



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

LIVERPOOL CFO ACTIVITY HUB

October - Week 1



Monday 5th

Scaffolding Course: Day 1
09:30 - 16:00



Tuesday 6th

Scaffolding Course: Day 2
09:30 - 16:00



Wednesday 7th

Scaffolding Course: Day 3
09:30 - 16:00



Thursday 8th

Scaffolding Course: Day 4
09:30 - 16:00



Friday 9th

Breakfast and drop in support
9:30 - 10:30



Information

Hub is located at
State House, 22 Dale St., L2 4TR
Tel: 07341 604133

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.

Digital College
10:30 - 12:00
with Stephen

Come and complete the Construction pathway and explore jobs with employers such as Balfour Beatty and Laing O'Rourke



Training opportunities & Support
10:00-11:30
with Ian
Identify training opportunities available and how to access them, such as FLT, Railtrack, etc.



Recovery Group
11:30-12:30

Receive group support to start and maintain drug/alcohol recovery



We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



Digital College
10:30 - 12:00
self led

Gain new knowledge and qualification through online courses, including CSCS.



Therapy Dogs
10:30 - 12:00

The therapy dogs are trained to provide comfort and support



Employment Hub
10:00 - 15:00
with Ian

Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in June!



CV Writing Session
13:00 - 15:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities



Art therapy
13:00 - 14:30
with Matt



Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.



Lego Nostalgia
14:30 - 16:00
with peer mentor Matt

learn skills such as problem solving, focus, task management.



Digital College
1:30-4:00
with Stephen

Come and complete the Hospitality pathway and explore jobs with employers such as Greene King and Marstons.



Cooking Skills
12:30-2:30
with peer mentor Dan



Learn to cook healthily and explore meals from different cultures.



¿Hablas Español? Spanish lesson
3-4

Learn Spanish in a fun, steady environment.



Music session
1:15-3:30
with Donna

Learn to play instruments and song writing, explore different genres, discover new music and connect with others through a shared love of music



Hub Induction Meet the team and Enrol
10:00 - 16:00



Hub Induction Meet the team and Enrol
10:00 - 16:00



Unpaid Work
10:00 - 12:00
Invite Only



CBT with Molly-
Appointments only
10:00 - 16:00



Hub Induction Meet the team and Enrol
10:00 - 16:00





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

LIVERPOOL CFO ACTIVITY HUB

October - Week 2



Monday 12th

Breakfast and drop in support
9:30 - 10:30

Digital College
10:30 - 12:00
with Stephen

Come and complete the Construction pathway and explore jobs with employers such as Balfour Beatty and Laing O'Rourke



CV Writing Session
13:00 - 15:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities



Hub Induction Meet the team and Enrol
1-4pm

Tuesday 13th

Breakfast and drop in support
9:30 - 10:30

Training Opportunities & Support
10:00 - 11:30
with Ian
Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Recovery Group
11:30-12:30
Receive group support to start and maintain drug/alcohol recovery



Art therapy
13:00 - 14:30
with Matt

Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.

Lego Nostalgia
14:30 - 16:00
with peer mentor Matt
learn skills such as problem solving, focus, task management.

Wednesday 14th

Breakfast and drop in support
9:30 - 10:30

We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



DWP 1:1 Support
13:00 - 15:00
with Keith

Get support around benefits and transition into paid employment.



Unpaid Work
10am - 12pm
Invite Only

Thursday 15th

Breakfast and drop in support
9:30 - 10:30

Training Opportunities & Support
10:00 - 11:30
with Ian
Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Cooking Skills
12:30 - 14:30
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.

¿Hablas Español? Spanish lesson
15:00 - 16:00
Learn Spanish in a fun, steady environment.



CBT with Molly-
Appointments only
10-4pm

Friday 16th

Breakfast and drop in support
9:30 - 10:30

Naafi Café – Veterans Only
10:30 - 12:00

Explore veterans' support available in the community, including employment and training, mental health and accommodation.



Employment Hub
10:00 - 15:00
with Ian

Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!

Music session
1:15-3:30
with Donna
Learn to play instruments and song writing.



Hub Forum
3 - 4

Information

Hub is located at
State House, 22 Dale St., L2 4TR
Tel: 07341 604133

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.



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

LIVERPOOL CFO ACTIVITY HUB

September - Week 3



Monday 19th

Breakfast and drop in support
9:30 - 10:30



Employment Hub for 18-29 year olds
10:30 - 12:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.



Tuesday 20th

Breakfast and drop in support
9:30 - 10:30



CSCS into Construction
10:00 - 11:30
Have you got a CSCS card? Come and let us help you sign up for work with agencies.



Recovery Group
11:30 - 12:30
Receive group support to start and maintain drug/alcohol recovery.



Wednesday 21st

Breakfast and drop in support
9:30 - 10:30



We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



Thursday 22nd

Breakfast and drop in support
9:30 - 10:30



Digital College
10:30 - 12:00
self led
Gain new knowledge and qualification through online courses, including CSCS.



Therapy Dogs
10:30 - 12:00

The therapy dogs are trained to provide comfort and support



Friday 23rd

Breakfast and drop in support
9:30 - 10:30



Employment Hub
10:00 - 15:00
with Ian

Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!



Information

Hub is located at
State House, 22 Dale St., L2 4TR
Tel: 07341 604133

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.

Digital College
13:30 - 16:00
with Stephen

Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct. (other courses available such as CSCS, food hygiene)



September Quiz
13:00-14:30
with peer mentor Dan

Share and gain new knowledge in a team activity.



Lego Nostalgia
14:30 - 16:00
with peer mentor Matt

learn skills such as problem solving, focus, task management.



Digital College
13:30 - 16:00
with Stephen

Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct.



Cooking Skills
12:30-2:30
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.



¿Hablas Español? Spanish lesson
15:00 - 16:00
Learn Spanish in a fun, steady environment.



Music session
13:15 - 15:30
with Donna

Learn to play instruments and song writing, explore different genres, discover new music and connect with others through a shared love of music



Hub Induction Meet the team and Enrol 1-4pm



Through the Gate (TTG)
1-4pm



Unpaid Work
10am - 12pm
Invite Only



CBT with Molly-
Appointments only 10-4pm



Hub Induction Meet the team and Enrol 1-4pm





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

LIVERPOOL CFO ACTIVITY HUB

October - Week 4



Monday 26th

Breakfast and drop in support
9:30 - 10:30

Tuesday 27th

Breakfast and drop in support
9:30 - 10:30

Wednesday 28th

Breakfast and drop in support
9:30 - 10:30

Thursday 29th

Breakfast and drop in support
9:30 - 10:30

Friday 30th

Breakfast and drop in support
9:30 - 10:30

Information

Hub is located at
State House, 22 Dale St., L2 4TR
Tel: 07341 604133

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.

Digital College
10:30 - 12:00
with Stephen

Come and complete the logistics pathway and explore jobs with employers such as Amazon and GXO



Training Opportunities & Support
10:00 - 11:30
with Ian

Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Recovery Group
11:30-12:30

Receive group support to start and maintain drug/alcohol recovery



We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



Accommodation services support 1:1 (individual slots available)
10:30-12:00
with Support Workers

Receive support and guidance around Accommodation services in Liverpool, Property pool and referrals.



Halloween Festivities
10:30-15:00



"Join us for a Pre Halloween Day full of creativity and fun.

We'll be cooking spooky-themed treats in the morning and diving into Halloween arts and crafts in the afternoon. It's a relaxed, hands-on session that mixes seasonal creativity with social time, giving everyone a chance to make, chat and enjoy the festive vibes together"



CV writing session
13:00 - 15:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.



Art therapy
13:00 - 14:30
with Matt

Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.

Lego Nostalgia
14:30 - 16:00

with peer mentor Matt
learn skills such as problem solving, focus, task management.



DWP 1:1 support
13:00 - 15:00
with Keith

Get support around benefits and transition into paid employment.



Cooking Skills
12:30 - 14:30
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.



¿Hablas Español? Spanish lesson
13:00 - 14:00

Learn Spanish in a fun, steady environment.



Through the Gate (TTG)
1-4pm

Drop In Session
1:30-4:30pm

Unpaid Work
10am - 12pm
Invite Only

CBT with Molly-
Appointments only 10-4pm

Hub Induction Meet the team and Enrol 1-4pm