

-  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 Evolution – March 2026



Week 1				
Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p> TIPP: Film Making</p> <p>10:30am-12:30pm</p> 	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p> Men's Matter With Liam</p> <p>Discussions about men's mental health</p> <p>10:30am-12pm</p>	<p></p> <p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p> TIPP: African Drumming</p> <p>11am- 1pm</p> 	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p> Reflective Practice</p> <p>10am-11am</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p> Baking With Jasmine</p> <p>learn everyday skills in the kitchen and how to prep healthy meals</p> <p>10am-12pm</p> 
<p> Job Finder</p> <p>1pm-2pm</p>	<p> Skill finder NCS</p> <p>What work skills do you have?</p> <p>1pm-2pm</p>	<p> Arts and Crafts</p> <p>Painting, Drawing, Collages, Ink Printing and more</p> <p>1-3pm</p> 	<p>  Intro To Employment With Liam</p> <p>11am-12pm</p>	<p>  Women only: Future Focus With Jasmine</p> <p>Making strides towards smart future goals</p> <p>1-3pm</p>
<p>  Housing Support</p> <p>2pm-3pm</p>	<p>  Veterans Support With Jasmine</p> <p>2pm-3pm</p> 	<p>CBT- By APPT only</p> <p>10am-4pm</p>	<p> Art Therapy With Amy</p> <p>1pm-3pm</p> 	<p>CBT- By APPT only</p> <p>10am-4pm</p>

Preston CFO Activity Hub

Urban Exchange,
Theatre/Mount Street,
PR1 8BQ,

If you ever need a cuppa or a chat, pop in and speak to your support worker.

Reception contact number:
07850 955413
10am – 4pm
Monday – Friday



This programme is delivered by HMPPS CFO



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Week 2

Monday 9 th	Tuesday 10 th	Wednesday 11 th	Thursday 12 th	Friday 13 th
<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>TIPP: Film Making </p> <p>10:30am-12:30pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p> Support obtaining a drivers License </p> <p>10am-11am</p> <p>Money Management With Liam </p> <p>11am-12pm</p>	<p></p> <p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>TIPP: African Drumming </p> <p>11am- 1pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Accessing Mental Health Support </p> <p>10am-11am</p> <p>Intro to Employment With Liam </p> <p>11am-12pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Hub Games With Amy </p> <p>Enjoy a range of games or get involved with our Hub quiz</p> <p>10am-12pm</p>
<p>Basic Literacy Assessment </p> <p>1pm-2pm</p>	<p>Managing Emotions With Jasmine </p> <p>1pm-2pm</p>	<p>Arts and Craft </p> <p>Painting, Drawing, Collages, Ink Printing and more</p> <p>1-3pm</p>	<p>Art Therapy With Amy </p> <p>1pm-3pm</p>	<p></p> <p>Women only: Meditation With Jasmine </p> <p>1-3pm</p>
<p>Accessing Health Care </p> <p>2pm-3pm</p>	<p>Meditation With Amy </p> <p>2pm-3pm</p>	<p>CBT-By APPT only 10am-4pm</p>	<p>CBT-By APPT only 10am-4pm</p>	

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Achieve



Week 3

Monday 16 th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>TIPP: Film Making</p> <p>10:30am-12:30pm</p> 	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Mens Matter With Liam</p> <p>Discussions about mens mental health</p> <p>10:30am-12pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>TIPP: African Drumming</p> <p>11am-1pm</p> 	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Reflective Practice</p> <p>10am-11am</p> <p>Intro To Employment With Liam</p> <p>11am-12pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Cooking With Jasmine</p> <p>learn everyday skills in the kitchen and how to prep healthy meals</p> <p>10am-12pm</p> 
<p>Job Search</p> <p>1pm-2pm</p>	<p>Housing Support</p> <p>1pm-2pm</p>	<p>Arts and Crafts</p> <p>Painting, Drawing, Collages, Ink Printing and more</p> <p>1-3pm</p> 	<p>Art Therapy With Amy</p> <p>1pm-3pm</p> 	<p>Women only: Future Focus With Amy</p> <p>Making strides towards smart future goals</p> <p>1-3pm</p>
<p>Skills Finder NCS</p> <p>What work skills do you have?</p> <p>2pm-3pm</p>	<p>Veterans Support With Jasmine</p> <p>2pm-3pm</p>			

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Week 4				
Monday 23 rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th
<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>TIPP: Film Making </p> <p>10:30am-12:30pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Support obtaining a drivers License </p> <p>10am-11am</p> <p>Money Management With Liam </p> <p>11am-12pm</p>	<p>CBT-By APPT only 10am-4pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Accessing Mental Health Support </p> <p>10am-11am</p> <p>TIPP: African Drumming </p> <p>11am-1pm</p>	<p>Hub open from 9:30 for breakfast, hot drink & drop-in support!</p> <p>Hub Quiz With Jasmine </p> <p>Enjoy a range of games or get involved with our Hub quiz</p> <p>10am-12pm</p>
<p>Construction Pathway (Digital College) </p> <p>1pm-2pm</p>	<p>Managing Emotions With Jasmine </p> <p>1pm-2pm</p>		<p>Arts and Craf </p> <p>Painting, Drawing, Collages, Ink Printing and more</p> <p>1-3pm</p>	<p>Intro to Employment With Liam </p> <p>11am-12pm</p>
<p>Support setting up a Bank Account 2pm-3pm </p>	<p>Meditation With Jasmine </p> <p>2pm-3pm </p>		<p>Art Therapy With Amy </p> <p>1pm-3pm</p>	

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