



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

JANURAY – WEEK 1



Monday 29th	Tuesday 30th	Wednesday 31st	Thursday 1st	Friday 2nd
<div>Happy New Year 2026</div> <div>HUB CLOSED</div>				New Year Coffee Morning Drop-in session 9:30 - 10:30
				National Motivation & Inspiration Day 2026 Future Focus Goal Setting 10:30 - 1 with Gabbi & Sam 
				Hub Induction - Meet the Team and Enrol 1 - 3 
				Hub Quiz 3 - 4 with Gabbi 

Information

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07467 296781 (Sam)

Please contact support workers to
book onto any sessions!

*Enrolments are needed to do any of
the activities.*



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JANUARY – WEEK 2



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Monday 5th	Tuesday 6th		Wednesday 7th	Thursday 8th	Friday 9th
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30
Job Club 10:30 - 12 with Sam 	Job Search & Applications 10:30 - 12 with Nadya 	CBT with Hayley (Appt Only) 10 - 12 	TiPP Film Making 10:30 - 12:30 	Prepare for Employment with Lived Experience – Preparing for Job Search (non-accredited course) 10:30 - 12:30 with Gabbi 	Men's Mental Health Group 10:30 - 12 with Sam
Art Therapy 1 - 3 with Sam 	National Shortbread Day Cooking Session 1 - 3 with Nadya 	CBT with Hayley (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Disclosure 1 - 2:30 with Gabbi 	Women's Only Hub Induction - Meet the Team and Enrol 1 - 2
Hub Drop-in Support 3 - 4 	Hub Induction - Meet the Team and Enrol 3 - 4 		Hub Forum 3 - 4 with Gabbi 	Hub Induction - Meet the Team and Enrol 3 - 4 	Women's Only CV & Disclosure Support 1 - 2:30 with Gabbi



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JANUARY – WEEK 3



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Contact Information:

077750 96192 (Gabriella)

07384 119231 (Nadya)


















07467 296781 (Sam)

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Monday 12th	Tuesday 13th		Wednesday 14th	Thursday 15th	Friday 16th
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30
Understanding Diversity in Society 10:30 - 12:30 with Nadya 	Unpaid Work Support 10:30 - 12:30 with Gabbi 	CBT with Hayley (Appt Only) 10 - 12 	TiPP Film Making 10:30 - 12:30 	Prepare for Employment with Lived Experience – Preparing for Job Search (non-accredited course) 10:30 - 1 with Gabbi 	Interview Prep & Mock Interviews 10:30 - 12 with Sam 
Anger Management Support 1 - 2 with Nadya 	Approved Premises Support 1 - 3 with Gabbi 	CBT with Hayley (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Focus Group with Hub Mentor 1 - 3 	Training & Course Searching (CSCS, Forklift) 1 - 3 with Sam 
Women's Only Benefit Support 2:30 - 4 with Nadya 	Hub Induction - Meet the Team and Enrol 3 - 4 		Hub Induction - Meet the Team and Enrol 3 - 4 	CV Support 3 - 4 with Gabbi 	Hub Drop-in Support 3 - 4 



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JANUARY - WEEK 4



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Address:

First Floor Offices, Crabtree Street,
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Blackburn, BB1 3BD

Contact Information:


















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Monday 19th	Tuesday 20th		Wednesday 21st	Thursday 22nd	Friday 23rd
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30
Disclosure Support 10:30 - 12 with Sam 	Art Therapy 10:30 - 12 with Nadya 	CBT with Hayley (Appt Only) 10 - 12 	TiPP Film Making 10:30 - 12:30 	Job Club 10:30 - 12 with Sam 	Women's Only Wellbeing & Mindfulness Session 10:30 - 12 with Gabbi 
Men's Mental Health Group 1 - 3 with Sam 	Understanding Diversity in Society (non-accredited course) 1 - 3 with Nadya 	CBT with Hayley (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Accommodation Advice & Support 1 - 3 with Sam 	National Pie Day Cooking Session 1 - 2:30 with Gabbi 
Hub Induction - Meet the Team and Enrol 3 - 4 	Hub Drop-in Support 3 - 4 		Hub Walk 3 - 4 with Gabbi and Sam 	Hub Quiz 3 - 4 with Sam 	Hub Induction - Meet the Team and Enrol 3 - 4 



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JANUARY – WEEK 5



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Contact Information:


















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Monday 26th	Tuesday 27th		Wednesday 28th	Thursday 29th	Friday 30th
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 11
Training & Course Searching (CSCS, Forklift) 1 - 3 with Gabbi 	Managing Emotions 10:30 - 12 with Nadya 	CBT with Hayley (Appt Only) 10 - 12 	TiPP Film Making 10:30 - 12:30 	Community Integration: Volunteering Opportunities within the Community 10:30 - 12 with Gabbi 	Hub Induction - Meet the Team and Enrol 11 - 12 
CV Support & Job Searching 1 - 3 with Gabbi 	National Chocolate Cake Day Cooking Session 1 - 3 with Nadya 	CBT with Hayley (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Women's Only Hub Induction - Meet the Team and Enrol 1 - 2 with Gabbi 	Intro to Self-Employment (non-accredited course) 1 - 3 with Sam 
Through The Gate: Drop-in support sessions for anyone being released from custody 3 - 4 	Hub Induction - Meet the Team and Enrol 3 - 4 		Motivation & Confidence Building 2:30 - 4 with Sam 	Women's Only Art Therapy 2 - 4 with Gabbi 	Hub Drop-in Support 3 - 4 