



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

September - 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

	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>
	Accommodation Advice & Support 10:30 - 12 with Gabbi <i>'Receive support and guidance to transition from temporary accommodation into your own home.'</i>	Disclosure Support 10:30 - 12 with Hayley <i>'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'</i>	Unpaid Work Support 10 - 11 with Fatima <i>'Access support in understanding community service requirements and help in completing unpaid work hours.'</i> Men's Matter Group 10:30 - 12:30 with Hub Mentors <i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i>	Clay & Create 10 - 12 with Gabbi <i>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.</i>
		Arts & Sculpture 1 - 3 with TiPP <i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'</i>	Sleep Hygiene 1 - 2 with Hayley <i>A relaxed & informative session exploring simple tips and healthy habits to improve sleep, create a positive bedtime routine, and support your overall wellbeing</i>	Cooking on a Budget: 1 - 3 with Hub Mentors <i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i>
		Women's Only Wellbeing & Mindfulness 1 - 3 with Hayley <i>'Discuss your current mental health and wellbeing and learn mindfulness techniques to support yourself.'</i>	Film Club: Marvel Mania 2 - 4 With Gabbi <i>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</i>	'Hub' Quiz and Social 3 - 4 with the Hub Staff
		Women's Only Drop-in Support Session 1 - 4	Drop-in Support Session 10 - 4	Hub Induction: Meet the Team & Enrol 10 - 4



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BLACKBURN CFO ACTIVITY HUB

Shelby - Week 2



Information

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Enrolments are needed to engage in any activities

Monday 7th

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 8th

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 Nadya

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



Wednesday 9th

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

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



Life So Far - Mapping the Journey

10 - 12:30

with Nadya

A reflective & supportive session where you can map your journey so far, recognise key experience and achievements, and explore the strengths that have shaped who you are today.



Thursday 10th

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 Fatima



'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 11th

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

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



Friday Fry-Up

9 - 10

with Hub Staff



A relaxed & welcoming Friday morning session where you can enjoy a tasty fry-up, have a chat, meet new people, and start the day with good food and great company



Clay & Create

10 - 12

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.



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.



Employability Support

1 - 3

with Jordan from Renewed Horizons

A personalised, one-to-one employability support session combining practical job-search support with a holistic approach to building confidence, overcoming barriers and connecting directly with employers to secure interviews, work trials, volunteering opportunities and paid employment.



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



Pause & Reset: Mindfulness Session

1 - 2

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

Film Club: Marvel Mania

2 - 4

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



So You Wanna Rap Do Ya?

1-3

with Fatima



A fun & creative non-accredited course exploring the basics of rap, from writing lyrics and finding your flow to building confidence and expressing yourself through music



'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



Hub Forum

3 - 4





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BLACKBURN CFO ACTIVITY HUB

September - Week 3



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Enrolments are needed to engage in any activities

Monday 14th

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

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



Veterans Morning Muster
10:30-11:30
With Hayley

A welcoming morning breakfast for Veterans to connect, share stories, and enjoy friendly support over a hot meal

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

'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 15th

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

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



Level 3 First Aid Course
9 - 4
with First Aid Skills Training NW

A practical Level 3 accredited First Aid course designed to build the skills, knowledge and confidence needed to respond effectively to emergencies and provide essential first aid when it matters most



Level 3 First Aid Course
9 - 4
with First Aid Skills Training NW

A practical Level 3 accredited First Aid course designed to build the skills, knowledge and confidence needed to respond effectively to emergencies and provide essential first aid when it matters most



Employability Support
1 - 3
with Jordan from
Renewed Horizons



Wednesday 16th

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

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



Pathway to Work
10:30 - 12:30
with Nadya

'Aimed at those 18-25 years of age; come and receive support with job searching, CV writing, interview skills, and building confidence for employment.'



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 17th

CSCS Course: Day 1
All Day



Exploring Employability Skills
10:30 - 12
with Fatima
'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Men's Matter Group
10 - 12



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



Sleep Hygiene
1 - 2
with Hayley



A relaxed & informative session exploring simple tips and healthy habits to improve sleep, create a positive bedtime routine, and support your overall wellbeing



Film Club: Marvel Mania
2 - 4
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 18th

CSCS Course: Day 2
All Day



Clay & Create
10 - 12
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.



Cooking on a Budget:
1 - 3
with Hub Mentors

'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



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



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4





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BLACKBURN CFO ACTIVITY HUB

September - Week 4



Information

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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage in any activities

Monday 21st

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.

Benefit Support

11 - 12
with Gabbi

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

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 22nd

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.'



Employability Support

1 - 3
with Jordan from Renewed Horizons

A personalised, one-to-one employability support session combining practical job-search support with a holistic approach to building confidence, overcoming barriers and connecting directly with employers to secure interviews, work trials, volunteering opportunities and paid employment.

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

Wednesday 23rd

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 check-ins 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 24th

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.'

Pause & Reset: Mindfulness Session

1 - 2
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

Film Club: Marvel Mania

2 - 4
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 25th

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

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

Friday Fry-Up

9 - 10
with Hub Staff

A relaxed & welcoming Friday morning session where you can enjoy a tasty fry-up, have a chat, meet new people, and start the day with good food and great company

Clay & Create

10 - 12
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.

So You Wanna Rap Do Ya?

1-3

with Fatima

A fun & creative non-accredited course exploring the basics of rap, from writing lyrics and finding your flow to building confidence and expressing yourself through music

Hub' Quiz and Social

3-4pm

with the Hub Staff



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BLACKBURN CFO ACTIVITY HUB

September- Week 5



Information

Address:

First Floor Offices, Crabtree Street,
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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 28th

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

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



Veterans Morning Muster
10:30-11:30
With Hayley

A welcoming morning breakfast for Veterans to connect, share stories, and enjoy friendly support over a hot meal

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.'



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.



Hub Induction:
Meet the Team & Enrol
10 - 4



Tuesday 29th

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



Employability Support
1 - 3
with Jordan from Renewed Horizons

A personalised, one-to-one employability support session combining practical job-search support with a holistic approach to building confidence, overcoming barriers and connecting directly with employers to secure interviews, work trials, volunteering opportunities and paid employment.



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



Wednesday 30th

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.'



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

