



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

# April - WEEK 1



**Mon 30<sup>th</sup>**

**Tues 31<sup>st</sup>**

**Weds 1<sup>st</sup>**

**Thurs 2<sup>nd</sup>**

**Fri 3<sup>rd</sup>**

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub closed for Bank Holiday

Men In Mind with Owen

10.30 - 12.30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Cooking on a Budget with Owen

11:00 - 13:00



Creative Writing with Tara

10:30 - 12:30



Hub closed for Bank Holiday

Female Only Space

13:00 - 16:00



CV Support 13:00 - 15:00



Arts & Crafts with Steve

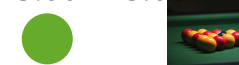
13:30 - 15:30



CBT with Milly 10:00 - 15:30



Pool Competition 13:00 - 15:00



Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

**Huddersfield CFO Activity Hub**  
**3rd Floor Norwich Union House**  
**HD1 2LR**  
**01132 425522**  
**Email – CFOEvolution@growthco.uk**

**Hub opening hours**  
**Mon – Fri 9:00 – 4:00**

**Support**  
**If you ever need a cuppa or a chat, pop in and speak to your support worker.**





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

# April - WEEK 2





























**Huddersfield CFO Activity Hub**  
 3rd Floor Norwich Union House  
 HD1 2LR  
 01132 425522  
 Email –  
[CFOEvolution@growthco.uk](mailto:CFOEvolution@growthco.uk)

Hub opening hours  
 Mon – Fri 9:00 – 4:00

Support  
 If you ever need a cuppa or a chat, pop in and speak to your support worker.



This programme is funded by HMPPS CFO

	Mon 6 <sup>th</sup>	Tues 7 <sup>th</sup>	Weds 8 <sup>th</sup>	Thurs 9 <sup>th</sup>	Fri 10 <sup>th</sup>
	Hub closed for Bank Holiuday	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
	Hub closed for Bank Holiday	Health, Fitness & Wellbeing Circuit/Fitness 10:00 - 12:00  	Cooking on a Budget with Owen 11:00 - 13:00   	Creative Writing with Tara 10:30 - 12:30   	Health, Fitness & Wellbeing Circuit/Fitness 10:00 - 12:00  
		CV Support 13:00 - 15:00  	Arts & Crafts with Steve 13:30 - 15:30	CBT with Milly 10:00 - 15:30   	Community Work Coach 10:00 - 13:00  
		Through The Gate 13:00 - 15:00 	  	Pool Competition 13:00 - 15:00  	Walking Group with Liam 13:30 - 14:30   
		Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm



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

# April - WEEK 3



**Mon 13<sup>th</sup>**

**Tues 14<sup>th</sup>**

**Weds 15<sup>th</sup>**

**Thurs 16<sup>th</sup>**

**Fri 17<sup>th</sup>**

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Men In Mind with Owen

10.30 - 12.30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Cooking on a Budget with Owen

11:00 - 13:00



Creative Writing with Tara

10:30 - 12:30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Employability 13:00 - 15:00



CV Support 13:00 - 15:00



Arts & Crafts with Steve

13:30 - 15:30



CBT with Milly 10:00 - 15:30



Community Work Coach 10:00 - 13:00



Book Club with Amrit 13:30 - 15:30



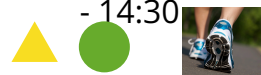
Through The Gate 13:00 - 15:00



Pool Competition 13:00 - 15:00



Walking Group with Liam 13:30 - 14:30



Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

**Huddersfield CFO Activity Hub**  
**3rd Floor Norwich Union House**  
**HD1 2LR**  
**01132 425522**  
**Email – CFOEvolution@growthco.uk**

**Hub opening hours**  
**Mon – Fri 9:00 – 4:00**

**Support**  
**If you ever need a cuppa or a chat, pop in and speak to your support worker.**





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

# April - WEEK 4



**Mon 20<sup>th</sup>**

**Tues 21<sup>st</sup>**

**Weds 22<sup>nd</sup>**

**Thurs 23<sup>rd</sup>**

**Fri 24<sup>th</sup>**

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

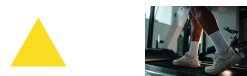
Men In Mind with Owen

10.30 - 12.30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Cooking on a Budget with Owen

11:00 - 13:00



Creative Writing with Tara

10:30 - 12:30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Employability 13:00 - 15:00



CV Support 13:00 - 15:00



Arts & Crafts with Steve

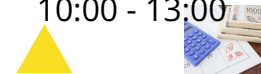
13:30 - 15:30



CBT with Milly 10:00 - 15:30



Community Work Coach 10:00 - 13:00



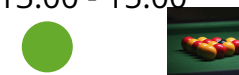
Book Club with Amrit 13:30 - 15:30



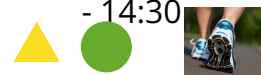
Through The Gate 13:00 - 15:00



Pool Competition 13:00 - 15:00



Walking Group with Liam 13:30 - 14:30



Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

**Huddersfield CFO Activity Hub**  
**3rd Floor Norwich Union House**  
**HD1 2LR**  
**01132 425522**  
**Email – CFOEvolution@growthco.uk**

**Hub opening hours**  
**Mon – Fri 9:00 – 4:00**

**Support**  
**If you ever need a cuppa or a chat, pop in and speak to your support worker.**





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

# April - WEEK 5



**Mon 27<sup>th</sup>**

**Tues 28<sup>th</sup>**

**Weds 29<sup>th</sup>**

**Thurs 30<sup>th</sup>**

**Fri 1<sup>st</sup>**

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

Hub opens at 9:30 for drop-in

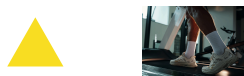
Men In Mind with Owen

10.30 - 12.30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Cooking on a Budget with Owen

11:00 - 13:00



Creative Writing with Tara

10:30 - 12:30



Health, Fitness & Wellbeing Circuit/Fitness

10:00 - 12:00



Female Only Space

13:00 - 16:00



CV Support 13:00 - 15:00



Arts & Crafts with Steve

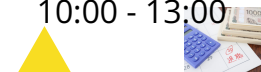
13:30 - 15:30



CBT with Milly 10:00 - 15:30



Community Work Coach 10:00 - 13:00



Through The Gate 13:00 - 15:00



Housing Support 13:00 - 16:00



Walking Group with Liam 13:30 - 14:30



Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

Drop in support 3pm - 4pm

**Huddersfield CFO Activity Hub**  
**3rd Floor Norwich Union House**  
**HD1 2LR**  
**01132 425522**  
**Email – CFOEvolution@growthco.uk**

**Hub opening hours**  
**Mon – Fri 9:00 – 4:00**

**Support**  
**If you ever need a cuppa or a chat, pop in and speak to your support worker.**

