

October 2026

Sheffield

CFO Activity Hub

The Hub is open Monday to Friday.

Thursday and Friday is for 1:1s and drop ins.

07502 299 992

CFOEvolution@growthco.uk

Sheffield CFO Activity Hub, Ground Floor St James House, Vicar Lane, Sheffield, S1 2EX



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



This programme is funded by HMPPS CFO

Monday

All day
1:1 support

 **Allotment:** with Max / Jo
10am - 1pm

 **Future Me:** explore goal setting and future opportunities with Jo
11am - 12pm

 **Book Club:** explore themes of popular fiction. New book every month with Jo / Gareth
1pm - 2pm

 **Sports and Exercise** Health, Nutrition and fitness workouts with Mark
2pm - 3pm

 **Health and Wellbeing** understanding and managing your own health. Healthy mind = healthy body with Gareth
2pm - 3pm

Tuesday

All day
1:1 support

 **Cooking on a budget:** looking at diet, nutrition, money saving tips. Free Food!
10am - 12:30pm

 **Accessing online courses** Fully funded and over 100 courses to choose from!
10am - 12:30pm

 **Job Club** Interview skills, CVs and Disclosure Letters with Gareth (please book for 1:1's)
10am - 3pm

 **TiPP Creative Activities**
1pm - 3pm

Wednesday

All day
1:1 support

 **Lego Project/Games:** Creative challenges and problem solving with Max
10am - 11am

 **Spectrum:** LGBTQ+ Social and Support group with Max
11am - 12pm

 **Man plan:** men's mental health group with Max
1:30pm - 3:30pm

Thursday

 **Enrolment and prison release support:** Meet the team!
1pm - 3pm

Open Monday to Friday. Open Monday, Tuesday and Wednesday for activities and 1:1 appointments 9:30am till 4pm

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Support available via your dedicated support worker:

Obtaining ID
Accommodation
Finance/benefit/Debt
Obtaining RTW docs
1:1 Employment support
Financial support available to help you get into work!

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Drop-in Session available for 1:1 Support Monday to Wednesday

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Reception contact number: 07502 299 992

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Employment support

- Create a CV
- Create a Disclosure letter
- 1:1 support with our in house Employment Engagement Consultant
- Access and support to apply for live vacancies
- Understanding Spent vs Unspent Convictions

Vocational courses available

Our **2-day CSCS course**
8th & 9th October
All paper based, to include the H&S course and the CSCS test

Up and coming

First Aid course 5th
November 9:30am-4pm
Speak to your Support Worker

Both courses Fully funded!

CBT

Access to Cognitive Behavioural Therapy with a therapist, on a 1:1 basis to receive support around your wellbeing, thoughts and processes and trauma.

Wellbeing Walk 22nd October

Accessing ID

Support to apply for right to work documents, when trying to find employment:

- Birth Certificate
- Citizen Card

Accessing Food Banks

Whatever your circumstance, we understand that with the rising cost of living things are hard. We can support you to access Food Banks in your local area.

Digital College

Access to online fully funded courses:

- Food Hygiene
- Foundation in Sales and Marketing
- Fire Safety
- An Introduction to Peer Mentoring
- Introducing the Role of a Security Guard
- ESOL English for the Workplace
- Asbestos Awareness
- COSH
- Safeguarding
- Hospitality Customer Service
- Money Sense
- Planning to start your own business
- CSCS

Access to hundreds of courses, fully funded with access to IT equipment once approved by your Probation Practitioner

The CFO Activity Hubs are a safe space. Whether you have a form you don't understand, you need support on 1:1 basis or you want to reduce your social isolation, we are here to help!