



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

Manchester CFO Activity Hub

October - Week 1



Monday 5th

Hub open from 9:30 for breakfast and drop in support

Mindfulness & Meditation
11am -12pm

Come and relax at the hub through movement, meditation, stretching, etc. Shhh this is a quiet, low stimulation space



Crafting Calm
12.30pm-1.30pm

Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness



Table Tennis
2pm-3pm

Channel your competitive spirit



Hub Induction meet the team and enrol
10:00 - 16:00

Tuesday 6th

Hub open from 9:30 for breakfast and drop in support

CSCS Green Card
Course: Day 1
9:30-15:00

This accelerated course will allow you to work on a construction site, Please book with SW and let us know any accessibility needs



Women's Only

Arts and crafts
12:00 - 14:00

Open to all participants who identify as women. Come get crafty with different creative projects. Great for reesetting and relaxing



CBT with Aisha –
Appointments only
10:00 - 16:00

Wednesday 7th

Hub open from 9:30 for breakfast and drop in support

CSCS Green Card
Course: Day 2
9:30-15:00

This accelerated course will allow you to work on a construction site, Please book with SW and let us know any accessibility needs



Unpaid Work
9:00 - 12:00

Manchester probation UPW group and induction into hub.
Please note this is a probation booked group only.
The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you

Young Adults Only
13:00 - 16:00

*The hub will be running activities and 121 support tailored to our 18-30 participants.
If you need are not in this group but need urgent support, please contact your SW*



Hub Induction meet the team and enrol
10:00 - 16:00

Thursday 8th

Hub open from 9:30 for breakfast and drop in support

Digital College Drop In
All Day

Explore the range of courses available through our online learning platform



Health & Wellbeing
11am-12pm

Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes



Lift Up Lounge
12pm-1pm

Boost motivation and develop coping skills for a positive future



Men Matter
13:00 - 14:00

Male only safe space to discuss mental health and men's wellbeing



CBT with Aisha –
Appointments only
10:00 - 16:00

Friday 9th

Hub open from 9:30 for breakfast and drop in support

Afro/Caribbean Kitchen
10am-12pm

A fun & interactive cooking session exploring the vibrant flavours, ingredients and traditional dishes inspired by African and Caribbean cuisine. Each week we'll make a different staple dish.



Black History
11:30am-12:30pm

To kick off Black History Month, we're celebrating the black people who have changed history. Come learn how key figures have shaped the world we live in



Hub Quiz
13:00 - 15:00

With Peer Mentor

Put your obscure knowledge to good use with some friendly competition



Digital College drop in
Browse our catalog of online ETE courses

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:
CFO Evolution Referrals – HMPPS Creating
Future Opportunities

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



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

Manchester CFO Activity Hub

October - Week 2



Monday 12th

Tuesday 13th

Wednesday 14th

Thursday 15th

Friday 16th

Hub open from 9:30 for breakfast and drop in support

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Mindfulness & Meditation
11:00 - 12:00

Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Women's Only Support
10:00 - 16:00
with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.

Please note the hub will be closed to male participants during this time

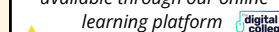


Unpaid Work
9:00 - 12:00

Manchester probation UPW group and induction into hub. Please note this is a probation booked group only. The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you



Digital College Drop In
All Day
Explore the range of courses available through our online learning platform



Health & Wellbeing
11am-12pm

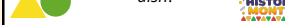
Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes



Afro/Caribbean Kitchen
10am-12pm

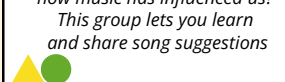
A fun & interactive cooking session exploring the vibrant flavours, ingredients and traditional dishes inspired by African and Caribbean cuisine.

Each week we'll make a different staple dish.



Music & Society
11:30-12:30

Ever wondered the story behind your favourite song? how music has influenced us? This group lets you learn and share song suggestions



Crafting Calm
12.30pm-1.30pm

Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness

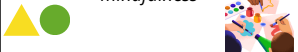


Table Tennis
2pm-3pm

Channel your competitive spirit



Women's Only

Arts and crafts
12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



Young Adults Only
13:00 - 16:00

The hub will be running activities and 121 support tailored to our 18-30 participants. If you need are not in this group but need urgent support, please contact your SW



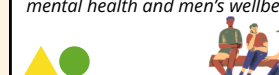
Lift Up Lounge
12pm-1pm

Boost motivation and develop coping skills for a positive future



Men Matter
13:00 - 14:00

Male only safe space to discuss mental health and men's wellbeing



Philosophy
13:00 - 14:00

At CFO hub we're asking the big questions: what is the meaning of life? Do we have free will? What is God? A fun debate that will get you thinking



Hub Induction meet the team and enrol
10:00 - 16:00

CBT
Appointments only
10am-4pm

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Digital College drop in
Browse our catalog of online ETE courses



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

Manchester CFO Activity Hub

October - Week 3



Monday 19th

Hub open from 9:30 for breakfast and drop in support



Mindfulness & Meditation 11:00 - 12:00

Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Crafting Calm 12.30pm-1.30pm

Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness



Table Tennis 2pm-3pm

Channel your competitive spirit



Hub Forum 3 - 4



Tuesday 20th

Hub open from 9:30 for breakfast and drop in support



Women's Only Support

13:00 - 16:00

with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.

Please note the hub will be closed to male participants during this time



Women's Only

Arts and crafts
12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



CBT Appointments only 10am - 4pm



Wednesday 21st

Hub open from 9:30 for breakfast and drop in support



Unpaid Work 9:00 - 12:00

Manchester probation UPW group and induction into hub.

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Thank you



Young Adults Only

13:00 - 16:00

The hub will be running activities and 121 support tailored to our 18-30 participants.

If you need are not in this group but need urgent support, please contact your SW



Hub Induction meet the team and enrol 10:00 - 16:00



Thursday 22nd

Hub open from 9:30 for breakfast and drop in support



Digital College Drop In All Day

Explore the range of courses available through our online learning platform



Health & Wellbeing 11am-12pm

Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes



Lift Up Lounge 12pm-1pm

Boost motivation and develop coping skills for a positive future



CBT Appointments only 10am - 4pm



Friday 23rd

Hub open from 9:30 for breakfast and drop in support



Afro/Caribbean Kitchen 10am-12pm

A fun & interactive cooking session exploring the vibrant flavours, ingredients and traditional dishes inspired by African and Caribbean cuisine. Each week we'll make a different staple dish.



Film Club 11am-1pm

We will be showing a film centred on black voices and experiences. Please give us suggestions for what you'd like to watch



Post-Movie Discussion 1pm-2pm

What fun is a movie without someone to talk about it with? Become a movie critic for the next hour and share what you learned



Digital College drop in Browse our catalog of online ETE courses



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Enrolments are needed to engage in any activities



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Manchester CFO Activity Hub

October - Week 4



Monday 26th

Hub open from 9:30 for breakfast and drop in support



Mindfulness & Meditation 11:00 - 12:00

Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Crafting Calm 12:30 - 13:30

Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness



Table Tennis 2pm-3pm

Channel your competitive spirit



Hub Induction meet the team and enrol
10:00 - 16:00



Tuesday 27th

Hub open from 9:30 for breakfast and drop in support



Women's Only

Women's Group 11:00 - 13:00

Open to all participants who identify as women. This is your chance to get tailored support and speak on issues specific to women in the justice system



Women's Only Support 12:00 - 13:30 with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.



CBT
Appointments only
10am-4pm



Wednesday 28th

Hub open from 9:30 for breakfast and drop in support



Unpaid Work 9:00 - 12:00

Manchester probation UPW group and induction into hub. Please note this is a probation booked group only. The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you



Young Adults Only 13:00 - 16:00

The hub will be running activities and 121 support tailored to our 18-30 participants. If you need are not in this group but need urgent support, please contact your SW



Hub Induction meet the team and enrol
10:00 - 16:00



Thursday 29th

Hub open from 9:30 for breakfast and drop in support



Digital College Drop In All Day

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Health & Wellbeing 11am-12pm

Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes



Arts and crafts 11am-1pm

Come get creative with a mixture of different craft projects.



Men Matter 10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



CBT
Appointments only
10am-4pm



Friday 30th

Hub open from 9:30 for breakfast and drop in support



Halloween Drop In: Art, Movies & Music 11am-1pm

Let's kick off spooky season by making decorations for the hub and masks/props for costumes. Scary movies available if you dare. No tricks, just treats. Costumes welcome



Halloween Hub Quiz 1pm-3pm

Put your obscure knowledge to good use with some friendly competition. Speak to our PM Graeme if you want to be quiz master!



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