




Hull CFO Activity Hub

07570 245 620











CFOEvolution@growthco.uk

Hull CFO Activity Hub, Norwich House, Scope Office, 1 Saville Street, HU1 3ES

-  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

June 2026



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All day 1:1 support</p>	<p>All day 1:1 support</p>	<p>Please note the Hub is open for 1:1 support.</p> <p>Book an appointment with your support worker or pop in for urgent support.</p>	<p>All day 1:1 support</p>	<p>Please note the Hub is open for 1:1 support.</p> <p>Book an appointment with your support worker or pop in for urgent support.</p>
<p>Access to online fully funded courses: see leaflet for top courses!  With Mia 10am - 12pm</p>	<p>Housing support advice and guidance managing accommodation issues, with Mia  10am -12pm</p>		<p>Cooking On A Budget Looking at diet, nutrition, money saving tips! with Mark  10:30am - 12:30pm</p>	
<p>Sports and Exercise Health, Nutrition and fitness workouts with Sabrina and Noshin  10am - 12pm</p>	<p> Job support, & Applications 1:1 appointments to create a CV, Disclosure letter and apply for live vacancies with Jamie 10am - 12pm</p>		<p>Money Management & Benefit Advice Learn to budget, money management, better off calculation  With Jamie 10am - 12pm</p>	
<p>Parenting/Ace Course  A course focusing on childhood trauma and relationship building with Noshin. 5 week course 1pm - 3pm</p>	<p>Equality, Inclusion Support Understand how to promote fairness, respect diversity, and provide effective support so everyone can participate and succeed. with Jamie  1pm - 3pm</p>		<p>Arts and Crafts with Mia  1pm - 3pm</p>	
			<p>Man plan Awareness, coping strategies, and resilience and support for mental wellbeing. with Mark  1pm - 3pm</p>	

Open Monday to Friday. Open Monday, Tuesday and Thursday for activities and 1:1 appointments 9:30am till 4pm



Hull CFO Activity Hub

Support available via your dedicated support worker:

- Obtaining ID
- Accommodation
- Finance/benefit/Debt
- Obtaining RTW docs
- 1:1 Employment support

Financial support available to help you get into work!

Drop-in Session available for 1:1 Support Monday, Tuesday and Thursday

Reception contact number: 07570 245 620

June 2026

Employment Support

- Create a CV
- Right to work documents
- Create a Disclosure letter
- 1:1 support with our in house Employment Engagement Consultant
- Access and support to apply for live vacancies
- Understanding Spent vs Unspent Convictions

CBT

1:1 support with a therapist to improve wellbeing, manage thoughts, and work through trauma.

CSCS course running here at the Hull CFO Activity Hub!

Monday 1st and Tuesday 2nd June 2026!

2 day course fully funded

Includes CSCS test, same day results.

Speak to a member of staff to book on!

Parenting Course

- Learn positive parenting strategies
- Understand child development support
- Build confidence managing challenges
- Strengthen family relationships at home

Accessing ID

Support to apply for right to work documents, when trying to find employment:

- Birth Certificate
- Citizen Card
- Provisional Licence

Accessing Food Banks

Whatever your circumstance, we understand that with the rising cost of living things are hard. We can support you to access Food Banks in your local area.

Digital College

Access to online fully funded courses:

- Food Hygiene
- Foundation in Sales and Marketing
- Fire Safety
- An Introduction to Peer Mentoring
- Introducing the Role of a Security Guard
- ESOL English for the Workplace
- Asbestos Awareness
- COSH
- Safeguarding
- Hospitality Customer Service
- Money Sense
- Planning to start your own business
- CSCS

Access to hundreds of courses, fully funded with access to IT equipment once approved by your Probation Practitioner



The CFO Activity Hubs are a safe space. Whether you have a form you don't understand, you need support on 1:1 basis or you want to reduce your social isolation, we are here to help!