



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

# May - WEEK 1

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## Blackpool CFO Activity Hub

20 Queens Street Blackpool FY1 1PD

Contacts:

**Christine: 07502299992**

**Leah W: 07501 627639**

9:30am – 4:30pm Monday – Friday

The Blackpool Hub can support participants with different courses and training to help toward employment opportunities. Where possible, the Hub can identify available funding and can provide funding directly. The Hub can also provide wellbeing packs and referrals to local food banks. In partnership with Better Health, the Hub also offers Cognitive Behavioural Therapy (CBT) which each participant is entitled to four one-hour sessions, with a possibility for extension of these sessions.

**Enrolments are needed to engage**

### Monday 27th

#### Breakfast Club and Catch Up

9:30-10:30, drop-in support!

"Knit & Nat" session  
A mindful craft session  
Come and learn new knitting methods all while having a natter and a brew!  
11am - 12pm



Hub Inductions  
Meet the team, come, and see what the Hub has to offer and enrol!  
No appointment needed  
"Master Chef Cooking Lessons"  
Learn basic recipes for healthy nutritious meals  
1-3pm

Hub Induction meet the team and enrol  
1-4pm

### Tuesday 28th

#### Breakfast Club and Catch Up

9:30-10:30, drop-in support!

Complete a course with Digital college with our facilitator  
10am-11pm  
"Bored" Games  
Vanquish boredom and come play some boardgames at the Hub



**Women Only**  
Enrol at the Hub – meet the team!  
1-2:30pm  
Job Shop  
  
1pm to 3pm  
Supported job search session

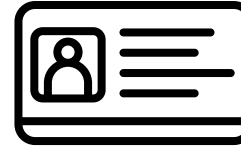
Women's Only Meet the team and enrol  
1-4pm

### Wednesday 29th

#### Breakfast Club and Catch Up

9:30-10:30, drop-in support!

**HMPPS CFO CSCS Green Card 2-Day Course**  
Level 1 Health and Safety in Construction  
CSCS Test and Card  
9:30am - 3:30pm



**Evolve young person's employment**  
1pm – 3pm  
Attend the Youth session on employability skills

**TIPP Arts and Sculpture**  
With Archie  
1-3pm

CBT with Aisha-  
Appointments only  
10-3pm

### Thursday 30th

#### Breakfast Club and Catch Up

9:30-10:30, drop-in support!

**Debt and Money Management 10-12pm**  
Attend for support with managing any outstanding debts and income by completing money management action plans.



**HMPPS CFO CSCS Green Card 2-Day Course**  
1-2pm

**Disclosure Support**  
1-2pm  
Support with understanding the difference between unspent and spent convictions

Hub Forum  
3-4pm

### Friday 1st

#### Breakfast Club and Catch Up

9:30-10:30, drop-in support!

**Focus on Identity**  
10-11am  
Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity  
**Chess Club 11-12pm**

**Book Club 'The Next Chapter'**  
Weekly book club with Leah W

**'Hub' Quiz and Social**  
Take on the staff in our 'Hub' Quiz  
2-3pm



Through the Gate (TTG) 1-4pm





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# May - WEEK 2

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	Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th
	Hub Closed	<b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!
	Hub Closed Early May Bank Holiday 	<b>Job Support</b> Disclosure Barring for Employment. With Daran Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to employers	<b>Digital College</b> With Daran 10:30-11:30am Register with Digital College and search for suitable training courses to boost skills and employability 	<b>Accommodation Support and Advice</b> With Daran 10:30-12pm Gain advice and support regarding your current accommodation and options available  <b>Clean Breaks</b> 'Creative Writing' With Leah W 10:30 - 11:30am	<b>Silent Knights</b> Chess Club with Christine 10:30-11:30am Come and compete with our staff and learn a new skill. 
	Hub Closed Early May Bank Holiday	<b>Women's only Afternoon</b> Employability Pathway With Christine 1:30-2:30pm Explore your pathway to employment with support in completing CVs, interview techniques and job searching skills 	<b>Life up Lounge</b> with Christine 1:30-3:00pm Focus on building healthy habits that support physical and mental wellbeing  <b>TIPP Arts and Sculpture</b> With Archie 1-3pm 	<b>Art Therapy</b> With Leah S 1:30-2:30pm Reflective Portrait's  Explore identity, emotions, and inner words. 	<b>Book Club 'The Next Chapter'</b> Weekly book club with Leah W 1-2pm <b>'Hub' Quiz and Social</b> Take on the staff in our 'Hub' Quiz 2-3pm 
	Hub Closed	Women's Only Meet the team and enrol 1-4pm	<b>CBT with Aisha- Appointments only</b> 10-3pm	Through the Gate (TTG) 1-4pm	Hub Forum 3-4pm

## Blackpool CFO Activity Hub

20 Queens Street Blackpool FY1 1PD

Contacts:

**Christine: 07502299992**

**Leah W: 07501 627639**

9:30am – 4:30pm Monday – Friday

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**Enrolments are needed to engage**



This programme is funded by HMPPS CFO



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# May - WEEK 3

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**Christine: 07502299992**

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9:30am – 4:30pm Monday – Friday

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Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th
<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>
<p><b>Unpaid Work Support</b> With Leah W and Christine 10:30-12</p> <p>Access support in understanding community service requirements and help in completing unpaid work hours</p> 	<p><b>Interview skills and Mock Interviews</b> With Daran 10:30-12pm Gain interview skills, how best to present yourself to an employer, and take part in mock interviews.</p> 	<p><b>Preventing Recall</b> With Daran 10:30--12pm</p> <p>Building Motivation and Capacity to engage with probation, support groups, and activities.</p> 	<p><b>Debt and Money Management 10-12pm</b></p> <p>Attend for support with managing any outstanding debts and income by completing money management action plans, ask Support Worker for information on other organisations and support available for debts</p>	<p><b>Clean Breaks</b> 'Creative Writing' With Leah W 10:30 - 11:30am</p> 
<p><b>"Master Chef Cooking Lessons"</b> Leah W Learn basic recipes for healthy nutritious meals 1-3pm</p> 	<p><b>Women's Only Session</b> Leah S and Christine evolve young person's employment 1pm – 3pm</p> <p>Attend the Youth session on interview skills, practice interview's</p> 	<p><b>Life up Lounge</b> with Christine 1:30-3:00pm Focus on building healthy habits that support physical and mental wellbeing</p> <p><b>TIPP Arts and Sculpture</b> With Archie 1-3pm</p> 	<p><b>Women's only session</b> With Leah S 1-3pm <b>'Masks We Wear'</b> This opens discussions about identity, defense, mechanisms, and change.</p> 	<p><b>Book Club 'The Next Chapter'</b> Weekly book club with Leah W 1-2pm <b>'Hub' Quiz and National Pizza Day</b> Take on the staff in our 'Hub' Quiz and pizza 2-3pm</p> 
<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>Women's Only Meet the team and enrol 1-4pm</p>	<p>CBT with Aisha- Appointments only 10-3pm</p>	<p>Drop In Session 1:30-4pm</p>	<p>Through the Gate (TTG) 1-4pm</p>



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# May - WEEK 4

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9:30am – 4:30pm Monday – Friday


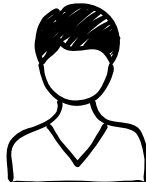







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Enrolments are needed to engage



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Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21th	Friday 22nd
<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:30-10:30, drop-in support!</p>
<p><b>Digital College Women's Only Session</b> With Daran 10:30-11:30am</p> <p>Register with Digital College and search for suitable training courses to boost skills and employability</p>	<p><b>CV Workshop</b> With Daran 10:30-12pm</p> <p>Build or improve your CV to take the next step towards employment!</p> 	<p><b>Focus on Identity 10-11am</b> Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity</p> 	<p><b>Clean Breaks</b> 'Creative Writing' With Leah W Learn how to express yourself and allow strong emotions to be turned into something remarkable 10:30 - 11:30am</p> 	<p><b>Silent Knights</b> Chess Club with Christine 10:30-11:30am Come and compete with our staff and learn a new skill.</p> 
<p><b>Food Safety and Storage</b> With Leah W 1-3pm Complete a non-accredited course that teaches you how to safely store, handle, and prepare food while maintaining hygiene and reducing risk</p> 	<p><b>evolve young person's employment</b> With Daran 1pm – 3pm Attend the Youth session on CV Writing and Interview preparation</p> 	<p><b>Life up Lounge</b> with Christine 1:30-3:00pm Focus on building healthy habits that support physical and mental wellbeing <b>TIPP Arts and Sculpture</b> With Archie 1-3pm</p> 	<p><b>Art Therapy Labels I carry, Labels I choose Collage</b> with Leah S 1-3pm Challenge internalised stigma and reclaim identity.</p> 	<p><b>Book Club 'The Next Chapter'</b> Weekly book club with Leah W 1-2pm <b>'Hub' Quiz and Social</b> Take on the staff in our 'Hub' Quiz 2-3pm</p> 
<p>Drop In Session 1:30-4pm</p>	<p>Hub Induction Meet the team and Enrol 1-4pm</p>	<p>CBT with Aisha- Appointments only 10-3pm</p>	<p>Women's Only Meet the team and enrol 1-4pm</p>	<p>Through the Gate (TTG) 1-4pm</p>



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# May - WEEK 5

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Monday 25th

Hub Closed

Hub Closed  
Spring  
Bank Holiday



Hub Closed  
Spring  
Bank Holiday

Hub Closed

Tuesday 26th

**Breakfast Club and Catch Up**  
9:30-10:30, drop-in support!

**Unpaid Work Support**  
With Daran  
10:30-12  
Access support in understanding community service requirements and help in completing unpaid work hours



**Prepare for Employment with Lived experience**  
Non-accredited course (Part 1)  
Prepare for employment by building job search skills, improving your cv, learning how to confidently discussing your background.



Through the Gate (TTG) 1-4pm

Wednesday 27th

**Breakfast Club and Catch Up**  
9:30-10:30, drop-in support!

**Accommodation Support and Advice**  
With Daran  
Gain advice and support regarding your current accommodation and options available



**Life up Lounge**  
with Christine  
1:30-3:00pm  
Focus on building healthy habits that support physical and mental wellbeing

**TIPP Arts and Sculpture**  
With Archie 1-3pm



CBT with Aisha-  
Appointments only  
10-3pm

Thursday 28th

**Breakfast Club and Catch Up**  
9:30-10:30, drop-in support!

**Debt and Money Management 1-3pm**  
Attend for support with managing any outstanding debts and income by completing money management action plans, ask Support Worker for information on other organisations and support available for debts



**Letter to My Future Self**  
With Leah S 1-3pm  
Write a letter to future self to explore emotional closure personal commitment.



Women's Only Meet the team and enrol 1-4pm

Friday 29nd

**Breakfast Club and Catch Up**  
9:30-10:30, drop-in support!

**Clean Breaks**  
'Creative Writing'  
With Leah W  
Learn how to express yourself and allow strong emotions to be turned into something remarkable  
10:30 - 11:30am



**Book Club 'The Next Chapter'**  
Weekly book club with Leah W 1-2pm

**'Hub' Quiz and Social**  
Take on the staff in our 'Hub' Quiz 2-3pm



Hub Induction Meet the team and Enrol 1-4pm

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# MONTH - WEEK 1

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**Information**

**Address and contact number**

**What do these activities actually do/mean?**

**Explain some of the more ambiguous activities**





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# MONTH - WEEK 2

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