

▲ 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

APRIL - WEEK 1











Doncaster CFO Activity Hub

Unit 25/27
7 Queens Crescent
Doncaster
DN1 3JN

Reception number:
07502299992

9:30am – 16:00pm
Monday – Friday

If you ever need a cuppa or a chat, pop in.

Mon 30th	Tues 31st	Wed 1st	Thurs 2nd	Good Friday 3rd
9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	
▲ CBT- Paul 10:00 -14:00 ● Cooking on a budget-Sharon 10:30 - 12:30 	▲ Employability with Rachel 10:00 - 12:00 Housing with Sharon ▲ 9:30 - 12:30 	● Baking with Jo 10:30 - 12:30 ▲ Employability with Steve 10:00 - 12:00 	Health, Fitness & Wellbeing Circuit/Fitness ● 10:00 - 11:00 Nutrition ● 11:00 -12:00 	Please note the Doncaster CFO Activity Hub is closed all day.
▲ UPW -Jenny 12:00 -14:00 ▲ Accessing support with Jo 13:30 - 15:30 	▲ CBT - Paul 10:00 - 14:00 ▲ Personal Development with Jenny 13:00 - 15:00 	Basics IT Skills - Jenny 1pm - 3pm ▲ Arts& Crafts - Joanne ● 13:00 -15:00 	● Walking Group 13;30 - 14;30 ▲ 1-2-1 Session 14:30 - 15:30 Group Yoga 15:30 - 16:30 ● 	
3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	



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APRIL - WEEK 2











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9:30am – 16:00pm
Monday – Friday

If you ever need a cuppa
or a chat, pop in.

Easter Monday 6th	Tues 7th	Wed 8th	Thurs 9th	Fri 8th
	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support
Please note the Doncaster CFO Activity Hub is closed all day	▲ Employability with Rachel 10:00 - 12:00 Housing with Sharon ▲ 9:30 - 12:30 	● Baking with Jo 10:30 - 12:30 ▲ Employability with Steve 10:00 - 12:00 	Health, Fitness & Wellbeing Circuit/Fitness 10:00 - 11:00 Nutrition 11:00 - 12:00 	● Breakfast and Manplan- Steve 10:00 - 12:30 ● Men's mental health - Steve 
	▲ Personal Development with Jenny 13:00 - 15:00 	Basics IT Skills - Jenny 1pm - 3pm ▲ Arts & Crafts - Joanne 13:00 - 15:00 	● Walking Group 13:30 - 14:30 ● 1-2-1 Session 14:30 - 15:30 ▲ ● Group Yoga 15:30 - 16:30 	● Music with Rachel 10:30 - 12:30 Team Quiz/ Social Games 13:00 - 15:00 
	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support



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APRIL - WEEK 3



Doncaster CFO Activity Hub

Unit 25/27











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Monday – Friday

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Mon 13th	Tues 14th	Wed 15th	Thurs 16th	Fri 17th
9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support
● CBT Paul 10:00 -14:00 ● Cooking on a budget-Sharon 10:30 - 12:30 	▲ Employability with Rachel 10:00 - 12:00 ● Housing with Sharon 9:30 - 12:30 	● Baking with Jo 10:30 - 12:30 ▲ Employability with Steve 10:00 - 12:00 	● Health, Fitness & Wellbeing Circuit/Fitness 10:00 - 11:00 ● Nutrition 11:00 -12:00 	● Breakfast and Manplan- Steve 10:00 - 12:30 ● Men's mental health - Steve 
▲ UPW -Jenny 12:00 -14:00 ▲ Accessing support with Jo 13:30 - 15:30 	● CBT -Paul 10:00 - 14:00 ▲ Personal Development with Jenny 13:00 - 15:00 	● Basics IT Skills - Jenny 1pm - 3pm ▲ ● Arts& Crafts - Joanne 13:00 -15:00 	● Walking Group 13;30 - 14;30 ▲ 1-2-1 Session 14:30 - 15:30 ● Group Yoga 15:30 - 16:30 	● Music with Rachel 10:30 - 12:30 ● Team Quiz/ Social Games 13:00 - 15:00 
3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support

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APRIL - WEEK 4



Doncaster CFO Activity Hub

Unit 25/27











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Doncaster
DN1 3JN

Reception number:
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9:30am – 16:00pm
Monday – Friday

If you ever need a cuppa
or a chat, pop in.



Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support
● Cooking on a budget-Sharon 10:30 - 12:30 	▲ Employability with Rachel 10:00 - 12:00 ● Housing with Sharon ▲ 9:30 - 12:30 	● Baking with Jo 10:30 - 12:30 ▲ Employability with Steve 10:00 - 12:00 	● St Georges Day 10:00 - 14:00 ● Health& Fitness ● Circuit/Fitness 10:00 - 11:00 ● Nutrition 11:00 - 12:00 	● Breakfast and Manplan- Steve 10:00 - 12:30 ● Men's mental health - Steve 
▲ UPW -Jenny 12:00 -14:00 ▲ Accessing support with Jo 13:30 - 15:30 	▲ Personal Development with Jenny 13:00 - 15:00 	● Basics IT Skills - Jenny 1pm - 3pm ▲ ● Arts& Crafts - Joanne 13:00 -15:00 	● Walking Group 13;30 - 14;30 ▲ 1-2-1 Session 14:30 - 15:30 ● Group Yoga 15:30 - 16:30 	● Music with Rachel 10:30 - 12:30 ● Team Quiz/ Social Games 13:00 - 15:00 
3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support

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APRIL - WEEK 5













Doncaster CFO
Activity Hub

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9:30am – 16:00pm
Monday – Friday

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or a chat, pop in.

Mon 27th	Tues 28th	Wed 29th	Thurs 30th	Friday 1st
9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support	9.30am Drop-in support
● CBT - Paul 10:00 - 14:00 ● Cooking on a budget-Sharon 10:30 - 12:30 	▲ Employability with Rachel 10:00 - 12:00 Housing with Sharon ▲ 9:30 - 12:30 	● Baking with Jo 10:30 - 12:30 ▲ Employability with Steve 10:00 - 12:00 	Health, Fitness & Wellbeing Circuit/Fitness ● 10:00 - 11:00 Nutrition ● 11:00 - 12:00 	● Breakfast and Manplan- Steve 10:00 - 12:30 ● Men's mental health - Steve 
▲ UPW -Jenny 12:00 -14:00 ▲ Accessing support with Jo 13:30 - 15:30 	CBT Paul 10:00 - 14:00 ▲ Personal Development with Jenny 13:00 - 15:00 	Basics IT Skills - Jenny 1pm - 3pm ▲ Arts& Crafts - Joanne ● 13:00 -15:00 	● Walking Group 13;30 - 14;30 ▲ 1-2-1 Session 14:30 - 15:30 Group Yoga ● 15:30 - 16:30 	● Music with Rachel 10:30 - 12:30 Team Quiz/ Social Games ● 13:00 - 15:00 
3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support	3pm - 4pm Drop-in support

