



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

# Preston CFO Activity Hub- JUNE WEEK 1



## PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ























Contact Information:

07850 955413 (Amy)  
07467 740540 (Jasmine)  
07384 548064 (Liam)

Opening Times:

09:30 – 16:00  
Monday – Friday

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

Monday 01/06/2026	Tuesday 02/06/2026	Wednesday 03/06/2026	Thursday 04/06/2026	Friday 05/06/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>Intro to Employment</b>  <p>10:30-12:00 with Liam</p> <p><i>"start your employment journey, learn key interview skills, and much more"</i></p>  	<b>Mens Matter</b> <p>10:30-12:00 With Peer Support Mike</p> <p><i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i></p>  	<b>Training and Courses</b>  <p>10:30-12:00</p> <p><i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i></p>  	<b>Literacy and Numeracy Skills</b> <p>10:30-12:00</p> <p><i>"gain Support in expanding your current literacy and numeracy skills"</i></p>  	<b>Hub QUIZ</b> <p>10:30-12:00 with Jasmine</p> <p><i>"Join our Hub Quiz and put your knowledge to the test"</i></p>  
<b>TIPP: Creative Writing/ Visual Arts</b> <p>13:00-15:00</p> <p><i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i></p>  	<b>Ping Pong and Pool</b> <p>13:00-15:00 with Liam</p> <p><i>"Ping Pong &amp; Pool session: good vibes, friendly games, all welcome!"</i></p>  	<b>Money Management</b> <p>13:00-15:00</p> <p><i>"Learn how to manage your money efficiently and make smart budgeting choices"</i></p>  	<b>Art Therapy</b> <p>13:00-15:00 with Amy</p> <p><i>"Relieve any stress and anxiety with different artistic techniques"</i></p>  	<b>Women's Only Afternoon: Support and Advice</b> <p>13:00-14:00 with Jasmine and Amy</p> <p><i>"Support to help you stay motivated and continue moving forward"</i></p>  
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4





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# Preston CFO Activity Hub- JUNE WEEK 2



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:





















07850 955413 (Amy)  
07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

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



Monday 08/06/2026	Tuesday 09/06/2026	Wednesday 10/06/2026	Thursday 11/06/2026	Friday 12/06/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>CV Writing and Cover Letters</b>   10:30-12:30  <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i> 	<b>NCS skills Finder</b>   10:30-12:00  <i>"Discover your skills and careers assessment. Answer questions about things you like to do or are good at. You'll see what motivates you based on your answers."</i> 	<b>Veterans Brunch</b>   10:30-11:30 with Jasmine  <i>"a safe space to discuss, share stories, and provide links to various charities and support"</i>  	<b>CONNECT TO WORK</b>   10:30-12:00  <i>"C2W can help you if your finding it tough to get a job or stay in work"</i> 	<b>Cooking</b>  10:30-12:00 with Jasmine  <i>"learn everyday skills in the kitchen and how to prep Healthy Meals"</i>  
<b>TIPP: Creative Writing/ Visual Arts</b>  13:00-15:00  <i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i>  	<b>Managing Emotions and Mediation</b>  13:00-15:00 With Jasmine  <i>"support with managing emotions, followed by guided meditation"</i>  	<b>Benefit Checker</b>  13:00-15:00  <i>"gain support in leaning what benefits you are entitled to and support in applying for these"</i> 	<b>Art Therapy</b>  13:00-15:00 with Amy  <i>"Relieve any stress and anxiety with different artistic techniques"</i>  	<b>Women's Only Afternoon: Meditation</b>  13:00-14:00 with Jasmine and Amy  <i>"Join us for guided meditation to reduce stress and anxiety"</i>  
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4



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# Preston CFO Activity Hub- JUNE WEEK 3



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:













07850 955413 (Amy)  
07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

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



Monday 15/06/2026	Tuesday 16/06/2026	Wednesday 17/06/2026	Thursday 18/06/2026	Friday 19/06/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>Intro to Employment</b>  10:30-12:00 with Liam <i>"start your employment journey, learn key interview skills, and much more"</i> 	<b>Mens Matter</b> 10:30-12:00 <i>With Peer Support Mike</i> <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i> 	<b>Benefit Checker</b> 10:30-12:00 <i>"gain support in leaning what benefits you are entitled to and support in applying for these"</i> 	<b>Non-Accredited Courses</b>  10:30-12:00 <i>"Complete a variety of different Non-Accredited courses to build new Skills "</i> 	<b>Hub Games</b> 10:30-12:00 with Amy <i>"Bring out your competitive streak and join us for a variety of board games"</i> 
<b>TIPP: Creative Writing/ Visual Arts</b> 13:00-15:00 <i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i> 	<b>Ping Pong and Pool</b> 13:00-15:00 with Liam <i>"Ping Pong &amp; Pool session: good vibes, friendly games, all welcome!"</i> 	<b>Disclosure Letter</b> 13:00-15:00 <i>"Drop in for support writing and tailoring your disclosure letter"</i> 	<b>Art Therapy</b> 13:00-15:00 with Amy <i>"Relieve any stress and anxiety with different artistic techniques"</i> 	<b>Women's Only Afternoon: Arts and Craft</b> 13:00-15:00 with Jasmine and Amy <i>"Take part in various arts and crafts"</i> 
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4



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# Preston CFO Activity Hub- JUNE WEEK 4



## PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

Contact Information:

























07850 955413 (Amy)  
07467 740540 (Jasmine)  
07384 548064 (Liam)

Opening Times:

09:30 – 16:00  
Monday – Friday

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



Monday 22/06/2026	Tuesday 23/06/2026	Wednesday 24/06/2026	Thursday 25/06/2026	Friday 26/06/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>Armed Forces Support</b>   10:30-12:00 with Jasmine  <i>"Support for those joining or just thinking about joining the Armed Forces"</i>  	<b>Training and Courses</b>   10:30-12:00  <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>  	<b>Veterans Brunch</b>   10:30-11:30 with Jasmine  <i>"a safe space to discuss, share stories, and provide links to various charities and support"</i>  	<b>CV Writing and Cover Letters</b>  10:30-12:30  <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i>  	<b>Baking</b>  10:30-12:00 with Jasmine  <i>"learn how to create your favourite sweet treats on a budget"</i>  
<b>TIPP: Creative Writing/ Visual Arts</b>  13:00-15:00  <i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i>  	<b>Managing Emotions and Mediation</b>  13:00-15:00 With Jasmine  <i>"support with managing emotions, followed by guided meditation"</i>  	<b>Literacy and Numeracy Skills</b>  13:00-15:00  <i>"gain Support in expanding your current literacy and numeracy skills"</i>  	<b>Art Therapy</b>  13:00-15:00 with Amy  <i>"Relieve any stress and anxiety with different artistic techniques"</i>  	<b>Women's Only Afternoon: Job Finding and Applications</b>   13:00-14:30 with Jasmine and Amy  <i>"Support finding Jobs and filling in applications"</i>  
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4



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# Preston CFO Activity Hub- JUNE WEEK 5



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:
























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07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

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



Monday 29/06/2026	Tuesday 30/06/2026	Wednesday 01/07/2026	Thursday 02/07/2026	Friday 03/07/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>Intro to Employment</b>  10:30-12:00 with Liam <i>"start your employment journey, learn key interview skills, and much more"</i>  	<b>Mens Matter</b> 10:30-12:00 <i>With Peer Support Mike</i> <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>  	<b>Training and Courses</b>  10:30-12:00 <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>  	<b>Non-Accredited Courses</b>  10:30-12:00 <i>"Complete a variety of different Non-Accredited courses to build new Skills"</i>  	<b>Hub QUIZ</b> 10:30-12:00 with Jasmine <i>"Join our Hub Quiz and put your knowledge to the test"</i>  
<b>TIPP: Creative Writing/ Visual Arts</b> 13:00-15:00 <i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i>  	<b>Ping Pong and Pool</b> 13:00-15:00 with Liam <i>"Ping Pong &amp; Pool session: good vibes, friendly games, all welcome!"</i>  	<b>Money Management</b> 13:00-15:00 <i>"Learn how to manage your money efficiently and make smart budgeting choices"</i>  	<b>Art Therapy</b> 13:00-15:00 with Amy <i>"Relieve any stress and anxiety with different artistic techniques"</i>  	<b>Women's Only Afternoon: Support and Advice</b> 13:00-14:00 with Jasmine and Amy <i>"Support to help you stay motivated and continue moving forward"</i>  
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4