

- 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

November - Week 1



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.

Monday 2nd

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

Future Focus
10:30am-12pm

'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.'

Women's Only:

Coffee & a Catch-Up
09:30am-10:30am
with Hub Staff

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

Hub Induction meet the team and enrol
1-4pm

Tuesday 3rd

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

Digital College
10:30-12:30
self-lead
'Gain new knowledge and qualification through online courses, including CSCS and Food Safety.'

IOM Life Skills (invitation only)
11am-1pm
With Rebecca
'Bespoke sessions such as anger management, de-escalation techniques and effective communication.'

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.'

Hub Focus Group
1:30pm-2pm

Wednesday 4th

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

Bowling & Grounds Maintenance Volunteering
10:30-2:30
with Rebecca

'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.'

Employment Hub
1pm-3pm
with Leoni
'Boost your confidence job searching or prepare for an upcoming interview.'

Mindfulness
2pm-4pm
'A calming session to practise mindfulness, reduce stress and support you overall wellbeing'

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

Thursday 5th

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

Music Session
1pm-3pm
'A fun & relaxed session to enjoy music, connect with others and boost your mood'
Over 50's Coffee and a Catch-Up
2pm- 3pm
with Hub Staff
'Join us for a safe space to talk, share and support each other.'

Hub Induction meet the team and enrol
1-4pm

Friday 6th

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

Live Learning: Non-Accredited Courses
10:30-12:30
self-lead

'A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications'

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
1-4pm



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

November - Week 2



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Monday 9th

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



Future Focus
10:30am-12pm

'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.'



Women's Only:

Coffee & a Catch-Up
09:30am-10:30am
with Hub Staff

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



Through the Gate (TTG) 1-4pm



Tuesday 10th

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



Digital College
10:30-12:30
self-lead

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



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

With Rebecca

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



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.'



Drop In Session
1:30-4pm



Wednesday 11th

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



Veterans Breakfast/Poppy Making
10-11
with Hub Staff

A welcoming & relaxed session where veterans can enjoy breakfast together, connect with others & create handmade poppies to honour & remember those who have served

Bowling & Grounds Maintenance Volunteering
10:30-2:30

with Rebecca
'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.'



Employment Hub
10:30-2:30
with Leoni

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



Mindfulness
2pm-4pm

A calming session to practise mindfulness, reduce stress and support your overall wellbeing



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



Thursday 12th

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'



Music Session
1pm-3pm

A fun & relaxed session to enjoy music, connect with others and boost your mood



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

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



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



Friday 13th

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



Live Learning: Non-Accredited Courses
10:30-12:30
self-lead

A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications



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

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



Hub Forum
2pm-3pm
with Hub Staff



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





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

November - Week 3



This programme is funded by HMPPS CFO

Monday 16th

Tuesday 17th

Wednesday 18th

Thursday 19th

Friday 20th

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



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



Future Focus
10:30 - 12

'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.'



Digital College
10:30-12:30
self-lead

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



IOM Life Skills (invitation only)
11am-1pm
With Rebecca
"Bespoke sessions such as anger management, de-escalation techniques and effective communication."



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

'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.'



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



Live Learning: Non-Accredited Courses
10:30-12:30
self-lead

A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications



Women's Only:

Coffee & a Catch-Up
09:30am-10:30am
with Hub Staff

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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.'



Employment Hub
10:30-2:30
with Leoni

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



Mindfulness
2pm-4pm

A calming session to practise mindfulness, reduce stress and support you overall wellbeing



Music Session
1pm-3pm

A fun & relaxed session to enjoy music, connect with others and boost your mood



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

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

October - Week 4



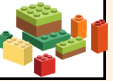
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Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Morning drop-in employment support sessions with Phil from DWP
Future Focus 10:30am - 12pm <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i>    Lego 12:30pm-2pm <i>with Peer Mentor James</i> <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i>   	Digital College 10:30-12:30 <i>self-lead</i>  <i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i> IOM Life Skills (invitation only) 11am-1pm <i>With Rebecca</i> <i>"Bespoke sessions such as anger management, de-escalation techniques and effective communication."</i>  	Bowling & Grounds Maintenance Volunteering 11am-2pm <i>with Rebecca</i> <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 <i>with Lee</i> <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 <i>with Teresa</i>  <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i>  	Live Learning: Non-Accredited Courses 10:30-12:30 <i>self-lead</i> <i>A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications</i>   
Women's Only: Coffee & a Catch-Up 09:30am-10:30am <i>with Hub Staff</i> <i>'Join us for a safe space to talk, share and empower each other.'</i>   	Creative Collaborative Workshop 1:30pm-3:30pm <i>with TIPP</i> <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i>   	Employment Hub 10:30pm-2:30pm <i>with Leoni</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i>  Mindfulness 2pm-4pm <i>A calming session to practise mindfulness, reduce stress and support you overall wellbeing</i>   	Music Session 1pm-3pm <i>A fun & relaxed session to enjoy music, connect with others and boost your mood</i>  Over 50's Coffee and a Catch-Up 2pm- 3pm <i>with Hub Staff</i>  <i>Join us for a safe space to talk, share and support each other.'</i>  	 Hub Quiz 12:30-1:30pm <i>with Hub Staff</i> <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 