



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

# APRIL - WEEK 1



## PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

Contact Information:

07850 955413 (Amy)  
07392 091734 (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 30/03/2026	Tuesday 31/03/2026	Wednesday 01/04/2026	Thursday 02/04/2026	Friday 03/04/2026
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	Hub Closed
<b>Training and Courses</b>  10:30-12:00  <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>	<b>Mens Matter</b>  10:30-12:00 <i>With Peer Support Mike</i>  <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>	<b>Money Management Event</b>  10:30-15:00 <i>With Amy and Jasmine</i>  <i>"a full day of leaning how to manage your money, trade with friends, and grow your own hypothetical business"</i>	<b>Easter Egg Hunt and Crafts</b>  10:30-12:00 <i>With Jasmine and Amy</i>  <i>"a morning of Easter themed crafts and chocolate"</i>	Hub Closed for Good Friday
<b>TIPP: Creative Writing/ Visual Arts</b>  13:00-15:00	<b>Literacy and Numeracy Skills</b>  13:00-15:00  <i>"gain Support in expanding your current literacy and numeracy skills"</i>	<b>Money Management Event</b>  10:30-15:00 <i>With Amy and Jasmine</i>  <i>"a full day of leaning how to manage your money, trade with friends, and grow your own hypothetical business"</i>	<b>Art Therapy</b>  13:00-15:00 <i>with Amy</i>  <i>"Relieve any stress and anxiety with different artistic techniques"</i>	Hub Closed for Good Friday
Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Money Management event all day	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Hub Closed





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# APRIL - WEEK 2



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:

07850 955413 (Amy)  
07392 091734 (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 06/04/2026	Tuesday 07/04/2026	Wednesday 08/04/2026	Thursday 09/04/2026	Friday 10/04/2026
Hub Closed	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
Hub Closed for Easter Monday	<b>NCS skills Finder</b>  10:30-12:00  <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>	<b>Veterans Brunch</b>  10:30-11:30 with Jasmine  <i>"a safe space to discuss, share stories, and provide links to various charities and support"</i>	<b>CV Writing and Cover Letters</b>  10:30-12:30  <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i>	<b>Cooking</b>  10:30-12:00 with Jasmine  <i>"learn everyday skills in the kitchen and how to prep Healthy Meals"</i>
Hub Closed for Easter Monday	<b>Managing Emotions and Mediation</b>  13:00-15:00 With Jasmine  <i>"support with managing emotions, followed by guided meditation"</i>	<b>Benefit Checker</b>  13:00-15:00  <i>"gain support in leaning what benefits you are entitled to and support in applying for these"</i>	<b>Art Therapy</b>  13:00-15:00 with Amy  <i>"Relieve any stress and anxiety with different artistic techniques"</i>	<b>Women's Only Afternoon: Support and Advice</b>  13:00-16:00 with Jasmine and Amy  <i>"Support to help you stay motivated and continue moving forward"</i>
Hub Closed	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Women's Only Drop In Support 1-4



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# APRIL - WEEK 3



## PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

Contact Information:

07850 955413 (Amy)  
07392 091734 (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 13/04/2026	Tuesday 14/04/2026	Wednesday 15/04/2026	Thursday 16/04/2026	Friday 17/04/2026
Hub open from 9.30 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
<b>Armed Forces Support</b> 10:00-12:00 with Jasmine <i>"Support for those joining or just thinking about joining the Armed Forces"</i>	<b>Mens Matter</b> 10:30-12:00 With Peer Support Mike <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>	<b>World Art Day</b> 10:30-15:00 <i>"find your creative streak this World Art day in celebration of the fine arts"</i>	<b>Intro To Employment</b> 10:30-12:00 <i>"start your employment journey, learn key interview skills, and much more"</i>	<b>Hub Games</b> 10:30-12:00 with Amy <i>"Bring out your competitive streak and join us for a variety of board games"</i>
<b>TIPP: Creative Writing/ Visual Arts</b> 13:00-15:00	<b>Disclosure Letter</b> 13:00-15:00 <i>"Drop in for support writing and tailoring your disclosure letter"</i>	<b>World Art Day</b> 10:30-15:00 <i>"find your creative streak this World Art day in celebration of the fine arts"</i>	<b>Art Therapy</b> 13:00-15:00 with Amy <i>"Relieve any stress and anxiety with different artistic techniques"</i>	<b>Women's Only Afternoon: Arts and Craft</b> 13:00-16:00 with Jasmine and Amy <i>"Come"</i>
Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	World Art Day event all day	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Women's Only Drop In Support 1-4





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# APRIL - WEEK 4



## PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

Contact Information:

07850 955413 (Amy)  
07392 091734 (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 20/04/2026	Tuesday 21/04/2026	Wednesday 22/04/2026	Thursday 23/04/2026	Friday 24/04/2026
Hub open from 9.30 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
<b>NCS skills Finder</b>  10:30-12:00  <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>	<b>Training and Courses</b>  10:30-12:00  <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>	<b>Veterans Brunch</b>  10:30-11:30 with Jasmine  <i>"a safe space to discuss, share stories, and provide links to various charities and support"</i>	<b>CV Writing and Cover Letters</b>  10:30-12:30  <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i>	<b>Baking</b>  10:30-12:00 with Jasmine  <i>"learn how to create your favourite sweet treats on a budget"</i>
<b>TIPP: Creative Writing/ Visual Arts</b>  13:00-15:00	<b>Managing Emotions and Mediation</b>  13:00-15:00 With Jasmine  <i>"support with managing emotions, followed by guided meditation"</i>	<b>Benefit Checker</b>  13:00-15:00  <i>"gain support in leaning what benefits you are entitled to and support in applying for these"</i>	<b>Art Therapy</b>  13:00-15:00 with Amy  <i>"Relieve any stress and anxiety with different artistic techniques"</i>	<b>Women's Only Afternoon: Job Finding and Applications</b>  13:00-16:00 with Jasmine and Amy  <i>"Come"</i>
Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Women's Only Drop In Support 1-4





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# APRIL - WEEK 5



## PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

Contact Information:

07850 955413 (Amy)  
07392 091734 (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 27/04/2026	Tuesday 28/04/2026	Wednesday 29/04/2026	Thursday 30/04/2026	Friday 1/05/2026
Hub open from 9.30 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
<b>Armed Forces Support</b>  10:00-12:00 <i>with Jasmine</i>  <i>"Support for those joining or just thinking about joining the Armed Forces"</i>	<b>Mens Matter</b>  10:30-12:00 <i>With Peer Support Mike</i>  <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>	<b>NCS skills Finder</b>  10:30-12:00  <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>	<b>Intro To Employment</b>  10:30-12:00  <i>"start your employment journey, learn key interview skills, and much more"</i>	<b>Hub Games</b>  10:30-12:00 <i>with Amy</i>  <i>"Bring out your competitive streak and join us for a variety of board games"</i>
<b>TIPP: Creative Writing/ Visual Arts</b>  13:00-15:00	<b>Disclosure Letter</b>  13:00-15:00  <i>"Drop in for support writing and tailoring your disclosure letter"</i>	<b>Training and Courses</b>  10:30-12:00  <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>	<b>Art Therapy</b>  13:00-15:00 <i>with Amy</i>  <i>"Relieve any stress and anxiety with different artistic techniques"</i>	<b>Women's Only Afternoon: Meditation</b>  13:00-16:00 <i>with Jasmine and Amy</i>  <i>"Come"</i>
Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Drop In Support 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Women's Only Drop In Support 1-4

