Importance of Soft Skills

11 - 12

with Nadya



'Engage in a non-accredited course to learn about your employability skills.'



Friday 6th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Cook Well, Feel Well

10 - 12

With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Employment Hub:

Job Search

1 - 3

with Fatima

A supportive job search session to help you explore opportunities, build confidence, and take practical steps toward finding the right role.



Non-Accredited Course:

Equality & Diversity

1-3

with Gabbi

A 4 week non-accredited course exploring equality, diversity and inclusion, incorporating Black History Month to celebrate Black history, culture, achievements and the importance of creating inclusive communities



Arts & Sculpture

1 - 3

with TiPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'



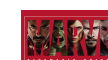
Film Club:

Marvel Mania

1-3

With Gabbi

Whether you're a lifelong Marvel fan or just getting started, come along to enjoy great films, lively conversations, and a welcoming community of superhero enthusiasts



Clay & Create

1 - 3

with Gabbi

A fun, relaxed creative sessions where you can choose to get hands-on with clay sculpting OR unleash your imagination with LEGO, while socialising and connecting with others.



'Hub' Quiz and Social

3 - 4

with the Hub Staff



Hub Induction:

Meet the Team & Enrol

1 - 4



Women's Only

Drop-in Support Session

10 - 12



CBT with Better Health

10 - 3

appointment only



Hub Induction:

Meet the Team & Enrol

1 - 4



Through The Gate (TTG)

Drop-in sessions for those recently released from custody

1 - 4





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BLACKBURN CFO ACTIVITY HUB

November - Week 2



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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage in any activities

Monday 9th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Digital College: Pathway to CSCS/Construction
10:30 - 12
with Fatima

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Employment Hub:
CV Writing & Job Search
1 - 3
with Hayley

Learn how to create a professional, tailored CV that highlights your skills, experience, and achievements to improve your chances of securing interviews.



Drop-in Support
Session
3 - 4



Tuesday 10th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Wellbeing & Mindfulness
10 - 12
with Hayley

'Discuss your current mental health and wellbeing and learn mindfulness techniques to support yourself.'



Non-Accredited Course:
Equality & Diversity
1-3
with Gabbi

A 4 week non-accredited course exploring equality, diversity and inclusion, incorporating Black History Month to celebrate Black history, culture, achievements and the importance of creating inclusive communities



Employability Support
1 - 3
with Jordan from
Renewed Horizons



Wednesday 11th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Veterans
Breakfast/Poppy
Making
10-11
with Hub Staff

A welcoming & relaxed session where veterans can enjoy breakfast together, connect with others & create handmade poppies to honour & remember those who have served



Book Club
3 - 4
with Gabbi



CBT with Better Health
10 - 3
appointment only



Thursday 12th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Benefit Support
11 - 12
with Fatima

'Gain support in learning what benefits you are entitled to and support in applying for these.'



Men's Matter Group
10 - 12

with Hub Mentors
'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'



Film Club:
Marvel Mania
1-3
With Gabbi

Whether you're a lifelong Marvel fan or just getting started, come along to enjoy great films, lively conversations, and a welcoming community of superhero enthusiasts



Hub Induction:
Meet the Team & Enrol
1 - 4



Friday 13th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Cook Well, Feel Well
1 - 3
With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Clay & Create
1 - 3
with Gabbi

A fun, relaxed creative sessions where you can choose to get hands-on with clay sculpting OR unleash your imagination with LEGO, while socialising and connecting with others.



Hub' Quiz and Social
3-4pm
with the Hub Staff



Hub Forum
3 - 4





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BLACKBURN CFO ACTIVITY HUB

November - Week 3



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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage in any activities

Monday 15th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Monday Mind Reset
10-11

with Gabbi

A calming Monday Mind Reset session to help you pause, breathe, and start the week feeling grounded, focused and refreshed.



Digital College: Pathway to Self-Employment

10:30 - 12
with Nadya

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Job Club: Job Applications & Job Search

1 - 3

with Nadya

Gain practical support to find suitable job opportunities, complete applications effectively, and increase your chances of employment.



Hub Induction:
Meet the Team & Enrol
10 - 4



Tuesday 16th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Employment Wellbeing Action Plan

10 - 12
with Gabbi

'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'



Non-Accredited Course:
Equality & Diversity

1-3

with Gabbi

A 4 week non-accredited course exploring equality, diversity and inclusion, incorporating Black History Month to celebrate Black history, culture, achievements and the importance of creating inclusive communities



Women's Only
Drop-in Support Session
10 - 12



Wednesday 17th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



In-Work Support

10:30 - 12
with Hayley

'Gain support in managing your current employment with checks in on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'



Arts & Sculpture

1 - 3

with TIPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'



Book Club

3 - 4

with Gabbi



CBT with Better Health
10 - 3
appointment only

Thursday 18th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support

10:30 - 12:30
with Nadya

'Access support in understanding community service requirements and help in completing unpaid work hours.'



Exploring Employability Skills

10:30 - 12
with Fatima

'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Film Club:
Marvel Mania

1-3

With Gabbi

Whether you're a lifelong Marvel fan or just getting started, come along to enjoy great films, lively conversations, and a welcoming community of superhero enthusiasts



Hub Forum
3 - 4



Friday 19th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Cook Well, Feel Well

10 - 12

With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Clay & Create

1 - 3

with Gabbi

A fun, relaxed creative sessions where you can choose to get hands-on with clay sculpting OR unleash your imagination with LEGO, while socialising and connecting with others.



Hub' Quiz and Social
3-4pm
with the Hub Staff



Hub Induction:
Meet the Team & Enrol
10 - 4





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Monday 22nd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Digital College: Pathway to Warehousing
10:30 - 12
with Fatima

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Tuesday 23rd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Women's Only

Art Therapy
10 - 12
with Hayley

A welcoming women-only creative session using art and self-expression to support wellbeing, encourage relaxation, build confidence and provide a safe space to connect with others



Wednesday 24th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Exploring Employability Skills
10:30 - 12
with Fatima

'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Thursday 25th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Accommodation Advice & Support

10:30 - 12

with Nadya

'Receive support and guidance to transition from temporary accommodation into your own home.'



Men's Matter Group

10 - 12

with Hub Mentors

'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'



Friday 26th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Cook Well, Feel Well
10 - 12
With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Employment Hub:
Interview Preparation & Mock Interviews
1 - 3

with Nadya

Build confidence and improve your interview skills through practice, guidance, and tips on answering common interview questions effectively.



Non-Accredited Course:
Equality & Diversity
1-3

with Gabbi

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Arts & Sculpture

1 - 3

with TiPP

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Film Club:
Marvel Mania

1-3

With Gabi

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Clay & Create

1 - 3

with Gabbi

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Hub' Quiz and Social
3-4pm
with the Hub Staff



Hub Induction:
Meet the Team & Enrol
10 - 4



Women's Only
Drop-in Support Session
10 - 12



CBT with Better Health
10 - 3
appointment only



Hub Induction:
Meet the Team & Enrol
10 - 4



Hub Induction:
Meet the Team & Enrol
10 - 4

