



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

MANCHESTER MAY - WEEK 1



Monday 04/05/2026	Tuesday 05/05/2026	Wednesday 06/05/2026	Thursday 07/05/2026	Friday 08/05/2026
<p style="text-align: center;">Hub closed for May bank holiday</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>
	<p>Career Compass 10.00 - 12.00 struggling to find your sense of direction when it comes to employment. lets do a skills assessment and talk about upskilling</p> <p>Hub Walk 11.00 - 12.00</p>	<p>Unpaid Work 9:00-11:30 Manchester probation UPW group and induction into hub</p> <p>Digital College 11.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>	<p>CSCS Green Card 2-day Course with Inside Connections 10.00-3.00 Get your CSCS Green card in just 2 days with the support from a facilitation to learn the content and ace your test Please book with your support worker</p>	<p>CSCS Green Card 2-day Course with Inside Connections 10.00-3.00 Get your CSCS Green card in just 2 days with the support from a facilitation to learn the content and ace your test Please book with your support worker</p>
	<p>Arts and crafts 12.00-2.00 Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</p>	<p>Men Matter 12.00 - 1.00 Male only safe space to discuss mental health and men's wellbeing</p> <p>Lift up Lounge with Howard 1.3.0-2.30 Fun group to tap harness your positivity and work on your motivation</p> <p>2:00-4:00 Come get support drafting up a super CV or help with Job search and applications</p>	<p>Creative Writing and Reading with Laura 1.30-2.30 come discover your creative side with short stories and discuss your favourite books</p> <p>Hub Inductions 2.00 4.00 Come meet the team and find out what we do</p>	<p>Come Dine with Me 11.00-3.00 Budgeting a health meal Menu Planning Filming and editing the episode Please book with your SW for cooking practice</p>
	<p>CBT - booking only 10:00-4:00</p>	<p>CBT - booking only 10:00-4:00</p>	<p>CBT - booking only 10:00-4:00</p>	<p>Hub open 11-3.00 for board games</p>

Information

Hub is located at 7 Watson Street, Manchester. M3 4EE

Tel: *****

Referral link:

[CFO Evolution Referrals – HMPPS Creating Future Opportunities](#)

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





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Manchester MAY – WEEK 2



	Monday 11/05/2026	Tuesday 12/05/2026	Wednesday 13/05/2026	Thursday 14/05/2026	Friday 15/05/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
	<p>Digital College drop in 10.00-12.00</p> <p>Explore the range of courses available to you through our online learning platform. Please speak to SW to get signed up</p> <p>Moral Dilemmas 12.30-1.30</p> <p>We attempt to problem solve key issues through perspective sharing and moral evaluation</p>	<p>Career Compass 10.00 - 12.00</p> <p>struggling to find your sense of direction when it comes to employment. lets do a skills assessment and talk about upskilling</p> <p>Hub Walk 11.00 - 12.00</p>	<p>Unpaid Work 9:00-11:30</p> <p>Manchester probation UPW group and induction into hub</p> <p>Digital College 11.00-1.00</p> <p>Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>	<p>Job Search & CV Preparation 10.00-12.00</p> <p>how to navigate the the job market maximise your potential. Get support from search to interview and beyond.</p> <p>A one stop shop to help you find employment</p> <p>Music with Holly 11.00-1.00</p>	<p>Digital College 10.00-1.00</p> <p>Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>
	<p>Anger Management 2pm-3pm</p> <p>If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)</p>	<p>Arts and crafts 12.00-2.00</p> <p>Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</p>	<p>Men Matter 12.00 - 1.00</p> <p>Male only safe space to discuss mental health and men's wellbeing</p> <p>Lift up Lounge with Howard 1.3.0-2.3.0</p> <p>Fun group to tap harness your positivity and work on your motivation</p> <p>2:00-4:00</p> <p>Come get support drafting up a super CV or help with Job search and applications</p>	<p>Creative Writing and Reading with Laura 12.30-1.30</p> <p>come discover your creative side with short stories and discuss your favourite books</p> <p>Hub Inductions 2.00 4.00</p> <p>Come meet the team and find out what we do</p>	<p>Come Dine with Me 11.00-3.00</p> <p>Budgeting a health meal</p> <p>Menu Planning</p> <p>Filing and editing the episode</p> <p>Please book with SW for cooking</p>
		<p>CBT with Aisha - booking only 10:00-4:00</p>		<p>CBT with Aisha - booking only 10:00-4:00</p>	<p>Hub open 11-3.00 for board games</p>

Information

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Manchester MAY - WEEK 3



	Monday 18/05/2026	Tuesday 19/05/2026	Wednesday 20/05/2026	Thursday 21/05/2026	Friday 22/05/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
	<p>Digital College drop in 10.00-12.00</p> <p>Explore the range of courses available to you through our online learning platform. Please speak to SW to get signed up</p> <p>Moral Dilemmas 12.30-1.30</p> <p>We attempt to problem solve key issues through perspective sharing and moral evaluation</p>	<p>Career Compass 10.00 - 12.00</p> <p>struggling to find your sense of direction when it comes to employment. lets do a skills assessment and talk about upskilling</p> <p>Hub Walk 11.00 - 12.00</p>	<p>Unpaid Work 9:00-11:30</p> <p>Manchester probation UPW group and induction into hub</p> <p>Digital College 11.00-1.00</p> <p>Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>	<p>Job Search & CV Preparation 10.00-12.00</p> <p>how to navigate the the job market maximise your potential. Get support from search to interview and beyond.</p> <p>A one stop shop to help you find employment</p> <p>Music with Holly 11.00-1.00</p>	<p>Digital College 10.00-1.00</p> <p>Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>
	<p>Anger Management 2pm-3pm</p> <p>If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)</p>	<p>Arts and crafts 12.00-2.00</p> <p>Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</p>	<p>Men Matter 12.00 - 1.00</p> <p>Male only safe space to discuss mental health and men's wellbeing</p> <p>Lift up Lounge with Howard 1.3.0-2.3.0</p> <p>Fun group to tap harness your positivity and work on your motivation</p> <p>2:00-4:00</p> <p>Come get support drafting up a super CV or help with Job search and applications</p>	<p>Creative Writing and Reading with Laura 12.30-1.30</p> <p>come discover your creative side with short stories and discuss your favourite books</p> <p>Hub Inductions 2.00 4.00</p> <p>Come meet the team and find out what we do</p>	<p>Come Dine with Me 11.00-3.00</p> <p>Budgeting a health meal</p> <p>Menu Planning</p> <p>Filing and editing the episode</p> <p>Please book with SW for cooking</p>
		<p>CBT with Aisha - booking only 10:00-4:00</p>		<p>CBT with Aisha - booking only 10:00-4:00</p>	<p>Hub open 11-3.00 for board games</p>

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Manchester MAY - WEEK 4



[Information](#)

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[Tel: *****](#)

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Monday 25/05/2026	Tuesday 26/05/2026	Wednesday 27/05/2026	Thursday 28/05/2026	Friday 29/05/2026
Hub closed for May bank holiday	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
	<p>Career Compass 10.00 - 12.00 struggling to find your sense of direction when it comes to employment. lets do a skills assessment and talk about upskilling</p> <p>Hub Walk 11.00 - 12.00</p>	<p>Unpaid Work 9:00-11:30 Manchester probation UPW group and induction into hub</p> <p>Digital College 11.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>	<p>Job Search & CV Preparation 10.00-12.00 how to navigate the the job market maximise your potential. Get support from search to interview and beyond. A one stop shop to help you find employment</p> <p>Music with Holly 11.00-1.00</p>	<p>Digital College 10.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways</p>
	<p>Arts and crafts 12.00-2.00 Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</p>	<p>Men Matter 12.00 - 1.00 Male only safe space to discuss mental health and men's wellbeing</p> <p>Lift up Lounge with Howard 1.3.0-2.3.0 Fun group to tap harness your positivity and work on your motivation</p> <p>2:00-4:00 Come get support drafting up a super CV or help with Job search and applications</p>	<p>Creative Writing and Reading with Laura 12.30-1.30 come discover your creative side with short stories and discuss your favourite books</p> <p>Hub Inductions 2.00 4.00 Come meet the team and find out what we do</p>	<p>Come Dine with Me 11.00-3.00 Budgeting a health meal Menu Planning Filing and editing the episode</p> <p>Please book with SW for cooking</p>
	<p>CBT with Aisha - booking only 10:00-4:00</p>		<p>CBT with Aisha - booking only 10:00-4:00</p>	<p>Hub open 11-3.00 for board games</p>

