Hull
CFO Activity Hub

The Hub is open Monday to Friday.

Wednesday and Friday are for 1:1s and drop ins.

07570 245 620

CFOEvolution@growthco.uk

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

November 2026

The Growth Company

Monday	Tuesday	Thursday
All day **1:1 support**	**All day** **1:1 support**	**All day** **1:1 support**
Access to online fully funded courses: see leaflet for top courses! These include CSCS, Food Hygiene and starting your own business courses **10am - 12pm**	**Housing support** advice and guidance managing accommodation issues, with Jamie **10am -12pm**	**Future Me!** Building confidence, reducing isolation, and creating positive connections through shared activities and support with mia. **10am - 12pm**
Arts and Crafts Building confidence through creative expression and art with Tipp **11am - 1pm**	**Job support, & Applications** 1:1 appointments to create a CV, Disclosure letter and apply for live vacancies with Jamie **10am - 12pm**	**Cooking On A Budget** Looking at diet, nutrition, money saving tips! with Mark **11am - 12:30pm**
Equality, Inclusion Support Understand how to promote fairness, respect diversity, and provide effective support so everyone can participate and succeed. with Jamie **1pm - 3pm**	**Parenting/Ace Course** A course focusing on childhood trauma and relationship building with Noshin. **5 week course - Join anytime!** **1pm - 3pm**	**Money Management & Benefit Advice.** Learn to budget, money management and better off calculations with Jamie **1pm - 3pm** **Man plan** Awareness, coping strategies, resilience and support for mental wellbeing. with Mark **1pm - 3pm**

- 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

CFO

This programme is funded by HMPPS CFO

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

November 2026

Hull CFO Activity Hub

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Support available via your dedicated support worker:
Obtaining ID
Accomodation
Finance/benefit/Debt
Obtaining RTW docs
1:1 Employment support
Financial support available to help you get into work!

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Drop-in Session available for 1:1 Support Monday to Friday

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Reception contact number: 07570 245 620

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WHATS ON: EDI EVENTS

11 November: Remembrance Day

19 November: International Men's Day

Vocational courses available

Upcoming **Scaffolding Course,** with interviews

Monday 23rd to Thursday 26th November 9.30am-16.00pm
CSCS course included

Fully funded !

Please speak to your Support Worker to book on!

CBT

Access to Cognitive Behavioural Therapy with a therapist, on a 1:1 basis to receive support around your wellbeing, thoughts and processes and trauma.

Accessing ID

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

- Birth Certificate
- Citizen Card

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 equiptment 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!