



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

Manchester CFO Activity Hub

September - Week 1



	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
Bank Holiday	Hub open from 9:30 for breakfast and drop in support 	Hub open from 9:30 for breakfast and drop in support 	CSCS Course: Day 1 All Day 	CSCS Course: Day 2 All Day
Bank Holiday	Digital College drop in 10:00 - 12:00 <i>Explore the range of courses available through our online learning platform</i> Men Matter 10:00 - 11:00 <i>Male only safe space to discuss mental health and men's wellbeing</i> 	Unpaid Work 9:00 - 12:00 <i>Manchester probation UPW group and induction into hub. Please note this is a probation booked group only. The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you</i> 	Pathway Planning 12:00 - 13:00 <i>Struggling to find direction for your future? Come along for some motivation, action planning and help finding your next career or opportunity. CV planning, employability skills, goal setting, overcoming barriers</i> 	Cost Cutting Tips 11:30 - 12:30 <i>Are you struggling to budget? Come along to learn about how to manage your income more effectively. Get advice, hear about free services, discounts, schemes and many more</i>
Bank Holiday	Arts and crafts 12:00 - 14:00 <i>Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</i> 	Young Adults Only 13:00 - 16:00 <i>The hub will be running activities and 121 support tailored to our 18-30 participants. If you need are not in this group but need urgent support, please contact your SW</i> 	Women's Only Support 13:00 - 16:00 with Support Workers <i>A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you. Please note the hub will be closed to male participants during this time</i> 	Hub Quiz 13:00 - 15:00 With Peer Mentor <i>with our Peer Mentor Put your obscure knowledge to good use with some friendly competition</i>
Bank Holiday	CBT with Aisha – Appointments only 10:00 - 16:00 	Hub Induction meet the team and enrol 10:00 - 16:00 	CBT with Aisha – Appointments only 10:00 - 16:00 	Digital College drop in Browse our catalog of online ETE courses

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

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.

Enrolments are needed to engage in any activities



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Manchester CFO Activity Hub

September - Week 2



Monday 7th

Hub open from 9:30 for breakfast and drop in support

Mindfulness & Meditation 10:00 - 11:00

Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Debate Club 12:00 - 13:00

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?



Basic Cooking Skills 13:30pm - 15:00

Learn how to cook for yourself at CFO. This is a booked only session with limited spaces and requires Food Safety training first



Hub Induction meet the team and enrol
10:00 - 16:00



Tuesday 8th

Hub open from 9:30 for breakfast and drop in support

Digital College 10:00 - 12:00 Self Lead

Explore the range of courses available through our online learning platform.



Men Matter 10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



Arts and crafts 12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



CBT with Aisha -
Appointments only
10am-4pm



Wednesday 9th

Hub open from 9:30 for breakfast and drop in support

Unpaid Work 9:00 - 12:00

Manchester probation UPW group and induction into hub. Please note this is a probation booked group only. The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you



Young Adults Only 13:00 - 16:00

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Hub Induction meet the team and enrol
10:00 - 16:00



Thursday 10th

Hub open from 9:30 for breakfast and drop in support

Job Search & CV Preparation 10:00 - 12:00

how to navigate the job market. Get support from search to interview and beyond. A one stop shop to help you find employment



Pathway Planning 12:00 - 13:00

Struggling to find direction for your future? Come along for some motivation, action planning and help finding your next career or opportunity. CV planning, employability skills, goal setting, overcoming barriers



Women's Only Support 13:00 - 16:00 with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.

Please note the hub will be closed to male participants during this time



CBT with Aisha -
Appointments only
10am-4pm



Friday 11th

Hub open from 9:30 for breakfast and drop in support

Music & Society 11:30-12:30

Ever wondered the story behind your favourite song? how music has influenced us? This group lets you learn and share song suggestions



Board Games 10:00 - 15:00

If Monopoly doesn't take your fancy, feel free to check out our other games, like Battleship, Connect 4, Scrabble etc.



Hub Quiz 13:00 - 15:00

with our Peer Mentor Put your obscure knowledge to good use with some friendly competition



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Enrolments are needed to engage in
any activities



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Manchester CFO Activity Hub

September - Week 3



Monday 14th

Hub open from 9:30 for breakfast and drop in support

Tuesday 15th

Hub open from 9:30 for breakfast and drop in support

Wednesday 16th

Hub open from 9:30 for breakfast and drop in support

Thursday 17th

Hub open from 9:30 for breakfast and drop in support

Friday 18th

Hub open from 9:30 for breakfast and drop in support

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Mindfulness & Meditation 10:00 - 11:00

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Digital College 10:00 - 12:00 Self Lead

Explore the range of courses available through our online learning platform.



Men Matter 10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



Unpaid Work 9:00 - 12:00

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Monopoly 10am-1pm

Think you can run your own housing empire? Want to take a Chance on yourself? Whether you go for Old Kent Road or Mayfair, you could end up on Top (Hat)!



Debate Club 12:00 - 13:00

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?



Basic Cooking Skills 13:30 - 15:00

Learn how to cook for yourself at CFO. This is a booked only session with limited spaces and requires Food Safety training first



Arts and crafts 12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



Young Adults Only 13:00 - 16:00

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Women's Only Support 13:00 - 16:00 with Support Workers

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Board Games All Day

If Monopoly doesn't take your fancy, feel free to check out our other games, like Battleship, Connect 4, Scrabble etc.



Hub Quiz 13:00 - 15:00



with our Peer Mentor Put your obscure knowledge to good use with some friendly competition



Hub Forum 3 - 4



CBT with Aisha – Appointments only 10am - 4pm



Hub Induction meet the team and enrol 10:00 - 16:00



CBT with Aisha – Appointments only 10am - 4pm



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Manchester CFO Activity Hub

September - Week 4



Monday 21st

Hub open from 9:30 for breakfast and drop in support



Mindfulness & Meditation
10:00 - 11:00

Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Tuesday 22nd

Hub open from 9:30 for breakfast and drop in support



Digital College
10:00 - 12:00

*Self Lead
Explore the range of courses available through our online learning platform.*



Men Matter
10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



Wednesday 23rd

Hub open from 9:30 for breakfast and drop in support



Unpaid Work
9:00 - 12:00

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Thursday 24th

Hub open from 9:30 for breakfast and drop in support



Job Search & CV Preparation
10:00 - 12:00

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Pathway Planning
12:00 - 13:00

Struggling to find direction for your future? Come along for some motivation, action planning and help finding your next career or opportunity. CV planning, employability skills, goal setting, overcoming barriers



Friday 25th

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Music & Society
11:30 - 12:30

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Debate Club
12:00 - 13:00

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Basic Cooking Skills
13:30 - 15:00

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Arts and crafts
12:00 - 14:00

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Young Adults Only
13:00 - 16:00

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Manchester CFO Activity Hub

September - Week 5



Monday 28th

Hub open from 9:30 for breakfast and drop in support


Mindfulness & Meditation
10:00 - 11:00

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Tuesday 29th

Hub open from 9:30 for breakfast and drop in support


Digital College
10:00 - 12:00

Self Lead

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Men Matter
10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



Wednesday 30th

Hub open from 9:30 for breakfast and drop in support


Unpaid Work
9:00 - 12:00

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12:00 - 13:00

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13:30 - 15:00

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12:00 - 14:00

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Hub Induction meet the team and enrol
10:00 - 16:00

CBT with Aisha –
Appointments only
10am-4pm

Hub Induction meet the team and enrol
10:00 - 16:00