



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

# CFO Evolution Warrington– March 2026

Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
<p><b>Explore Digital College with Zoe 11am–12pm</b></p> <p><i>‘Explore online courses such as, CSCS, Logistics, and Food Hygiene.’</i></p> 	<p><b>IOM Life Skills (invitation only) with Rebecca 10am–12pm</b></p> <p><i>‘Bespoke sessions such as healthy sleep strategies, anger management, deescalation techniques and effective communication’</i></p>	<p><b>Wing Training 10am–3pm</b></p> <p>‘Join Wing Training for tailored activities to build your confidence, self-esteem and motivation.’</p> <p><b>Speak to your support worker to book your place</b></p> 	<p><b>Wing Training 10am–3pm</b></p> <p>‘Join Wing Training for tailored activities to build your confidence, self-esteem and motivation.’</p> <p><b>Speak to your support worker to book your place</b></p> 	<p><b>Explore Self-Employment with Inside Academy</b></p> <p>‘Explore the possibilities of self-employment with Dave from Inside Academy.’</p> 
<p><b>Develop your IT skills with Zoe 12:30–1:30pm</b></p> <p><i>‘Build your computer confidence and increase your familiarity with the Microsoft package.’</i></p> 	<p><b>Explore communication strategies with Rebecca 12pm – 1pm</b></p> <p><i>‘Learn how and when to disclose convictions, Gain info on disclosure and spent convictions.’</i></p> 	<p><b>CBT with Molly All day appointments 10am–4pm</b></p> <p>Therapy sessions, appointment only.</p> 	<p><b>Women’s Only with Zoe 2pm–4pm</b></p> <p><i>‘Join us for a safe space to talk, share and empower each other.’</i></p> 	<p><b>International Women’s Day Hub Quiz 12:30pm–1:30pm</b></p> <p><i>‘Socialise, have fun and work within a team in our weekly hub quiz.’</i></p> 
<p><b>Lego with Zoe 2pm–4pm</b></p> <p><i>‘Spend time with peers, learn skills such as problem solving, focus, task management.’</i></p> 	<p><b>Arts and Crafts with Tipp 1–3pm</b></p> <p><i>‘Express yourself through painting, drawing or craft activities and display your work in the hub.’</i></p> 	<p><b>1-1 Employment Support with Leoni 2pm–4pm</b></p> <p><i>‘Boost your confidence job searching or prepare for an upcoming interview.’</i></p> <p><b>Please speak to your support worker to book an appointment</b></p>	<p><b>Hub Focus Group with Brian 12:30–1:30pm</b></p> <p>‘Come and join us to share feedback, have your say on what support you need in the hub.’</p>	<p><b>Explore Self-Employment with Inside Academy</b></p> <p>‘Explore the possibilities of self-employment with Dave from Inside Academy.’</p> 

Hub open 3pm – 4pm for drop in support

## Warrington CFO Activity Hub

Address: Second Floor, Tannery Court, Tanners Lane, Warrington,

WA2 7NA

To book a 1-1 or group session, please call or text your allocated support worker:

Rebecca: 07586115855

Leoni: 07834173728

Zoe: 07523587114

Brian: 07776904275

Open 9:30am – 4pm Monday – Friday



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Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
<p><b>Explore Digital College with Zoe 11am–12pm</b></p> <p><i>'Explore online courses such as, CSCS, Logistics, and Food Hygiene.'</i></p> 	<p><b>IOM Life Skills (invitation only) with Rebecca 10am–12pm</b></p> <p><i>"Bespoke sessions such as healthy sleep strategies, anger management, deescalation techniques and effective communication"</i></p>	<p><b>Wing Training 10am–3pm</b></p> <p><i>'Join Wing Training for tailored activities to build your confidence, self-esteem and motivation.'</i></p> <p style="color: red;">Speak to your support worker to book your place</p> 	<p><b>CGL Breakfast Drop-in 10:00–12:00</b></p> <p><i>'Join Lee and the Change Grow Live team for breakfast and tailored support to help you on the next step of your journey.'</i></p> <p style="color: red;">Speak to your support worker to book on.</p> 	<p><b>Non-accredited course with Brian 11am–12:30pm</b></p> <p><i>'Specific courses to build on your skills and knowledge and earn new qualifications, such as Introduction to cooking,, start to employment, and creative writing.'</i></p>
<p><b>Develop your IT skills with Zoe 12:30–1:30pm</b></p> <p><i>'Build your computer confidence and increase your familiarity with the Microsoft package.'</i></p> 	<p><b>Explore communication strategies with Rebecca 12pm – 1pm</b></p> <p><i>'Learn how and when to disclose convictions, Gain info on disclosure and spent convictions.'</i></p> 	<p style="color: red;">Speak to your support worker to book your place</p>	<p><b>CBT with Molly All day appointments 10am–4pm</b></p> <p>Therapy sessions, <b>appointment only.</b></p> 	<p><b>CBT with Molly All day Appointments 10am–4pm</b></p> <p>Counselling &amp; Therapy sessions, <b>appointment only. Please refer if support is needed.</b></p>
<p><b>Lego with Zoe 2pm–4pm</b></p> <p><i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i></p> 	<p><b>Arts and Crafts with Tippi 1–3pm</b></p> <p><i>'Express yourself through painting, drawing or craft activities and display your work in the hub.'</i></p> 	<p><b>1-1 Employment Support with Leoni 2pm–4pm</b></p> <p><i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> <p style="color: red;">Please speak to your support worker to book an appointment</p>	<p><b>Women's Only with Zoe 2pm–4pm</b></p> <p><i>'Join us for a safe space to talk, share and empower each other.'</i></p> 	<p><b>Hub Quiz 12:30pm–1:30pm</b></p> <p><i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i></p> 
Hub open 3pm – 4pm for drop in support				





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Monday 16th	Tuesday 17th		Wednesday 18th		Thursday 19th	Friday 20th
<p><b>Explore Digital College with Zoe 11am–12pm</b></p> <p><i>'Explore online courses such as, CSCS, Logistics, and Food Hygiene.'</i></p> 	<p><b>IOM Life Skills (invitation only) with Rebecca 10am–12pm</b></p> <p><i>"Bespoke sessions such as healthy sleep strategies, anger management, deescalation techniques and effective communication"</i></p>	<p><b>Wing Training 10am–3pm</b></p> <p><i>'Join Wing Training for tailored activities to build your confidence, self-esteem and motivation.'</i></p>	<p><b>Introduction to Cooking Skills with Leoni 11am – 1pm</b></p> <p><i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a fresh cooked meal'</i></p> 	<p><b>Wing Training 10am–3pm</b></p> <p><i>'Join Wing Training for tailored activities to build your confidence, self-esteem and motivation.'</i></p>	<p><b>CGL Breakfast Drop-in 10:00–12:00</b></p> <p><i>'Join Lee and the Change Grow Live team for breakfast and some tailored support to help you on the next step of your journey.'</i></p> 	<p><b>Non-accredited course with Brian 11am–12:30pm</b></p> <p><i>'Specific courses to build on your skills and knowledge and earn new qualifications, such as Introduction to cooking,, start to employment, and creative writing.'</i></p>
<p><b>Develop your IT skills with Zoe 12:30–1:30pm</b></p> <p><i>'Build your computer confidence and increase your familiarity with the Microsoft package.'</i></p> 	<p><b>Explore communication strategies with Rebecca 12pm – 1pm</b></p> <p><i>'Learn how and when to disclose convictions, Gain info on disclosure and spent convictions.'</i></p> 	<p><b>Speak to your support worker to book your place</b></p> 	<p><b>CBT with Molly All day appointments 10am–4pm</b></p> <p>Therapy sessions, <b>appointment only.</b></p>	<p><b>Speak to your support worker to book on.</b></p> 	<p><b>Hub Quiz 12:30pm–1:30pm</b></p> <p><i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i></p> 	<p><b>CBT with Molly All day Appointments 10am–4pm</b></p> <p>Counselling &amp; Therapy sessions, <b>appointment only. Please refer if support is needed.</b></p>
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# CFO Evolution Warrington– March 2026

Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
<p><b>Explore Digital College with Zoe 11am–12pm</b></p> <p><i>'Explore online courses such as, CSCS, Logistics, and Food Hygiene.'</i></p> 	<p><b>IOM Life Skills (invitation only) with Rebecca 10am–12pm</b></p> <p><i>"Bespoke sessions such as healthy sleep strategies, anger management, deescalation techniques and effective communication.'</i></p>	<p><b>Wing Training 10am–3pm</b></p> <p><i>'Join Wing Training for tailored activities to build your confidence, self-esteem and motivation.'</i></p> <p>Speak to your support worker to book your place</p> 	<p><b>CGL Breakfast Drop-in 10:00–12:00</b></p> <p><i>'Join Lee and the Change Grow Live team for breakfast and some tailored support to help you on the next step of your journey.'</i></p> <p>Speak to your support worker to book on.</p> 	<p><b>Non-accredited course with Brian 11am–12:30pm</b></p> <p><i>'Specific courses to build on your skills and knowledge and earn new qualifications, such as Introduction to cooking,, start to employment, and creative writing.'</i></p>
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