

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



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.



This programme is delivered by HMPPS CFO

JANURAY - WEEK 1



Monday 29th

Tuesday 30th

Wednesday
31st

Thursday 1st

Friday 2nd



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



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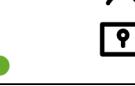
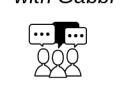
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JANUARY - WEEK 2



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

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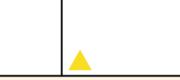
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JANUARY - WEEK 3



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
<p>Understanding Diversity in Society 10:30 - 12:30 with Nadya</p> 	<p>Unpaid Work Support 10:30 - 12:30 with Gabbi</p> 	<p>CBT with Hayley (Appt Only) 10 - 12</p> 	<p>TiPP Film Making 10:30 - 12:30</p> 	<p>Prepare for Employment with Lived Experience – Preparing for Job Search (non-accredited course) 10:30 - 1 with Gabbi</p> 
<p>Anger Management Support 1 - 2 with Nadya</p> 	<p>Approved Premises Support 1 - 3 with Gabbi</p> 	<p>CBT with Hayley (Appt Only) 1 - 4</p> 	<p>TiPP Art Session 1 - 3</p> 	<p>Focus Group with Hub Mentor 1 - 3</p> 
<p>Women's Only Benefit Support 2:30 - 4 with Nadya</p> 	<p>Hub Induction - Meet the Team and Enrol 3 - 4</p> 		<p>Hub Induction - Meet the Team and Enrol 3 - 4</p> 	
			<p>CV Support 3 - 4 with Gabbi</p> 	<p>Hub Drop-in Support 3 - 4</p> 

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JANUARY - WEEK 4



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	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



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