



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

Blackpool CFO Activity Hub

November - Week 1



This programme is funded by HMPPS CFO

Monday 2nd

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Digital College: Pathway
to Retail
10 - 12
with Leah W

'Sign up for Digital College
and search for suitable
training courses
to boost skills and
employability'



Cook Well, Feel Well
1-3
With Hub Staff

A fun and practical cooking session,
including a non-accredited Healthy
Eating course, where you can learn
to prepare simple, healthy and
affordable meals while building
kitchen confidence and supporting
your overall wellbeing



Hub Induction meet the team
and enrol
10-4:30pm



Tuesday 3rd

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Women's Only

Employment Hub: Job
Applications
& Job Search
10 - 12
with Leah S

Gain practical support to find
suitable job opportunities,
complete applications
effectively, and increase your
chances of employment.



BSL

1-2
with Leah W

A fun & interactive session
introducing you to the basics of
British Sign Language (BSL), where
you can learn everyday signs, simple
greetings & useful communication
skills. Come along, try something
new & build your confidence while
exploring the importance of
inclusive communication.



Hub Induction meet the team
and enrol
10-4pm



Wednesday 4th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Employment Hub:
Job Search
10 - 12
with Megan

Learn how to create a professional
tailored CV that highlights your skills,
experience, and achievements to
improve your chances of securing
interviews.



TIPP Christmas Crafts:
Session 1 - Cyanotyp
Christmas Cards
1-3
with Henry

A fun & festive arts & crafts
session where you can get creative
making Christmas decorations
and homeade gifts while learning
new skills, relaxing & enjoying the
Christmas spirit in a friendly and
welcoming environment.



CBT
Appointments only
10-3pm



Thursday 5th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Disclosure Support
10 - 12
with Leah W

'Support in learning about the
difference between unspent and
spent convictions and how to
disclose your criminal convictions
to an employer or friend/family
identity'



TIPP: Sing & Strum
1-3
with Alistair

A fun and relaxed session where
you can learn the basics of guitar,
practise chrsds and familiar songs,
sing along together and build
your musical confidence in a
friendly environment



Through the Gate (TTG)
10-4pm



Friday 6th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Focus on Identity
10:30 - 11:30
with Leah W

'Helping Ex-Veteran's separate their
military identity from their offense
and build a new, successful civilian
identity'



Get Creative Art Club
1 - 3

with Leah S
A relaxing & welcoming art session
where you can explore different
creative activities, try new techniques,
express yourself and connect with
others - no artistic experience
needed!



'Hub' Quiz and Social
3 - 4
with the Hub Staff



Drop In Session
10-4pm



Blackpool CFO Activity Hub
20 Queens Street Blackpool FY1 1PD

Contacts:

Christine: 07714 916595
Leah W: 07501 627639
Leah S: 07345 417247
Graham: 07407 384194
Megan: 07493 971374

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 in
any activities



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

Blackpool CFO Activity Hub

November - Week 2



This programme is funded by HMPPS CFO

Monday 9th

Breakfast Club and Catch Up
9 -10
drop-in support!



Digital College: Pathway to Self Employment
10 - 12
with Megan

'Sign up for Digital College and search for suitable training courses to boost skills and employability'



Tuesday 10th

Breakfast Club and Catch Up
9 -10
drop-in support!



Women's Only

Employment Hub: CV Support
10:30 - 12
with Leah S

A friendly & supportive session where you can create or update your CV, highlight your skills and experience, and build confidence in presenting yourself to potential employers



Wednesday 11th

Breakfast Club and Catch Up
9 -10
drop-in support!



Veterans Breakfast/Poppy Making
10-11
with Hub Staff

A welcoming & relaxed session where veterans can enjoy breakfast together, connect with others & create handmade poppies to honour & remember those who have served



Thursday 12th

Breakfast Club and Catch Up
9 -10
drop-in support!



Disclosure Support
10 - 12
with Leah W

'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal convictions to an employer or friend/family'



Friday 13th

Breakfast Club and Catch Up
9 -10
drop-in support!



Focus on Identity
10:30 - 11:30
with Megan

'Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity'



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Cook Well, Feel Well
1-3
With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



BSL

1-2

with Leah W



A fun & interactive session introducing you to the basics of British Sign Language (BSL), where you can learn everyday signs, simple greetings & useful communication skills. Come along, try something new & build your confidence while exploring the importance of inclusive communication.



TIPP Christmas Crafts:
Session 2 - Clay Tree Decorations
1-3
with Henry

A fun & festive arts & crafts session where you can get creative making Christmas decorations and homeade gifts while learning new skills, relaxing & enjoying the Christmas spirit in a friendly and welcoming environment.



TIPP: Sing & Strum
1-3
with Alistair

A fun and relaxed session where you can learn the basics of guitar, practise chords and familiar songs, sing along together and build your musical confidence in a friendly environment



Get Creative Art Club
1 - 3
with Leah S

A relaxing & welcoming art session where you can explore different creative activities, try new techniques, express yourself and connect with others - no artistic experience needed!



'Hub' Quiz and Social
3 - 4
with the Hub Staff



Women's Only: Hub Induction
meet the team and enrol
1-4pm



Through the Gate (TTG)
10-4pm



CBT
Appointments only
10-3pm



Hub Induction meet the team
and enrol
10-4pm



Hub Forum
3 - 4





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

Blackpool CFO Activity Hub

November - Week 3



Monday 16th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Digital College: Pathway to Self Employment
10 - 12:30
with Megan

'Sign up for Digital College and search for suitable training courses to boost skills and employability'



Cook Well, Feel Well
1-3
With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Through the Gate (TTG)
10-4pm

Tuesday 17th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Women's Only
Employment Hub:
Interview Prep & Mock Interviews
10:30 - 12
with Leah W

Build confidence and improve your interview skills through practical guidance, realistic interview practice, and constructive feedback to help you perform at your best.



BSL
1-2
with Leah W

A fun & interactive session introducing you to the basics of British Sign Language (BSL), where you can learn everyday signs, simple greetings & useful communication skills. Come along, try something new & build your confidence while exploring the importance of inclusive communication.



Hub Forum
3 - 4

Wednesday 18th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Employment Hub:
Interview Prep & Mock Interviews
10 - 12:30
with Leah S

Build confidence and improve your interview skills through practical guidance, realistic interview practice, and constructive feedback to help you perform at your best.



TIPP Christmas Crafts:
Session 3 - Decorating Tree Ornaments
1-3
with Henry

A fun & festive arts & crafts session where you can get creative making Christmas decorations and homeade gifts while learning new skills, relaxing & enjoying the Christmas spirit in a friendly and welcoming environment.



CBT
Appointments only
10-3pm

Thursday 19th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Disclosure Support
10 - 12
with Leah W

'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal convictions to an employer or friend/family'



TIPP: Sing & Strum
1-3
with Alistair

A relaxing session where you can learn the basics of guitar, practise chords and familiar songs, sing along together and build your musical confidence in a friendly environment



Hub Induction meet the team and enrol
10-4pm

Friday 20th

Breakfast Club and Catch Up
9 -10
▲ drop-in support!

Focus on Identity
10:30 - 11:30
with Graham

'Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity'



Get Creative Art Club
1 - 3
with Leah S

A relaxing & welcoming art session where you can explore different creative activities, try new techniques, express yourself and connect with others - no artistic experience needed!



'Hub' Quiz and Social
3 - 4
with the Hub Staff



Hub Induction meet the team and enrol
10-4pm

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Society: Activities contributing to the community outside of the CFO Activity Hub

Blackpool CFO Activity Hub

November - Week 4



Monday 23rd

Breakfast Club and Catch Up
9 -10
 drop-in support!

Digital College: Pathway to Construction
10 - 12:30
with Graham
'Sign up for Digital College and search for suitable training courses to boost skills and employability'



Cook Well, Feel Well
1-3
With Hub Staff

A fun and practical cooking session, including a non-accredited Healthy Eating course, where you can learn to prepare simple, healthy and affordable meals while building kitchen confidence and supporting your overall wellbeing



Hub Induction meet the team and enrol
1-4:30pm

Tuesday 24th

Breakfast Club and Catch Up
9 -10
 drop-in support!

Women's Only
Employment Wellbeing Action Plan
10 - 12:30
with Leah S
'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'



BSL
1-2
with Leah W

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Hub Induction meet the team and enrol
10-4pm

Wednesday 25th

Breakfast Club and Catch Up
9 -10
 drop-in support!

Employment Hub: Job Applications & Job Search
10 - 12:30
with Megan

Gain practical support to find suitable job opportunities, complete applications effectively, and increase your chances of employment.



TIPP Christmas Crafts:
Session 4 - Soil Chromatography Baubles
1-3
with Henry

A fun & festive arts & crafts session where you can get creative making Christmas decorations and homeade gifts while learning new skills, relaxing & enjoying the Christmas spirit in a friendly and welcoming environment.



CBT
Appointments only
10-3pm

Thursday 26th

Breakfast Club and Catch Up
9 -10
 drop-in support!

Disclosure Support
10 - 12
with Leah W

'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal convictions to an employer or friend/family'



TIPP: Sing & Strum
1-3
with Alistair

A fun and relaxed session where you can learn the basics of guitar, practise chords and familiar songs, sing along together and build your musical confidence in a friendly environment



Hub Induction meet the team and enrol
10-4pm

Friday 27th

Breakfast Club and Catch Up
9 -10
 drop-in support!

Focus on Identity
10:30 - 11:30
with Leah S

'Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity'



Get Creative Art Club
1 - 3
with Leah S

A relaxing & welcoming art session where you can explore different creative activities, try new techniques, express yourself and connect with others - no artistic experience needed!



'Hub' Quiz and Social
3 - 4
with the Hub Staff



Hub Induction meet the team and enrol
10-4pm

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