




-  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

Preston CFO Activity Hub

July Week 1












**PRESTON CFO
ACTIVITY HUB**




Address:
Urban Exchange,
Theatre/Mount Street, PR1 8BQ

Contact Information:
07850 955413 (Amy)
07467 740540 (Jasmine)
07384 548064 (Liam)

Opening Times:
09:30 - 16:00
Monday - Friday

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

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<p>CV Writing and Cover Letters 10:30-12:30</p> <p><i>"Support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i></p> 	<p>Disclosure letter 10:30-12:00</p> <p><i>"Support writing a disclosure letter for future employers"</i></p> 	<p>TIPP: Summer Arts Session 11:00-13:00</p> <p><i>"Creative sessions with Cara exploring multimedia techniques ."</i></p> 	<p>NCS skills Finder 10:30-12:00</p> <p><i>"Discover your skills and careers assessment. Answer questions about things you like to do or are good at. You'll see what motivates you based on your answers."</i></p>	<p>Cooking 10:30-12:00 with Jasmine</p> <p><i>"learn everyday skills in the kitchen and how to prep Healthy Meals"</i></p> 
<p>Benefits Support 13:00-14:30</p> <p><i>"Support with Universal Credit and PIP; making the process simpler and less stressful."</i></p> 	<p>Mens Matter 13:00-14:30 With Peer Support Mike</p> <p><i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i></p> 	<p>Beginners Employment Group 13:00-15:00 with Amy</p> <p><i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i></p> 	<p>Art Therapy 13:00-15:00 with Amy</p> <p><i>"Relieve any stress and anxiety with different artistic techniques"</i></p> 	<p>Women's Only Afternoon: Book Club 13:00-14:30 with Jasmine</p> <p><i>"Come connect, discuss, and explore new books with us."</i></p> 
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 Appointment Only	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4

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Preston CFO Activity Hub

July Week 2













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Monday - Friday

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Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<p>CV Writing and Cover Letters 10:30-12:30</p> <p><i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i></p> 	<p>Intro to Employment 10:30-12:00 with Liam</p> <p><i>"start your employment journey, learn key interview skills, and much more"</i></p> 	<p>TIPP: Summer Arts Session 11:00-13:00</p> <p><i>"Creative sessions with Cara exploring multimedia techniques ."</i></p> 	<p>Training and Courses 10:30-12:00</p> <p><i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i></p> 	<p>Ping Pong and Pool 10:30-12:00 with Liam</p> <p><i>"Ping Pong & Pool session: good vibes, friendly games, all welcome!"</i></p> 
<p>Money Management 13:00-14:00</p> <p><i>"gain Support with managing and spending your money through smart choices"</i></p> 	<p>Men Matter 13:00-14:30 With Peer Support Mike</p> <p><i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i></p> 	<p>Beginners Employment Group 13:00-15:00</p> <p><i>"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"</i></p> 	<p>Art Therapy 13:00-15:00 with Amy</p> <p><i>"Relieve any stress and anxiety with different artistic techniques"</i></p> 	<p>Women's Only Afternoon: Meditation 13:00-14:00 with Amy</p> <p><i>"Join us for guided meditation to reduce stress and anxiety"</i></p> 
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 Appointment Only	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4

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Preston CFO Activity Hub

July Week 3











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Monday - Friday

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Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<p>Book Club 10:30-12:00 with Jasmine</p> <p><i>"Come connect, discuss, and explore new books as a group."</i></p> 	<p>Connect To Work 10:30-12:00</p> <p><i>"Get signed up to C2W can help you if your finding it tough to get a job or stay in work"</i></p>	<p>TIPP: Summer Arts Session 11:00-13:00</p> <p><i>"Creative sessions with Cara exploring multimedia techniques ."</i></p> 	<p>NCS Skills Finder 10:30-12:00</p> <p><i>"Discover your skills and careers assessment. Answer questions about things you like to do or are good at. You'll see what motivates you based on your answers."</i></p>	<p>Baking 10:30-12:00 with Jasmine</p> <p><i>"learn how to create your favourite sweet treats on a budget"</i></p> 
<p>Hub Quiz 13:00-14:30 with Jasmine</p> <p><i>"Join our Hub Quiz and put your knowledge to the test"</i></p> 	<p>Managing Emotions and Mediation 13:00-15:00 With Jasmine</p> <p><i>"support with managing emotions, followed by guided meditation"</i></p> 	<p>Beginners Employment Group 13:00-15:00</p> <p><i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i></p> 	<p>Art Therapy 13:00-15:00 with Amy</p> <p><i>"Relieve any stress and anxiety with different artistic techniques"</i></p> 	<p>Women's Only Afternoon: Book Club 13:00-14:30 with Jasmine</p> <p><i>"Come connect, discuss, and explore new books with us."</i></p> 
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 Appointment Only	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4

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Preston CFO Activity Hub

July Week 4













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<p>Book Club 10:30-12:00 with Jasmine</p> <p><i>"Come connect, discuss, and explore new books as a group."</i></p> 	<p>Intro to Employment 10:30-12:00 with Liam</p> <p><i>"start your employment journey, learn key interview skills, and much more"</i></p> 	<p>TIPP: Summer Arts Session 11:00-13:00</p> <p><i>"Creative sessions with Cara exploring multimedia techniques ."</i></p> 	<p>Training and Courses 10:30-12:00</p> <p><i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i></p> 	<p>Ping Pong and Pool 10:30-12:00 with Liam</p> <p><i>"Ping Pong & Pool session: good vibes, friendly games, all welcome!"</i></p> 
<p>Money Management 13:00-14:00</p> <p><i>"gain Support with managing and spending your money through smart choices"</i></p> 	<p>Men Matter 13:00-14:30 with Peer Mentor Mike</p> <p><i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i></p> 	<p>Beginners Employment Group 13:00-15:00</p> <p><i>"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"</i></p> 	<p>Art Therapy 13:00-15:00 with Amy</p> <p><i>"Relieve any stress and anxiety with different artistic techniques"</i></p> 	<p>Women's Only Afternoon: Meditation 13:00-14:00 with Amy</p> <p><i>"Join us for guided meditation to reduce stress and anxiety"</i></p> 
Hub Forum 14:00-15:30	CBT with Better Health 10:00-16:00 Appointment Only	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4