



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



Bradford CFO Activity Hub

9:30am – 4pm

Monday – Friday

Tuesday we are based at:
Fountains Church,
Glydegate, BD5 OBQ



























Monday, Wednesday,
Thursday and Friday we are
based at: The Cube, 1
Glydegate, Bradford, BD5
OBQ

Contact numbers:

07586552856

07813197403



Mon 30th	Tues 31st	Wed 1st	Thurs 2nd	Good Friday 3rd
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	DWP support 10-12	Hub opens at 9:30 for drop-in	Hub closed Bank holiday
Cooking with Emma 10-12.30  	Arts & Crafts 10-12  	Creative writing with Emma 10-11  	CBT therapy all-day  	
CV & Disclosure with Nuzhat 10-12  	Mindfulness with Emma 10.30-11.30  	Job search with Nuzhat 1-2  	Interview Skills with Nuzhat 10-12  	
Puzzles & games with Emma 1-2 	Easy exercise with TKO 1.30-2.30  	Hub induction meet the team 2-3  	Brain Training with Caroline 1-2  	
ManPlan with Nuzhat 2-3 	Nutrition & 1-1 with TKO 2.30-3.30  	Prison release support 3-4  	Roots and Branches with Emma 2-3  	
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	



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April-WEEK 2



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	Easter Monday 6th	Tues 7th	Wed 8th	Thurs 9th	Friday 10th
	Hub closed Bank Holiday	Hub opens at 9:30 for drop-in	EEC Support 10-13.00	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
		Arts & Crafts 10-12  	Creative writing with Emma 10- 11  	Creative Media with Nuzhat 10-11  	Back to Work with Nuzhat 10-11  
		Mindfulness with Emma 10.30-11.30  	Job search with Nuzhat 1-2  	Interview Skills with Nuzhat 11-12  	Diversity with Caroline 11-12  
		Easy exercise with TKO 1.30- 2.30  	Hub induction meet the team 2-3  	Brain Training with Caroline 1-2  	Green fingers with Caroline 1-3  
		Nutrition & 1-1 with TKO 2.30- 3.30  	Prison release support 3-4  	Roots and Branches with Emma 2-3  	Women's drop- in with Emma 2-3  
		Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm



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April-WEEK 3



Bradford CFO Activity Hub

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Mon 13th

Hub opens at
9:30 for drop-in

Cooking with
Emma 10-12.30



CV & Disclosure
with Nuzhat
10-12



Puzzles &
games with
Emma
1-2



ManPlan with
Nuzhat
2-3



Drop in support
3pm - 4pm

Tues 14th

Hub opens at
9:30 for drop-in

Arts & Crafts
10-12



Mindfulness
with Emma
10.30-11.30



Easy exercise
with TKO 1.30-
2.30



Nutrition & 1-1
with TKO 2.30-
3.30



Drop in support
3pm - 4pm

Wed 15th

Hub opens at
9:30 for drop-in

Creative writing
with Emma 10-
11



Job search with
Nuzhat 1-2



Hub induction
meet the team
2-3



Prison release
support 3-4



Drop in support
3pm - 4pm

Thurs 16th

Hub opens at
9:30 for drop-in

CBT therapy all-
day



Interview Skills
with Nuzhat
10-12



Brain Training
with Caroline
1-2



Roots and
Branches with
Emma 2-3



Drop in support
3pm - 4pm

Fri 17th

Hub opens at
9:30 for drop-in

Back to Work
with Nuzhat
10-11



Diversity with
Caroline 11-12



Green fingers
with Caroline
1-3



Women's drop-
in with Emma
2-3



Drop in support
3pm - 4pm





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April-WEEK 4



Bradford CFO Activity Hub

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Monday – Friday

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Mon 20th	Tues 21st	Wed 22nd	Thurs 23rd	Fri 24th
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	EEC Support 10.00-13.00	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Cooking with Emma 10-12.30  	Arts & Crafts 10-12  	Creative writing with Emma 10-11  	Creative Media with Nuzhat 10-11  	Back to Work with Nuzhat 10-11  
CV & Disclosure with Nuzhat 10-12  	Mindfulness with Emma 10.30-11.30  	Job search with Nuzhat 1-2  	Interview Skills with Nuzhat 11-12  	Diversity with Caroline 11-12  
Puzzles & games with Emma 1-2 	Easy exercise with TKO 1.30-2.30  	Hub induction meet the team 2-3  	Brain Training with Caroline 1-2  	Green fingers with Caroline 1-3  
ManPlan with Nuzhat 2-3 	Nutrition & 1-1 with TKO 2.30-3.30  	Prison release support 3-4  	Roots and Branches with Emma 2-3  	Women's drop-in with Emma 2-3  
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



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April-WEEK 5



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Mon 27th	Tues 28th	Wed 29th	Thurs 30th	Fri 1st
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	DWP support 10-12	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Cooking with Emma 10-12.30  	Arts & Crafts 10-12  	Creative writing with Emma 10-11  	CBT therapy all-day  	Back to Work with Nuzhat 10-11  
CV & Disclosure with Nuzhat 10-12  	Mindfulness with Emma 10.30-11.30  	Job search with Nuzhat 1-2  	Interview Skills with Nuzhat 10-12  	Diversity with Caroline 11-12  
Puzzles & games with Emma 1-2  	Easy exercise with TKO 1.30-2.30  	Hub induction meet the team 2-3  	Brain Training with Caroline 1-2  	Green fingers with Caroline 1-3  
ManPlan with Nuzhat 2-3  	Nutrition & 1-1 with TKO 2.30-3.30  	Prison release support 3-4  	Roots and Branches with Emma 2-3  	Women's drop-in with Emma 2-3  
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