



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	Tuesday	Wednesday	Thursday	Friday
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With Mia Receive tailored support for your employability needs   9:30am - 12pm	Cooking On A Budget With Mia Learn how to cook filling meals on a small budget Puzzles & Games   10am - 12pm	Great CFO Bake Off With Jamie Learning how to bake and create sweet treats   10am - 12pm	Job Searching, Finding Hidden Vacancies & Applications With Mia  10am - 12pm	Journaling & Reflection With Jamie Reflect and write in your personal journal   9:30am - 12pm
	SPACE Course With Noshin Supporting you with a parenting course  1pm - 3pm	LGBT History: Watch, Review, Reflect With Jamie Review how LGBT has been portrayed in media   1pm - 3pm	Education & Training With Sabrina Arts & Crafts Express your creative side   1pm - 3pm	Money Management & Benefit Advice With Mark Hull On The Wall Mural painting   1pm - 3pm	Man Plan With Mark Men's mental health support group  1pm - 3pm
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

Hull CFO Activity Hub

*If you ever need a cuppa or a chat, pop in and speak to your support worker.

*Drop in Session available for 1-2-1 Support. Please contact your support worker.

•Reception contact number: 07570 245 620
 •9:30am - 4pm
 Monday - Friday

CFO Activity Hub, 55 Saville Street, Norwich house, Hull, HU1 3ES





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 2



	Monday	Tuesday	Wednesday	Thursday	Friday
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With Mia Receive tailored support for your employability needs   9:30am - 12pm	Cooking On A Budget With Noshin Learn how to cook filling meals on a small budget Puzzles & Games   10am - 12pm	Great CFO Bake Off: Women's History With Sabrina Learning how to bake and create sweet treats   10am - 12pm	Job Searching, Finding Hidden Vacancies & Applications With Mia  10am - 12pm	Wellbeing Walk With Mark Take part in a walking group to improve health   10am - 12pm
	SPACE Course With Noshin Supporting you with a parenting course  1pm - 3pm	LGBT History: Watch, Review, Reflect With Jamie   1pm - 3pm CBT  10am - 4pm	Education & Training With Sabrina Arts & Crafts Express your creative side   1pm - 3pm	Money Management & Benefit Advice With Mark   Hull On The Wall Mural painting 1pm - 3pm	Man Plan With Mark Men's mental health support group  1pm - 3pm
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

Hull CFO Activity Hub
 *If you ever need a cuppa or a chat, pop in and speak to your support worker.
 *Drop in Session available for 1-2-1 Support. Please contact your support worker.
 •Reception contact number: 07570 245 620
 •9:30am - 4pm Monday - Friday
 CFO Activity Hub, 55 Saville Street, Norwich house, Hull, HU1 3ES





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 3



Hull CFO Activity Hub
 *If you ever need a cuppa or a chat, pop in and speak to your support worker.
 *Drop in Session available for 1-2-1 Support. Please contact your support worker.
 •Reception contact number: 07570 245 620
 •9:30am - 4pm
 Monday - Friday
 CFO Activity Hub, 55 Saville Street, Norwich house, Hull, HU1 3ES

Monday	Tuesday	Wednesday	Thursday	Friday
9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
Disclosure, CVs, Career Goals With Mia Receive tailored support for your employability needs 9:30am - 12pm  	Cooking On A Budget With Mark Learn how to cook filling meals on a small budget Puzzles & Games 10am - 12pm  	Great CFO Bake Off With Mia Learning how to bake and create sweet treats 10am - 12pm  	Job Searching, Finding Hidden Vacancies & Applications With Mia 10am - 12pm 	Journaling & Reflection With Noshin Reflect and write in your personal journal 9:30am - 12pm  
SPACE Course With Noshin Supporting you with a parenting course 1pm - 3pm 	Women's History: Watch, Review, Reflect With Jamie Review how Women have been portrayed in media 1pm - 3pm  	Education & Training With Sabrina Arts & Crafts Express your creative side 1pm - 3pm  	Money Management & Benefit Advice With Mark Hull On The Wall Mural painting 1pm - 3pm  	Man Plan With Mark Men's mental health support group 1pm - 3pm 
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm





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 4



	Monday	Tuesday	Wednesday	Thursday	Friday
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With Mia Receive tailored support for your employability needs 9:30am - 12pm  	Cooking On A Budget With Sabrina Learn how to cook filling meals on a small budget Puzzles & Games 10am - 12pm  	Great CFO Bake Off With Noshin Learning how to bake and create sweet treats 10am - 12pm  	Job Searching, Finding Hidden Vacancies & Applications With Mia 10am - 12pm 	Wellbeing Walk With Mark Take part in a walking group to improve health 10am - 12pm  
	SPACE Course With Noshin Supporting you with a parenting course 1pm - 3pm 	Women's History: Watch, Review, Reflect With Jamie 1pm - 3pm   CBT 10am - 4pm 	Education & Training With Sabrina Arts & Crafts Express your creative side 1pm - 3pm  	Money Management & Benefit Advice With Mark Hull On The Wall Mural painting 1pm - 3pm  	Man Plan With Mark Men's mental health support group 1pm - 3pm 
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

Hull CFO Activity Hub

*If you ever need a cuppa or a chat, pop in and speak to your support worker.

*Drop in Session available for 1-2-1 Support. Please contact your support worker.

•Reception contact number: 07570 245 620
 •9:30am - 4pm
 Monday - Friday

CFO Activity Hub, 55 Saville Street, Norwich house, Hull, HU1 3ES





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 5



	Monday	Tuesday	Wednesday	Thursday	Friday
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With Mia Receive tailored support for your employability needs   9:30am - 12pm	Cooking On A Budget With Jamie Learn how to cook filling meals on a small budget Puzzles & Games   10am - 12pm	Great CFO Bake Off With Mia Learning how to bake and create sweet treats   10am - 12pm	Job Searching, Finding Hidden Vacancies & Applications With Mia 10am - 12pm 	Journaling & Reflection With Noshin Reflect and write in your personal journal   9:30am - 12pm
	SPACE Course With Noshin Supporting you with a parenting course  1pm - 3pm	Trans Identity: Watch, Review, Reflect With Jamie Review how transgender have been portrayed   1pm - 3pm	Education & Training With Sabrina Arts & Crafts Express your creative side   1pm - 3pm	Money Management & Benefit Advice With Mark Hull On The Wall Mural painting   1pm - 3pm	Man Plan With Mark Men's mental health support group  1pm - 3pm
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

Hull CFO Activity Hub

*If you ever need a cuppa or a chat, pop in and speak to your support worker.

*Drop in Session available for 1-2-1 Support. Please contact your support worker.

•Reception contact number: 07570 245 620

•9:30am - 4pm
Monday - Friday

CFO Activity Hub, 55 Saville Street, Norwich house, Hull, HU1 3ES

