



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

LIVERPOOL CFO ACTIVITY HUB

September - Week 1



Information
Hub is located at
State House, 22 Dale St., L2 4TR
Tel: 07341 604133

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.

	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
	Breakfast and drop in support 9:30 - 10:30	Warehousing Course Day 1 All Day	Warehousing Course Day 2 All Day	Breakfast and drop in support 9:30 - 10:30
	Training opportunities & Support 10:00-11:30 with Ian Identify training opportunities available and how to access them, such as FLT, Railtrack, etc.	We Are Warriors' Women's Group 9:30 - 13:00 Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.	Digital College 10:30 - 12:00 self led Gain new knowledge and qualification through online courses, including CSCS.	Employment Hub 10:00 - 15:00 with Ian Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in June!
	Recovery Group 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery		Therapy Dogs 10:30 - 12:00 The therapy dogs are trained to provide comfort and support	
	Art therapy 13:00 - 14:30 with Matt	TIPP Lyrical Workshop 1:15pm- 3:15pm with Tom	Cooking Skills 12:30-2:30 with peer mentor Dan	Music session 1:15-3:30 with Donna
	Lego Nostalgia 14:30 - 16:00 with peer mentor Matt	Digital College 1:30-4:00 with Stephen	¿Hablas Español? Spanish lesson 3-4 Learn Spanish in a fun, steady environment.	
	Hub Induction Meet the team and Enrol 10:00 - 16:00	Unpaid Work 10:00 - 12:00 Invite Only	CBT with Molly- Appointments only 10:00 - 16:00	Hub Induction Meet the team and Enrol 10:00 - 16:00



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LIVERPOOL CFO ACTIVITY HUB

September - Week 2



Monday 7th

Breakfast and drop in support
9:30 - 10:30

Digital College
10:30 - 12:00
with Stephen

Come and complete the Construction pathway and explore jobs with employers such as Balfour Beatty and Laing O'Rourke



CV Writing Session
13:00 - 15:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities



Hub Induction Meet the team and Enrol
1-4pm

Tuesday 8th

Breakfast and drop in support
9:30 - 10:30

Training Opportunities & Support
10:00 - 11:30
with Ian
Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Recovery Group
11:30-12:30
Receive group support to start and maintain drug/alcohol recovery



Art therapy
13:00 - 14:30
with Matt

Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.

Lego Nostalgia
14:30 - 16:00
with peer mentor Matt
learn skills such as problem solving, focus, task management.



Through the Gate (TTG)
1-4pm

Wednesday 9th

Breakfast and drop in support
9:30 - 10:30

We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



DWP 1:1 Support
13:00 - 15:00
with Keith

Get support around benefits and transition into paid employment.

TIPP: Lyrical Workshop
13:15pm - 15:15pm
with Tom
'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Unpaid Work
10am - 12pm
Invite Only

Thursday 10th

Breakfast and drop in support
9:30 - 10:30

Training Opportunities & Support
10:00 - 11:30
with Ian
Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Cooking Skills
12:30 - 14:30
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.

¿Hablas Español? Spanish lesson
15:00 - 16:00
Learn Spanish in a fun, steady environment.



CBT with Molly-
Appointments only
10-4pm

Friday 11th

Breakfast and drop in support
9:30 - 10:30

Naafi Café – Veterans Only
10:30 - 12:00

Explore veterans' support available in the community, including employment and training, mental health and accommodation.



Employment Hub
10:00 - 15:00
with Ian

Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!

Music session
1:15-3:30
with Donna
Learn to play instruments and song writing.



Hub Forum
3 - 4

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LIVERPOOL CFO ACTIVITY HUB

September - Week 3



Monday 14th

Breakfast and drop in support
9:30 - 10:30



Employment Hub for 18-29 year olds
10:30 - 12:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.



Tuesday 15th

Breakfast and drop in support
9:30 - 10:30



CSCS into Construction
10:00 - 11:30
Have you got a CSCS card? Come and let us help you sign up for work with agencies.



Recovery Group
11:30 - 12:30
Receive group support to start and maintain drug/alcohol recovery.



Wednesday 16th

Breakfast and drop in support
9:30 - 10:30



We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



Thursday 17th

Breakfast and drop in support
9:30 - 10:30



Digital College
10:30 - 12:00
self led
Gain new knowledge and qualification through online courses, including CSCS.



Therapy Dogs
10:30 - 12:00

The therapy dogs are trained to provide comfort and support



Friday 18th

Breakfast and drop in support
9:30 - 10:30



Employment Hub
10:00 - 15:00
with Ian

Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!



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Digital College
13:30 - 16:00
with Stephen

Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct. (other courses available such as CSCS, food hygiene)



September Quiz
13:00-14:30
with peer mentor Dan

Share and gain new knowledge in a team activity.



Lego Nostalgia
14:30 - 16:00
with peer mentor Matt

learn skills such as problem solving, focus, task management.



TIPP Lyrical Workshop
13:15- 15:15
with Tom

'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'

Digital College
13:30 - 16:00
with Stephen

Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct.



Cooking Skills
12:30-2:30
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.



¿Hablas Español? Spanish lesson
15:00 - 16:00
Learn Spanish in a fun, steady environment.



Music session
13:15 - 15:30
with Donna

Learn to play instruments and song writing, explore different genres, discover new music and connect with others through a shared love of music



Hub Induction Meet the team and Enrol 1-4pm



Through the Gate (TTG)
1-4pm



Unpaid Work
10am - 12pm
Invite Only



CBT with Molly-
Appointments only 10-4pm



Hub Induction Meet the team and Enrol 1-4pm





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LIVERPOOL CFO ACTIVITY HUB

September - Week 4



Monday 21st

Breakfast and drop in support
9:30 - 10:30

Digital College
10:30 - 12:00
with Stephen

Come and complete the logistics pathway and explore jobs with employers such as Amazon and GXO



CV writing session
13:00 - 15:00
with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.



Through the Gate (TTG)
1-4pm

Tuesday 22nd

Breakfast and drop in support
9:30 - 10:30

Training Opportunities & Support
10:00 - 11:30
with Ian
Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Recovery Group
11:30-12:30
Receive group support to start and maintain drug/alcohol recovery



Art therapy
13:00 - 14:30
with Matt

Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.

Lego Nostalgia
14:30 - 16:00
with peer mentor Matt
learn skills such as problem solving, focus, task management.

Drop In Session
1:30-4:30pm

Wednesday 23rd

Breakfast and drop in support
9:30 - 10:30

We Are Warriors' Women's Group
9:30 - 13:00

Relaxed atmosphere Boundaries respected Safe Space
No judgements Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.



DWP 1:1 support
13:00 - 15:00
with Keith
Get support around benefits and transition into paid employment.

Lyrical Workshop
13:15pm- 15:15pm
with Tom
'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Unpaid Work
10am - 12pm
Invite Only

Thursday 24th

Breakfast and drop in support
9:30 - 10:30

Accommodation services support 1:1 (individual slots available)
10:30-12:00
with Support Workers

Receive support and guidance around Accommodation services in Liverpool, Property pool and referrals.



Cooking Skills
12:30 - 14:30
with peer mentor Dan

Learn to cook healthily and explore meals from different cultures.

¿Hablas Español? Spanish lesson
13:00 - 14:00

Learn Spanish in a fun, steady environment.



CBT with Molly-
Appointments only 10-4pm

Friday 25th

Breakfast and drop in support
9:30 - 10:30

Employment Hub
10: 00 - 15:00
with Ian
Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!



Music session
1:15-3:30
with Donna

Learn to play instruments and song writing, explore different genres, discover new music and connect with others through a shared love of music



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LIVERPOOL CFO ACTIVITY HUB

September - Week 5



Monday 28th

Breakfast and drop in support
9:30 - 10:30



Tuesday 29th

Breakfast and drop in support
9:30 - 10:30



Wednesday 30th

CSCS Course: Day 1
All Day



Thursday 1st

CSCS Course: Day 2
All Day



Friday 2nd

Breakfast and drop in support
9:30 - 10:30



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Digital College
10:30 - 12:00
with Stephen

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Training Opportunities & Support

10:00 - 11:30

with Ian

Identify training opportunities available and how to access them, such as FLT, Railtrack etc...

Recovery Group

11:30-12:30

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Digital College

10:30 - 12:00

self led

Gain new knowledge and qualification through online courses, including CSCS.



Therapy Dogs

10:30 - 12:00

The therapy dogs are trained to provide comfort and support



Employment Hub

10: 00 - 15:00

with Ian

Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in July!



CV writing session

13:00 - 15:00

with Ian

Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.



Art therapy

13:00 - 14:30

with Matt



Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.



Lego Nostalgia

14:30 - 16:00

with peer mentor Matt
learn skills such as problem solving, focus, task management.



Lyrical Workshop

13:15pm- 15:15pm

with Tom

'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Digital College

13:30 - 16:00

with Stephen

Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct.



Cooking Skills

12:30 - 14:30

with peer mentor Dan

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¿Hablas Español? Spanish lesson

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with Donna

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Hub Induction Meet the team and Enrol 1-4pm

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Unpaid Work
10am - 12pm
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CBT with Molly-
Appointments only 10-4pm

Through the Gate (TTG)
1-4pm