




-  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

Warrington CFO Activity Hub

July Week 1



Information


























Address: Second Floor, Tannery Court, Tanners Lane, Warrington, WA2 7NA




Contact Information:
 Rebecca: 07586115855
 Leoni: 07834173728
 Zoe: 07523587114

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage with any activities.

		Wednesday 1st	Thursday 2nd	Friday 3rd
		Join us for a brew, some food or drop-in support 	Join us for a brew, some food or drop-in support 	Join us for a brew, some food or drop-in support 
		Bowling & Grounds Maintenance Volunteering 11am-2pm with Rebecca <i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i>   	CGL Breakfast Drop-In 10am-12pm with Lee <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i>    Introduction to Cooking Skills 11am- 12:30 with Leoni  <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i> 	Digital College 10:30-4:00 self-lead <i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i>  
		18-29 Career Hub 10am-12pm with Zoe <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i> Employment Hub 1pm-3pm with Zoe <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i>  	Creative Collaborative Workshop 11am- 1pm with TIPP  <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i>  Over 50's Coffee and a Catch-Up 2pm- 3pm with Zoe  <i>Join us for a safe space to talk, share and support each other.'</i> 	 Hub Quiz 12:30-1:30pm with Hub Staff <i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i>  
		CBT with Molly 10am-4pm. Appointment only. 	Hub Induction meet the team and enrol 1-4:30pm 	Hub Focus Group 1:30pm-2pm 

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Warrington CFO Activity Hub

July Week 2



















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Enrolments are needed to engage with any activities.

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
<p>4 day course Scaffolding Course with Fulcrum 10am-2pm</p> 	<p>4 day course Scaffolding Course with Fulcrum 10am-2pm</p> 	<p>4 day course Scaffolding Course with Fulcrum 10am-2pm</p> 	<p>4 day course Scaffolding Course with Fulcrum 10am-2pm</p> 	<p>Join us for a brew, some food or drop-in support</p>
<p>Future Focus 10:30 – 12 <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p>  <p>Lego 12:30pm-2pm with Peer Mentor James <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i></p> 	<p>Digital College 10:30-4:00 self-lead</p> <p><i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i></p> 	<p>Bowling & Grounds Maintenance Volunteering 11am-2pm with Rebecca</p> <p><i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i></p> 	<p>CGL Breakfast Drop-In 10am-12pm with Lee <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i></p>  <p>Introduction to Cooking Skills 11am- 12:30 with Leoni <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i></p> 	<p>Digital College Pathway to Logistics 10:30am-12pm</p> <p><i>Come and complete the Logistics pathway and explore jobs with employers such as Amazon and GXO.</i></p> 
<p>Women's Only:</p> <p>Coffee & a Catch-Up 2:30pm-4pm with Zoe</p> <p><i>'Join us for a safe space to talk, share and empower each other.'</i></p> 	<p>IOM Life Skills (invitation only) 11am-1pm With Rebecca</p> <p><i>"Bespoke sessions such as anger management, de-escalation techniques and effective communication."</i></p>	<p>18-29 Career Hub 10am-12pm with Zoe <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> <p>Employment Hub 1pm-3pm with Zoe <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> 	<p>Creative Collaborative Workshop 11am- 1pm with TIPP</p> <p><i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i></p> <p>Over 50's Coffee and a Catch-Up 2pm- 3pm with Zoe <i>Join us for a safe space to talk, share and support each other.'</i></p> 	<p>Hub Quiz 12:30-1:30pm with Hub Staff</p> <p><i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i></p>  
<p>Through the Gate (TTG) 1-4pm</p>	<p>Drop In Session 1:30-4pm</p>	<p>CBT with Molly 10am-4pm. Appointment only.</p>	<p>Hub Induction meet the team and enrol 1-4:30pm</p>	<p>Hub Induction meet the team and enrol 1-4:30pm</p>

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Warrington CFO Activity Hub

July Week 3



























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Enrolments are needed to engage with any activities.

	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support	 Join us for a brew, some food or drop-in support
	<p>Future Focus 10:30 – 12 <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p>  <p>Lego 12:30pm-2pm <i>with Peer Mentor James</i> <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i></p> 	<p>Digital College 10:30-4:00 <i>self-lead</i></p> <p><i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i></p> 	<p>Bowling & Grounds Maintenance Volunteering 11am-2pm <i>with Rebecca</i></p> <p><i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i></p> 	<p>CGL Breakfast Drop-In 10am-12pm <i>with Lee</i> <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i></p>  <p>Introduction to Cooking Skills 11am- 12:30 <i>with Leoni</i> <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i></p>  	<p>Digital College Pathway to Retail 10:30am-12pm</p> <p><i>Come and complete the Retail pathway and explore jobs with employers such as Iceland and Sports Direct.</i></p> 
	<p>Women's Only:</p> <p>Coffee & a Catch-Up 2:30pm-4pm <i>with Zoe</i></p> <p><i>'Join us for a safe space to talk, share and empower each other.'</i></p> 	<p>IOM Life Skills (invitation only) 11am-1pm <i>With Rebecca</i> <i>'Bespoke sessions such as anger management, de-escalation techniques and effective communication.'</i></p> 	<p>18-29 Career Hub 10am-12pm <i>with Zoe</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> <p>Employment Hub 1pm-3pm <i>with Zoe</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> 	<p>Creative Collaborative Workshop 11am- 1pm <i>with TIPP</i></p> <p><i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i></p> <p>Over 50's Coffee and a Catch-Up 2pm- 3pm <i>with Zoe</i> <i>Join us for a safe space to talk, share and support each other.'</i></p> 	<p></p> <p>Hub Quiz 12:30-1:30pm <i>with Hub Staff</i></p> <p><i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i></p> 
	 Hub Induction meet the team and enrol 1-4:30pm	 Drop In Session 1:30-4pm	 CBT with Molly 10am-4pm. Appointment only.	 Through the Gate (TTG) 1-4pm	 Hub Focus Group 1:30pm-2pm

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Warrington CFO Activity Hub

July Week 4









































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Enrolments are needed to engage with any activities.

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 	<p>Morning drop-in employment support sessions with Phil from DWP</p> 
<p>Future Focus 10:30 – 12 <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p>   <p>Lego 12:30pm-2pm <i>with Peer Mentor James</i> <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i></p>  	<p>Digital College 10:30-4:00 <i>self-lead</i></p> <p><i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i></p>  	<p>Bowling & Grounds Maintenance Volunteering 11am-2pm <i>with Rebecca</i></p> <p><i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i></p>    	<p>CGL Breakfast Drop-In 10am-12pm <i>with Lee</i> <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i></p>   <p>Introduction to Cooking Skills 11am- 12:30 <i>with Leoni</i> <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i></p>  	<p>Digital College: Pathway to Construction 10:30am-12pm</p> <p><i>Come and complete the Construction pathway and explore jobs with employers such as Balfour Beatty and Laing O'Rourke</i></p>  
<p>Women's Only:</p> <p>Coffee & a Catch-Up 2:30pm-4pm <i>with Zoe</i></p> <p><i>'Join us for a safe space to talk, share and empower each other.'</i></p>  	<p>IOM Life Skills (invitation only) 11am-1pm <i>With Rebecca</i> <i>"Bespoke sessions such as anger management, de-escalation techniques and effective communication."</i></p>  	<p>18-29 Career Hub 10am-12pm <i>with Zoe</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> <p>Employment Hub 1pm-3pm <i>with Zoe</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p>  	<p>Creative Collaborative Workshop 11am- 1pm <i>with TIPP</i> <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i></p>   <p>Over 50's Coffee and a Catch-Up 2pm- 3pm <i>with Zoe</i> <i>Join us for a safe space to talk, share and support each other.'</i></p>  	<p>Hub Quiz 12:30-1:30pm <i>with Hub Staff</i></p> <p><i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i></p>   
<p>Hub Induction meet the team and enrol 1-4:30pm</p> 	<p>Hub Induction meet the team and enrol 1-4:30pm</p> 	<p>CBT with Molly 10am-4pm. Appointment only.</p> 	<p>Drop In Session 1:30-4pm</p> 	<p>Hub Induction meet the team and enrol 1-4:30pm</p> 

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Warrington CFO Activity Hub

July Week 5






































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Enrolments are needed to engage with any activities.

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st
<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 	<p>Join us for a brew, some food or drop-in support</p> 
<p>Future Focus 10:30 – 12 <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p>  <p>Lego 12:30pm-2pm <i>with Peer Mentor James</i> <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i></p>   	<p>Digital College 10:30-4:00 <i>self-lead</i></p> <p><i>Gain new knowledge and qualification through online courses, including CSCS and Food Safety.</i></p>  	<p>Bowling & Grounds Maintenance Volunteering 11am-2pm <i>with Rebecca</i></p> <p><i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i></p>   	<p>CGL Breakfast Drop-In 10am-12pm <i>with Lee</i> <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i></p>   <p>Introduction to Cooking Skills 11am- 12:30 <i>with Leoni</i> <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i></p>  	<p>Digital College Pathway to Hospitality 10:30am-12pm</p> <p><i>Come and complete the Hospitality pathway and explore jobs with employers such as Greene King and Marstons.</i></p>  
<p>Women's Only:</p> <p>Coffee & a Catch-Up 2:30pm-4pm <i>with Zoe</i></p> <p><i>'Join us for a safe space to talk, share and empower each other.'</i></p>  	<p>IOM Life Skills (invitation only) 11am-1pm <i>With Rebecca</i></p> <p><i>"Bespoke sessions such as anger management, de-escalation techniques and effective communication."</i></p>  	<p>18-29 Career Hub 10am-12pm <i>with Zoe</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p> <p>Employment Hub 1pm-3pm <i>with Zoe</i> <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i></p>  	<p>Creative Collaborative Workshop 11am- 1pm <i>with TIPP</i></p> <p><i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i></p> <p>Over 50's Coffee and a Catch-Up 2pm- 3pm <i>with Zoe</i> <i>Join us for a safe space to talk, share and support each other.'</i></p>  	<p></p> <p>Hub Quiz 12:30-1:30pm <i>with Hub Staff</i></p> <p><i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i></p>  
<p>Hub Induction meet the team and enrol 1-4:30pm</p> 	<p>Through the Gate (TTG) 1-4pm</p> 	<p>CBT with Molly 10am-4pm. Appointment only.</p> 	<p>Hub Induction meet the team and enrol 1-4:30pm</p> 	<p>Drop In Session 1:30-4pm</p> 