



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

August Week 1



This programme is funded by HMPPS CFO

Monday 3rd

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
10:00 - 16:00

Tuesday 4th

ISC Hub Support Day
All Day
with Hub Staff

A day to provide support to ISC Participants

Wednesday 5th

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

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

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



TIPP Lyrical Workshop
1:15pm- 3:15pm
with Tom



'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'

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.



Unpaid Work
10:00 - 12:00
Invite Only

Thursday 6th

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

Training Opportunities & Support
10:30 - 12:00
with Ian

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



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
with Julia



Learn Spanish in a fun, steady environment.

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

Friday 7th

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 June!



Music session
1:15-3:30
with Donna

Learn to play instruments and song writing.



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



Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

LIVERPOOL CFO ACTIVITY HUB

August Week 2



Monday 10th

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 11th

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
with Julia
Receive group support to start and maintain drug/alcohol recovery



Art therapy
13:00 - 14:30
with Julia and 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.

Through the Gate (TTG)
1-4pm

Wednesday 12th

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

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

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.

Lyrical Workshop
13:15pm - 15:15pm
with TIPP

'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Unpaid Work
10am - 12pm
Invite Only

Thursday 13th

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

Digital College
10:30 - 12:00
Self Lead

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



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

Learn to cook healthily and explore meals from different cultures.

¿Habras Español? Spanish lesson
15:00 - 16:00
with Julia



Learn Spanish in a fun, steady environment.

CBT with Molly-
Appointments only
10-4pm

Friday 14th

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

Naafi Café - Veterans Only
10:30 - 12:00
with Julia

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 Induction Meet the team and Enrol 1-4pm

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

August Week 3



Monday 17th

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 18th

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
with Julia

Receive group support to start and maintain drug/alcohol recovery.



Wednesday 19th

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



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

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



Thursday 20th

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



Accommodation Service Support 1:1
10:30-12
with Support Workers

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



Friday 21st

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)



August 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.



TIPP Lyrical Workshop
13:15- 15:15
with Tom

'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'

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
with Julia
Learn Spanish in a fun, steady environment.



Music session
13:15 - 15:30
with Donna

Learn to play instruments and song writing.



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

August Week 4



This programme is funded by HMPPS CFO

Monday 24th

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



Scaffolding Course
09:30 - 15:30
with Fulcrum

Gain the practical skills, safety knowledge, and industry awareness needed to work confidently in scaffolding and construction environments.



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.



Through the Gate (TTG)
1-4pm



Tuesday 25th

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



Scaffolding Course
09:30 - 15:30
with Fulcrum

Gain the practical skills, safety knowledge, and industry awareness needed to work confidently in scaffolding and construction environments.



Art therapy
13:00 - 14:30
with Julia and 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.



Drop In Session
1:30-4:30pm

Wednesday 26th

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



Scaffolding Course
09:30 - 15:30
with Fulcrum

Gain the practical skills, safety knowledge, and industry awareness needed to work confidently in scaffolding and construction environments.



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

Get support around benefits and transition into paid employment.

Lyrical Workshop
13:15pm- 15:15pm
with Tom
'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Unpaid Work
10am - 12pm
Invite Only

Thursday 27th

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



Scaffolding Course
09:30 - 15:30
with Fulcrum

Gain the practical skills, safety knowledge, and industry awareness needed to work confidently in scaffolding and construction environments.



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
with Julia
Learn Spanish in a fun, steady environment.



CBT with Molly-
Appointments only 10-4pm

Friday 28th

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!



Music session
1:15-3:30
with Donna

Learn to play instruments and song writing.



Hub Induction Meet the team and Enrol 1-4pm



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

August Week 5



Monday 31st				
Bank Holiday Monday				
Bank Holiday Monday				
Bank Holiday Monday				
Bank Holiday Monday				

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.