



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

NOVEMBER – WEEK 1



Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 3rd	Tuesday 4th		Wednesday 5th	Thursday 6th	Friday 7th
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30
Job Club 10:30 - 12 	In Work Support 10:30 - 12 	CBT (Appt Only) 10 - 12 	Digital College 10:30 - 12 	Intro to Employability 10:30 - 12 	Disclosure Support 10:30 - 12 
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1
Self-Care 1 - 2:30 	Anger Management 1 - 2:30 	CBT (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Emotional Resilience 1 - 2:30 	Women's Only Therapeutic Art 1 - 2:30 
Wellbeing Goal Setting 2:30 - 4 	National Roast Dinner Day Cooking Session 2:30 - 4 	Bonfire Night Quiz 3 - 4 	Mindfulness Yoga 2:30 - 4 	Women's Only Confidence Building 2:30 - 4 	



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

NOVEMBER – WEEK 2



Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 10th	Tuesday 11th		Wednesday 13th	Thursday 14th	Friday 15th
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30
Benefit Support 10:30 - 12 	Sentence Requirement Support 10:30 - 12 	CBT (Appt Only) 10 - 12 	Women's Only CV Support 10:30 - 12 	Job Search & Application Support 10:30 - 12 	Industry Specific Cards 10:30 - 12
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1
National STEM Day Literacy & Numeracy Assessment 1 - 2:30 	Personal Journaling 1 - 2 	CBT (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Employability Skills 1 - 2:30 	Creative Writing: Short Stories 1 - 2:30
Debt Management 2:30 - 4 	Remembrance Day Crafts Session 2 - 4 		Mindfulness Techniques 3 - 4 	Housing Support 2:30 - 4 	Victim Awareness 2:30 - 4



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

NOVEMBER – WEEK 3



Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 17th	Tuesday 18th		Wednesday 19th	Thursday 20th	Friday 21st
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30
Interview Prep 10:30 - 12 	Unpaid Work Support 10:30 - 12 	CBT (Appt Only) 10 - 12 	CV Support 10:30 - 12 	Intro to Employability 10:30 - 12 	Digital College 10:30 - 12 
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1
Healthy Living 1 - 2:30 	Problem Solving Techniques 1 - 2:30 	CBT (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Women's Only Relationship Advice & Support 1 - 2:30 	Accessing Health Support 1 - 2:30 
National Bread Day Cooking Session 2:30 - 4 	Self-Care 2:30 - 4 		Optimism & Self-Worth 3 - 4 	Women's Only Disclosure 2:30 - 4 	Stress Relief Strategies 2:30 - 4 



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

NOVEMBER – WEEK 4



Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 24th	Tuesday 25th		Wednesday 26th	Thursday 27th	Friday 28th
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30
Women's Only Benefit Support 10:30 - 12 	Digital College 10:30 - 12 	CBT (Appt Only) 10 - 12 	Introduction to Customer Service 10:30 - 12 	Mock Interviews 10:30 - 12 	Hub Canal Walk 10:30 - 12 
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1
Obtaining an ID / Bank Account 1 - 2:30 	Budgeting Support 1 - 2:30 	CBT (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	National Cake Day Cooking Session 1 - 3 	Intro to Digital Literacy 1 - 3 
Future Focus 2:30 - 4 	Reflective Practice 2:30 - 4 		Motivation 3 - 4 	ETE Awards & Quiz 3 - 4 	Ping Pong 3 - 4 