

- 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

Warrington CFO Activity Hub

September - Week 1



for a brew, some food or drop-in support

Information

Address: Second Floor, Tannery Court, Tanners Lane, Warrington, WA2 7NA

Contact Information:

Rebecca: 07586115855
Leoni: 07834173728
Zoe: 07523587114

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage with any activities.

	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Join us for a brew, some food or drop-in support 	Join us for a brew, some food or drop-in support 	Join us for a brew, some food or drop-in support 	Join us for a brew, some food or drop-in support 
	Digital College 10:30-4:00 self-lead <i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i>   	Bowling & Grounds Maintenance Volunteering 11am-2pm with Rebecca & Teresa <i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i>   	CGL Breakfast Drop-In 10am-12pm with Lee <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i>    Introduction to Cooking Skills 11am- 12:30 with Teresa <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i>   	Digital College 10:30-4:00 self-lead <i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i>    Employment Agency 1-1 Support 10am-12pm with Teresa <i>Join Brian for support with linking in with employers via agencies, RTW documents and CV support</i>  
	IOM Life Skills (invitation only) 11am-1pm With Rebecca <i>"Bespoke sessions such as anger management, de-escalation techniques and effective communication."</i>  	18-29 Career Hub 10am-12pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i> Employment Hub 1pm-3pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i>   	Creative Collaborative Workshop 1:30pm-3:30pm with TIPP <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i>    Over 50's Coffee and a Catch-Up 2pm- 3pm with Teresa <i>Join us for a safe space to talk, share and support each other.'</i>   	Hub Quiz 12:30-1:30pm with Hub Staff <i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i>   
	Hub Focus Group 1:30pm-2pm 	CBT with Molly 10am-4pm. Appointment only. 	Hub Induction meet the team and enrol 1-4:30pm 	Hub Induction meet the team and enrol 1-4:30pm 



Self: Activities that work on the individual



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

Warrington CFO Activity Hub

September - Week 2



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Enrolments are needed to engage with any activities.

Monday 7th

Join us for a brew, some food or drop-in support



Future Focus
10:30am-12pm

with Teresa
'Attend a session focused on setting clear and achievable employment goals to support future career development.'



Lego

12:30pm-2pm

with Peer Mentor James
'Spend time with peers, learn skills such as problem solving, focus, task management.'



Tuesday 8th

Join us for a brew, some food or drop-in support



Digital College
Pathway to Hospitality
10:30am-12pm

Come and complete the Hospitality pathway and explore jobs with employers such as Greene King and Marstons.



Wednesday 9th

Join us for a brew, some food or drop-in support



Bowling & Grounds
Maintenance Volunteering
11am-2pm
with Rebecca & Teresa

'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'



Thursday 10th

Join us for a brew, some food or drop-in support



CGL Breakfast Drop-In
10am-12pm
with Lee

'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'



Introduction to Cooking
Skills



11am- 12:30

with Leoni
'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'



Friday 11th

Join us for a brew, some food or drop-in support



Digital College
10:30-4:00
self- lead

Gain new knowledge and qualification through online courses, including CSCS and Food Safety.



Employment Agency 1-1

Support

10am-12pm

with Teresa

Join Brian for support with linking in with employers via agencies, RTW documents and CV support



Women's Only:

Coffee & a Catch-Up
2:30pm-4pm
with Teresa

'Join us for a safe space to talk, share and empower each other.'




IOM Life Skills (invitation only)
11am-1pm
With Rebecca

"Bespoke sessions such as anger management, de- escalation techniques and effective communication."



18-29 Career Hub
10am-12pm
with Leoni

'Boost your confidence job searching or prepare for an upcoming interview.'

Employment Hub
1pm-3pm
with Leoni

'Boost your confidence job searching or prepare for an upcoming interview.'




Creative Collaborative Workshop
1:30pm-3:30pm
with TIPP

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

Over 50's Coffee and a Catch-Up
2pm- 3pm
with Teresa

Join us for a safe space to talk, share and support each other.'




Hub Quiz
12:30-1:30pm
with Hub Staff

'Socialise, have fun and work within a team in our weekly hub quiz.'




Through the Gate (TTG) 1-4pm



Drop In Session
1:30-4pm



CBT with Molly
10am-4pm.
Appointment only.



Hub Induction meet the team and enrol
1-4:30pm



Hub Induction meet the team and enrol
1-4:30pm



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Warrington CFO Activity Hub

September - Week 3



Monday 14th

Join us for a brew, some food or drop-in support



Future Focus

10:30 - 12
with Teresa

'Attend a session focused on setting clear and achievable employment goals to support future career development.'



Lego

12:30pm-2pm

with Peer Mentor James

'Spend time with peers, learn skills such as problem solving, focus, task management.'



Tuesday 15th

Join us for a brew, some food or drop-in support



**Digital College
Pathway to Logistics**
10:30am-12pm

Come and complete the Logistics pathway and explore jobs with employers such as Amazon and GXO.



Wednesday 16th

Join us for a brew, some food or drop-in support



**Bowling & Grounds
Maintenance Volunteering**
11am-2pm
with Rebecca & Teresa

'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'



Thursday 17th

Join us for a brew, some food or drop-in support



CGL Breakfast Drop-In
10am-12pm
with Lee

'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'



**Introduction to Cooking
Skills**
11am- 12:30
with Teresa

'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'



Friday 18th

Join us for a brew, some food or drop-in support



Digital College
10:30-4:00
self-lead

Gain new knowledge and qualification through online courses, including CSCS and Food Safety.



**Employment Agency 1-1
Support**
10am-12pm
with Teresa

Join Brian for support with linking in with employers via agencies, RTW documents and CV support



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Enrolments are needed to engage with any activities.

**Digital College
Pathway to Retail**
10:30am-12pm

Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct.

Women's Only:

Coffee & a Catch-Up
2:30pm-4pm
with Teresa

'Join us for a safe space to talk, share and empower each other.'



IOM Life Skills (invitation only)
11am-1pm

With Rebecca

'Bespoke sessions such as anger management, de-escalation techniques and effective communication.'



18-29 Career Hub
10am-12pm
with Leoni

'Boost your confidence job searching or prepare for an upcoming interview.'



Employment Hub
1pm-3pm
with Leoni

'Boost your confidence job searching or prepare for an upcoming interview.'



**Creative Collaborative
Workshop**
1:30pm-3:30pm
with TIPP

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



**Over 50's Coffee and a
Catch-Up**
2pm- 3pm
with Teresa

Join us for a safe space to talk, share and support each other.'



Hub Quiz
12:30-1:30pm
with Hub Staff

'Socialise, have fun and work within a team in our weekly hub quiz.'



Hub Induction meet the team
and enrol
1-4:30pm



Drop In Session
1:30-4pm



CBT with Molly
10am-4pm.
Appointment only.



Through the Gate (TTG)
1-4pm



Hub Focus Group
1:30pm-2pm



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Warrington CFO Activity Hub

September - Week 4



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Enrolments are needed to engage with any activities.

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Morning drop-in employment support sessions with Phil from DWP
Future Focus 10:30am - 12pm with Teresa <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i>   Lego 12:30pm-2pm with Peer Mentor James <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i>   	Digital College 10:30am-4pm self-lead Gain new knowledge and qualification through online courses, including CSCS and Food Safety.   	Bowling & Grounds Maintenance Volunteering 11am-2pm with Rebecca & Teresa <i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i>    	CGL Breakfast Drop-In 10am-12pm with Lee <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i>   Introduction to Cooking Skills 11am- 12:30 with Teresa  <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i>  	Drop-In Employment Support Sessions All Morning with Phil from DWP   
Women's Only: Coffee & a Catch-Up 2:30pm-4pm with Teresa <i>'Join us for a safe space to talk, share and empower each other.'</i>   	IOM Life Skills (invitation only) 11am-1pm With Rebecca <i>"Bespoke sessions such as anger management, de-escalation techniques and effective communication."</i>  	18-29 Career Hub 10am-12pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i> Employment Hub 1pm-3pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i>   	Creative Collaborative Workshop 1:30pm-3:30pm with TIPP  <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i>   Over 50's Coffee and a Catch-Up 2pm- 3pm with Teresa  <i>Join us for a safe space to talk, share and support each other.'</i>  	 Hub Quiz 12:30-1:30pm with Hub Staff <i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i>   
Hub Induction meet the team and enrol 1-4:30pm 	Hub Induction meet the team and enrol 1-4:30pm 	CBT with Molly 10am-4pm. Appointment only. 	Drop In Session 1:30-4pm 	Hub Induction meet the team and enrol 1-4:30pm 

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Warrington CFO Activity Hub

September - Week 5



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Open 9:30am – 5pm Monday – Friday

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Enrolments are needed to engage with any activities.

Monday 28th	Tuesday 29th	Wednesday 30th		
 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support		
Future Focus 10:30am - 12pm with Teresa <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i>   Lego 12:30pm-2pm with Peer Mentor James <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i>   	Digital College 10:30am-4pm self- lead Gain new knowledge and qualification through online courses, including CSCS and Food Safety. 	Bowling & Grounds Maintenance Volunteering 11am-2pm with Rebecca & Teresa <i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i>   		
Women's Only: Coffee & a Catch-Up 2:30pm-4pm with Teresa <i>'Join us for a safe space to talk, share and empower each other.'</i>   	IOM Life Skills (invitation only) 11am-1pm With Rebecca <i>"Bespoke sessions such as anger management, de- escalation techniques and effective communication."</i>  	18-29 Career Hub 10am-12pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i> Employment Hub 1pm-3pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i>   		
 Through the Gate (TTG) 1-4pm	 Drop In Session 1:30-4pm	 CBT with Molly 10am-4pm. Appointment only.		