



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



July Week 1

		Wednesday 1st	Thursday 2nd	Friday 3rd
		Breakfast and drop in support 9:30 - 10:30	Breakfast and drop in support 9:30 - 10:30	Breakfast and drop in support 9:30 - 10:30
		We Are Warriors' Women's Group 9:30-1 with Tania <i>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.</i>	Training Opportunities & Support 10:30-12 with Ian <i>Identify training opportunities available and how to access them, such as FLT, Railtrack etc..</i>	Employment Hub 10-3 with Ian <i>Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!</i>
		Unpaid Work 10-12 Invite Only Digital College 1:30-4:00 with Stephen <i>Come and complete the Hospitality pathway and explore jobs with employers such as Greene King and Marstons.</i>	Cooking Skills 12:30-2:30 with peer mentor Dan <i>Learn to cook healthily and explore meals from different cultures.</i>	Music session 1:15-3:30 with Donna <i>Learn to play instruments and song writing.</i>
		Hub Induction Meet the team and Enrol 1-4pm	CBT with Molly- Appointments only 10-4pm	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.



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July Week 2



Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>
<p>Digital College 10:30-12 with Stephen</p> <p>Come and complete the Construction pathway and explore jobs with employers such as Balfour Beatty and Laing O'Rouke</p> 	<p>Training Opportunities & Support 10-11:30 with Ian</p> <p>Identify training opportunities available and how to access them, such as FLT, Railtrack etc...</p> <p>Recovery Group 11:30-12:30 with Julia</p> <p>Receive group support to start and maintain drug/alcohol recovery</p> 	<p>We Are Warriors' Women's Group 9:30-1 with Tania</p> <p>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.</p> 	<p>Digital College 10:30-12 Self Lead</p> <p>Gain new knowledge and qualification through online courses, including CSCS</p>  <p>Therapy Dogs 10:30-12</p> <p>The therapy dogs are trained to provide comfort and support</p> 	<p>Employment Hub 10-3 with Ian</p> <p>Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!</p> 
<p>CV Writing Session 1-3 with Ian</p> <p>Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities</p> 	<p>Art therapy 1-2:30 with Julia and Matt</p> <p>Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.</p> <p>Lego Nostalgia 2:30 - 4:00 with peer mentor Matt</p> <p>learn skills such as problem solving, focus, task management.</p>	<p>Unpaid Work 10-12 Invite Only</p> <p>DWP 1:1 Support 1-3 with Keith</p> <p>Get support around benefits and transition into paid employment.</p> 	<p>Cooking Skills 12:30-2:30 with peer mentor Dan</p> <p>Learn to cook healthily and explore meals from different cultures.</p>  <p>¿Hablas Español? Spanish lesson 3-4 with Julia</p>  <p>Learn Spanish in a fun, steady environment.</p>	<p>Naafi Café – Veterans Only 10:30-12:00 with Julia</p> <p>Explore veterans' support available in the community, including employment and training, mental health and accommodation.</p> <p>Music session 1:15-3:30 with Donna</p> <p>Learn to play instruments and song writing.</p> 
<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>Through the Gate (TTG) 1-4pm</p>	<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>CBT with Molly- Appointments only 10-4pm</p>	<p>Hub Induction Meet the team and Enrol 1-4pm</p>




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July Week 3






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Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>
<p>Employment Hub for 18-29 year olds 10:30-12 with Ian</p> <p>Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.</p> 	<p>CSCS into Construction 10-11:30</p> <p>Have you got a CSCS card? Come and let us help you sign up for work with agencies.</p>  <p>Recovery Group 11:30-12:30 with Julia</p> <p>Receive group support to start and maintain drug/alcohol recovery.</p> 	<p>We Are Warriors' Women's Group 9:30-1 with Tania</p> <p>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.</p> 	<p> Brontone: Events, Training & Employment 10-3 with Brontone 16.7 & 17.7</p> <p>Accommodation Service Support 1:1 10:30-12 with Support Workers</p> <p>Receive support and guidance around Accommodation services in Liverpool, Property pool and referrals</p> 	<p>Brontone: Events, Training & Employment 10-3 with Brontone 18.6 & 19.6</p> <p>Brontone supports programmes that help ex-offenders rebuild their lives by developing employability skills, gaining work experience, and accessing pathways into sustainable employment and training opportunities.</p> 
<p>Digital College 1:30-4 with Stephen</p> <p>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)</p> 	<p>July Quiz  1-2:30 with peer mentor Dan</p> <p>Share and gain new knowledge in a team activity.</p> <p>Lego Nostalgia 2:30 - 4:00 with peer mentor Matt</p> <p>learn skills such as problem solving, focus, task management.</p>	<p>Unpaid Work 10-12 Invite Only</p> <p>Digital College 1:30-4 with Stephen</p> <p>Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct.</p> 	<p>Cooking Skills 12:30-2:30 with peer mentor Dan</p> <p>Learn to cook healthily and explore meals from different cultures.</p>  <p>¿Hablas Español? Spanish lesson 3-4  with Julia Learn Spanish in a fun, steady environment.</p>	<p>Employment Hub 10-3 with Ian </p> <p>Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!</p> <p>Music session 1:15-3:30 with Donna Learn to play instruments and song writing.</p>
<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>Through the Gate (TTG) 1-4pm</p>	<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>CBT with Molly- Appointments only 10-4pm</p>	<p>Hub Induction Meet the team and Enrol 1-4pm</p>

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July Week 4

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
<p>Breakfast and drop in support 9:30 - 10:30</p> 	<p>Breakfast and drop in support 9:30 - 10:30</p> 	<p>Breakfast and drop in support 9:30 - 10:30</p> 	<p>CSCS Training Course 10-3</p> 	<p>CSCS Training Course 10-3</p> 
<p>Digital College 10:30-12:00 with Stephen</p> <p><i>Come and complete the Logistics pathway and explore jobs with employers such as Amazon and GXO.</i></p>  	<p>Training opportunities & support 10-11:30 with Ian</p> <p><i>Identify training opportunities available and how to access them.</i></p>  <p>Recovery Group 11:30-12:30 with Julia</p> <p><i>Receive group support to start and maintain drug/alcohol recovery.</i></p>  	<p>We Are Warriors' Women's Group 9:30-1 with Tania</p> <p><i>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.</i></p>  	<p>Digital College 10:30-12 Self Lead</p> <p><i>Gain new knowledge and qualification through online courses, including CSCS</i></p>   <p>Therapy Dogs 10:30-12</p> <p><i>The therapy dogs are trained to provide comfort and support</i></p>  	<p>Employment Hub 10-3 with Ian</p> <p><i>Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!</i></p>   
<p>CV writing session 1-3 with Ian</p> <p><i>Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.</i></p>  	<p>Art therapy 1-2:30 with Julia and Matt</p> <p><i>Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.</i></p>   <p>Lego Nostalgia 2:30-4 with peer mentor Matt</p> <p><i>learn skills such as problem solving, focus, task management.</i></p> 	<p>Unpaid Work 10-12 Invite Only</p> <p>DWP 1:1 support 1-3 with Keith</p> <p><i>Get support around benefits and transition into paid employment.</i></p>  	<p>Cooking Skills 12:30-2:30 with peer mentor Dan</p> <p><i>Learn to cook healthily and explore meals from different cultures.</i></p>   <p>¿Hablas Español? Spanish lesson 3-4 with Julia</p> <p><i>Learn Spanish in a fun, steady environment.</i></p> 	<p>Music session 1:15-3:30 with Donna</p> <p><i>Learn to play instruments and song writing.</i></p>  
<p>Through the Gate (TTG) 1-4pm</p> 	<p>Drop In Session 1:30-4:30pm</p> 	<p>Hub Induction Meet the team and Enrol 1-4pm</p> 	<p>CBT with Molly- Appointments only 10-4pm</p> 	<p>Hub Induction Meet the team and Enrol 1-4pm</p> 

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July Week 5

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st
<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>	<p>Breakfast and drop in support 9:30 - 10:30</p>
<p>CV Writing Session 10-12 with Ian</p> <p>Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.</p> 	<p>Training Opportunities & Support 10:00-11:30 with Ian</p> <p>Identify training opportunities available and how to access them, such as FLT, Railtrack, etc.</p> <p>Recovery Group 11:30-12:30 with Julia</p> <p>Receive group support to start and maintain drug/alcohol recovery.</p> 	<p>We Are Warriors' Women's Group 9:30-1 with Tania</p> <p>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.</p> 	<p>Digital College 10:30-4:00 self-lead</p> <p>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</p> 	<p>EMPLOYMENT EVENT: MEET THE EMPLOYER! 10:00-1:00</p> <p>Join us for an employment morning, where you will be able to meet different employers, find out about recruitment into roles and get advice around different opportunities with the employers.</p> 
<p>Digital College 10:30-4:00 self-lead</p> <p>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</p> 	<p>Art therapy 1-2:30 with Julia and Matt</p> <p>Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.</p> <p>Lego Nostalgia 1-3 with peer mentor Matt</p> <p>learn skills such as problem solving, focus, task management.</p>	<p>IPP Group – IPP only 3-4 with Maura and Julia</p> <p>Get support from other IPP participants and discuss support required for yourself.</p>	<p>Cooking Skills 12:30-2:30 with peer mentor Dan</p> <p>Learn to cook healthily and explore meals from different cultures.</p> <p>¿Hablas Español? Spanish lesson 3-4 with Julia</p> <p>Learn Spanish in a fun, steady environment.</p>	<p>Music session 1:15-3:30 with Donna</p> <p>Learn to play instruments and song writing.</p> 
<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>Through the Gate (TTG) 1-4pm</p>	<p>Hub Focus Group 1:00 - 2:30</p>	<p>CBT with Molly- Appointments only 10-4pm</p>	<p>Hub Induction Meet the team and Enrol 1-4pm</p>

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