



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 2



	Mon 6 th	Tues 7 th	Weds 8 th	Thurs 9 th	Fri 10 th
	Hub closed for Bank Holiday	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
	Hub closed for Bank Holiday	Back to Work Skills 9:30am - 11:30am 	Music 10:30-12:30   	Empower Hour 10:30-12:30pm   	Quiz & Games 10:30-12:30    
		Men in Mind with Amrit 10:30 - 2:30pm    	Sports Circuits 10am-12pm Walking 1:30-2:30pm 2.30-3.30pm - Chair yoga   	Gardening with Paul 10:30-12:30pm   	CBT 10:30-3pm Please speak to a support worker for a slot   
		Enrolments, Inductions, Through the Gate 1-3pm 	Fine Art with Chloe 1:30-3:30pm   	The Life Skills Lab 1:30-3:30pm   	Pizza & Pounds 12:30-2:30pm   
		Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

Leeds CFO Activity Hub
Unit 8 Northwest Business Park, Servia hill, Leeds, LS6 2QH
0113 2425522
Email – CFOEvolution@growthco.uk

Hub opening hours
Mon – Fri 9:00 – 4:00

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





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April - WEEK 3



	Mon 13 th	Tues 14 th	Weds 15 th	Thurs 16 th	Fri 17 th
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Cooking on a Budget with Paul 10:30-12:00 	Back to Work Skills 9:30am - 11:30am 	Music 10:30-12:30 	Empower Hour 10:30-12:30pm 	Women's Drop in 9:30-10:30 	
Community Work Coach Job Centre 10am - 2pm 	Men in Mind with Amrit 10:30 - 2:30pm 	Sports Circuits 10am-12pm Walking 1:30-2:30pm 2.30-3.30pm - Chair yoga 	Gardening with Paul 10:30-12:30pm 	CBT 10:30-3pm Please speak to a support worker for a slot 	
Job Club With Sussana 1:30-3:30pm 	Enrolments, Inductions, Through the Gate 1-3pm 	Fine Art with Chloe 1:30-3:30pm 	The Life Skills Lab 1:30-3:30pm 	Pizza & Pounds 12:30-2:30pm 	
Drop in support 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 3pm - 4pm

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April - WEEK 4



	Mon 20 th	Tues 21 st	Weds 22 nd	Thurs 23 rd	Fri 24 th
	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
	Cooking on a Budget with Paul 10:30-12:00 	Back to Work Skills 9:30am - 11:30am 	Music 10:30-12:30 	Empower Hour 10:30-12:30pm 	Quiz & Games 10:30-12:30pm
	Community Work Coach Job Centre 10am - 2pm 	Men in Mind with Amrit 10:30 - 2:30pm 	Sports Circuits 10am-12pm Walking 1:30-2:30pm 2.30-3.30pm - Chair yoga 	Gardening with Paul 10:30-12:30pm 	CBT 10:30-3pm Please speak to a support worker for a slot
	Job Club With Sussana 1:30-3:30pm 	Enrolments, Inductions, Through the Gate 1-3pm 	Fine Art with Chloe 1:30-3:30pm 	The Life Skills Lab 1:30-3:30pm 	Pizza & Pounds 12:30-2:30pm
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

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April - WEEK 5



Mon 27 th	Tues 28 th	Weds 29 th	Thurs 30 th	Fri 1 st
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Cooking on a Budget with Paul 10:30-12:00 	Back to Work Skills 9:30am - 11:30am 	Music 10:30-12:30 	Empower Hour 10:30-12:30pm 	Women's Drop in 9:30-10:30
Community Work Coach Job Centre 10am - 2pm 	Men in Mind with Amrit 10:30 - 2:30pm 	Sports Circuits 10am-12pm Walking 1:30-2:30pm 2.30-3.30pm - Chair yoga 	Gardening with Paul 10:30-12:30pm 	CBT 10:30-3pm Please speak to a support worker for a slot
Job Club With Sussana 1:30-3:30pm 	Enrolments, Inductions, Through the Gate 1-3pm 	Fine Art with Chloe 1:30-3:30pm 	The Life Skills Lab 1:30-3:30pm 	Pizza & Pounds 12:30-2:30pm
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm

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