



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

November - Week 1



Monday 2nd

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
1:00 - 3:00
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
10:00 - 16:00

Tuesday 3rd

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.

Art therapy
12:30 - 13:30
with Matt

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

Lego Nostalgia
13:30 - 3:00
with peer mentor Matt

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

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

Wednesday 4th

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

We Are Warriors' Women's Group
9:30 - 1:00

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



Digital College
1:30-3:00
with Stephen

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



Unpaid Work
10:00 - 12:00
Invite Only

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

Thursday 5th

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.



Cooking Skills
12:00-2:00
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.

¿Hablas Español? Spanish lesson
2:00-3:00
Learn Spanish in a fun, steady environment.



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

Friday 6th

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

Employment Hub
1:00 - 3:00
with Ian

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



Music session
1:15 - 3:15
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

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



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LIVERPOOL CFO ACTIVITY HUB

November - Week 2



Monday 9th

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
1:00 - 3:00
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 10th

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...

Art Therapy: Poppy Making
12:30 - 1:30
with Hub Staff

A calming & reflective art therapy session where you can create handmade poppies to honour Remembrance Day, express your creativity & support your mental wellbeing through mindful crafting.

Lego Nostalgia
1:30 - 3:00
with peer mentor Matt

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

Through the Gate (TTG)
1-4pm

Wednesday 11th

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

We Are Warriors' Women's Group
9:30 - 1:00

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



DWP 1:1 Support
1:00 - 3:00
with Keith

Get support around benefits and transition into paid employment.

Unpaid Work
10am - 12pm
Invite Only

CBT with Molly-
Appointments only
10-4pm

Thursday 12th

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...

Therapy Dogs
10:30 - 12:00

The therapy dogs are trained to provide comfort and support



Cooking Skills
12:00 - 2:00
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.

¿Hablas Español? Spanish lesson
2:00 - 3:00

Learn Spanish in a fun, steady environment.



Hub Induction Meet the team and Enrol
1-4pm

Friday 13th

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

Employment Hub
10:00 - 3:00
with Ian

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



Music session
1:15 - 3:15
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

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LIVERPOOL CFO ACTIVITY HUB

November - Week 3



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Tel: 07341 604133

Referral link:
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Creating Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Monday 16th

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 17th

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.



Wednesday 18th

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



We Are Warriors' Women's Group
9:30 - 1:00

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



Thursday 19th

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.



Friday 20th

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



Employment Hub
10:00 - 3:00
with Ian

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



Digital College
1:30 - 3:00
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)



November Quiz
12:30 - 2:00
with peer mentor Dan

Share and gain new knowledge in a team activity.



Lego Nostalgia
2:00 - 3:30
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.



Unpaid Work
10am - 12pm
Invite Only



Hub Forum
2pm - 3pm
with Hub Staff



Cooking Skills
12:00 - 2:00
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.



¿Hablas Español? Spanish lesson
2:00 - 3:00
Learn Spanish in a fun, steady environment.



Music session
13:15 - 3:15
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



CBT with Molly-
Appointments only 10-4pm



Hub Induction Meet the team and Enrol 1-4pm



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LIVERPOOL CFO ACTIVITY HUB

November - Week 4



Monday 23rd

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

Digital College
10:30 - 12:00
with Stephen

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



Tuesday 24th

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...

Wednesday 25th

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

We Are Warriors' Women's Group
9:30 - 1:00

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



Thursday 26th

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

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.

Therapy Dogs
10:30 - 12:00
The therapy dogs are trained to provide comfort and support



Friday 27th

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

Employment Hub
10:00 - 3:00
with Ian

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



CV writing session
1:00 - 3:00
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
12:30 - 2:00
with Matt



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

Lego Nostalgia
2:00 - 3:30

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

DWP 1:1 support
1:00 - 3:00
with Keith

Get support around benefits and transition into paid employment.



Unpaid Work
10am - 12pm
Invite Only

Cooking Skills
12:00 - 2:00
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.



¿Hablas Español? Spanish lesson
2:00 - 3:00

Learn Spanish in a fun, steady environment.



Music session
1:15 - 3:15
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



Through the Gate (TTG)
1-4pm

Drop In Session
1:30-4:30pm

CBT with Molly-
Appointments only 10-4pm

Hub Induction Meet the team and Enrol 1-4pm

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