



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 MAY – WEEK 1



Monday 04/05/2026	Tuesday 05/05/2026	Wednesday 06/05/2026	Thursday 07/05/2026	Friday 08/05/2026
<p style="text-align: center;">HUB CLOSED FOR BANK HOLIDAY</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>We Are Warriors' Women's Group with Tania 09:30-1:00 <i>Relaxed atmosphere</i> <i>Boundaries respected</i> <i>Safe Space</i> <i>No judgements</i> <i>Inclusivity</i></p> <p>UPW – invite only 10:00-12:00</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>
	<p>Art therapy with Julia and Matt 10:00-11:30 Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.</p> <p>Digital College (self-led) 10:30-4:00 Gain new knowledge and qualification through online courses.</p>	<p>Hub induction (Meet the team and enroll!) 1pm -4pm</p>	<p>Cooking Skills with peer mentor Dan 10:30-12:00 Learn to cook healthily and explore meals from different cultures.</p> <p>Training opportunities and support with Ian 10:30-12:00 Identify training opportunities available and how to access them.</p>	<p>Job Club with Ian 10:00-3:00 Get help job searching, interviews and starting work.</p> <p>Wellbeing walk with Julia 10:30-1:00 Enjoy a relaxing walk, to improve wellbeing, mental health and social wellbeing.</p>
	<p>Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery.</p> <p>Lego Nostalgia with peer mentor Matt 1:00-3:00 learn skills such as problem solving, focus, task management.</p>	<p>Drama session with peer mentor Matt 1:00-3:00 Gain team-working skills and confidence and develop your imagination.</p> <p>¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment.</p> <p>CBT with Molly - booking only 10:00-4:00</p>	<p>Music session with Donna 1:30-3:30 <i>Learn to play instruments and song writing.</i></p> <p>Gardening with Julia 3:00-4:00 Gain skills to grow your own food and maintain your own garden.</p>	

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 can support participants with funding for training and courses to help build skills, confidence, and employment opportunities. Where possible, the Hub may also provide funding directly and can assist with identifying and applying for other available funding. The Hub can also support participants by making referrals to local food banks and organising wellbeing essential packs when needed. In partnership with Better Health, Cognitive Behavioural Therapy (CBT) sessions run every Tuesday and Thursday, with participants entitled to four one-hour sessions that can be extended if further support is required. Drop-ins are also welcome for anyone needing advice, support, or a friendly chat. Enrolments are needed to engage with any activities.





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LIVERPOOL MAY – WEEK 2



	Monday 11/05/2026	Tuesday 12/05/2026	Wednesday 13/05/2026	Thursday 14/05/2026	Friday 15/05/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
	<p>Hub Newsletter with peer mentors 12:00-13:00</p> <p>Edit our monthly newsletter to share what happens at the hub.</p>	<p>Art therapy with Julia and Matt 10:00-11:30</p> <p>Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.</p> <p>Digital College (self-led) 10:30-4:00</p> <p>Gain new knowledge and qualification through online courses.</p>	<p>We Are Warriors' Women's Group with Tania 09:30-1:00</p> <p>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity</p> <p>UPW – invite only 10:00-12:00</p>	<p>Therapy Dogs 10:30-12:00</p> <p>The therapy dogs are trained to provide comfort and support.</p> <p>Training opportunities and support with Ian 10:30-12:00</p> <p>Identify training opportunities available and how to access them.</p>	<p>Naafi Café with Julia – veterans only 10:30-12:00</p> <p>explore veterans' support available in community.</p> <p>Job Club with Ian 10:00-3:00</p> <p>Get help job searching, interviews and starting work.</p>
	<p>Hub induction (Meet the team and enroll!)</p> <p>1pm -4pm</p>	<p>Recovery Group with Julia 11:30-12:30</p> <p>Receive group support to start and maintain drug/alcohol recovery.</p> <p>Lego Nostalgia with peer mentor Matt 1:00-3:00</p> <p>learn skills such as problem solving, focus, task management.</p>	<p>Hub induction (Meet the team and enroll!)</p> <p>1pm -4pm</p>	<p>Cooking Skills with peer mentor Dan 10:30-12:00</p> <p>Learn to cook healthily and explore meals from different cultures.</p> <p>¿Hablas Español? Spanish lesson with Julia 3:00-4:00</p> <p>Learn Spanish in a fun, steady environment.</p>	<p>Music session with Donna 1:30-3:30</p> <p>Learn to play instruments and song writing.</p>
				<p>CBT with Molly - booking only 10:00-4:00</p>	

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LIVERPOOL MAY - WEEK 3



	Monday 18/05/2026	Tuesday 19/05/2026	Wednesday 20/05/2026	Thursday 21/05/2026	Friday 22/05/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Brontone - events training and employment 21.5. and 22.5. 10am-3pm	Hub open from 9.30 for breakfast and drop in support
	<p>Hub Club - focus group with peer mentors 10:30-1:00</p> <p>Discuss hub activities and help us shape future activities.</p>	<p>Art therapy with Julia and Matt 10:00-11:30</p> <p>Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing.</p> <p>Digital College (self-led) 10:30-4:00</p> <p>Gain new knowledge and qualification through online courses.</p>	<p>We Are Warriors' Women's Group with Tania 09:30-1:00</p> <p>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity</p> <p>UPW - invite only 10:00-12:00</p>	<p>Cooking Skills with peer mentor Dan 10:30-12:00</p> <p>Learn to cook healthily and explore meals from different cultures.</p> <p>Training opportunities and support with Ian 10:30-12:00</p> <p>Identify training opportunities available and how to access them.</p>	<p>May Quiz with peer mentor Dan 10:30-12:00</p> <p>Share and gain new knowledge in a team activity.</p> <p>Job Club with Ian 10:00-3:00</p> <p>Get help job searching, interviews and starting work.</p>
	Hub induction (Meet the team and enroll!) 1pm -4pm	<p>Recovery Group with Julia 11:30-12:30</p> <p>Receive group support to start and maintain drug/alcohol recovery.</p> <p>Lego Nostalgia with peer mentor Matt 1:00-3:00</p> <p>learn skills such as problem solving, focus, task management.</p>	Hub induction (Meet the team and enroll!) 1pm -4pm	<p>Drama session with peer mentor Matt 1:00-3:00</p> <p>Gain team-working skills and confidence and develop your imagination.</p> <p>¿Hablas Español? Spanish lesson with Julia 3:00-4:00</p> <p>Learn Spanish in a fun, steady environment.</p>	<p>Music session with Donna 1:30-3:30</p> <p>Learn to play instruments and song writing.</p> <p>Gardening with Julia 3:00-4:00</p> <p>Gain skills to grow your own food and maintain your own garden.</p>
				CBT with Molly - booking only 10:00-4:00	

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LIVERPOOL MAY - WEEK 4



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Monday 25/05/2026	Tuesday 26/05/2026	Wednesday 27/05/2026	Thursday 28/05/2026	Friday 29/05/2026
<p>HUB CLOSED FOR BANK HOLIDAY</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>	<p>Hub open from 9.30 for breakfast and drop in support</p>
	<p>Art therapy with Julia and Matt 10:00-11:30 Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing. Digital College (self-led) 10:30-4:00 Gain new knowledge and qualification through online courses.</p>	<p>We Are Warriors' Women's Group with Tania 09:30-1:00 Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity UPW - invite only 10:00-12:00</p>	<p>Therapy Dogs 10:30-12:00 The therapy dogs are trained to provide comfort and support. Training opportunities and support with Ian 10:30-12:00 Identify training opportunities available and how to access them.</p>	<p>Mental Health coffee morning with Julia 10:30-12:00 Join us for a coffee while we discuss mental health and where to get support. Job Club with Ian 10:00-3:00 Get help job searching, interviews and starting work.</p>
	<p>Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery. Lego Nostalgia with peer mentor Matt 1:00-3:00 learn skills such as problem solving, focus, task management. 4-day Scaffolding course with Fulcrum 26.5.-29.5. 9:30-4:00</p>	<p>Hub induction (Meet the team and enroll!) 1pm -4pm IPP Group with Maura and Julia - IPP only 3:00-4:00 Get support from other IPP participants and discuss support required for yourself.</p>	<p>Cooking Skills with peer mentor Dan 10:30-12:00 Learn to cook healthily and explore meals from different cultures. ¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment.</p>	<p>Music session with Donna 1:30-3:30 Learn to play instruments and song writing.</p>
<p>CBT with Molly - booking only 10:00-4:00</p>				

