



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

October - Week 1



This programme is funded by HMPPS CFO

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

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

Monday 5th

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



Digital College: Pathway to Retail
10 - 12:30
with Leah W

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



Tuesday 6th

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



Women's Only

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

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



Wednesday 7th

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



Employment Hub: CV Support & Job Search
10 - 12:30
with Graham

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



Black History Month: Music & Film

A fun & engaging session celebrating Black History Month through influential music and film, exploring Black culture and the people who have helped shape the arts.



Thursday 8th

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



Non-Accredited Course: Sustainability
10-12
with Christine

A practical 4 week non-accredited course exploring sustainability, with simple ways to reduce waste, make environmentally friendly choices and build everyday habits that can have a positive impact on both people and the planet



Friday 9th

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



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

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



Men Matter
1-2
with Graham
Male only safe space to discuss mental health and men's wellbeing



Pathway to Employment:
Session 1 - CVs, Cover Letters, Disclosure Letters
2-4

With Christine
Gain confidence in writing CVs, cover letters, and disclosure letters that present your experience, skills, and circumstances professionally to employers.



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



Film Club:
Corpse Bride
1-3
With Shelby

A relaxed & atmospheric film club session where you can enjoy Corpse Bride, connect with each other, chat about its memorable characters, music and beautifully spooky story.



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



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



Hub Forum
3 - 4



CBT
Appointments only
10-3pm



Through the Gate (TTG)
10-4pm



Drop In Session
10-4pm





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

Blackpool CFO Activity Hub

October - Week 2



Monday 12th

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

Tuesday 13th

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

Wednesday 14th

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

Thursday 15th

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

Friday 16th

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

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Enrolments are needed to engage in any activities

Veterans Morning Muster
10:30-11:30
With Leah W
A welcoming morning breakfast for Veterans to connect, share stories, and enjoy friendly support over a hot meal

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'

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.

Employment Hub: Interview Prep & Mock Interviews
10 - 12:30
with Graham
Build confidence and improve your interview skills through practical guidance, realistic interview practice, and constructive feedback to help you perform at your best.

Non-Accredited Course: Sustainability
10-12
with Christine
A practical 4 week non-accredited course exploring sustainability, with simple ways to reduce waste, make environmentally friendly choices and build everyday habits that can have a positive impact on both people and the planet

Disclosure Support
10 - 12:30
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'

Men Matter
1-2
with Graham
Male only safe space to discuss mental health and men's wellbeing

Pathway to Employment: Session 2 - Interview Skills; Phone, Group & In-Person 2-4
With Christine
Learn how to prepare for different interview formats, answer common questions confidently, and make a positive first impression

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

Film Club: Beetlejuice
1-3
With Shelby
A fun & spooky film club session where you can enjoy Beetlejuice, connect with others, and chat about its weird and wonderful characters, dark humour and supernatural story.

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!

Black History Month: Quiz
3-4
with Hub Staff
A fun & engaging quiz celebrating Black History, culture, achievements & influential people

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

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Self: Activities that work on the individual



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

Blackpool CFO Activity Hub

October - Wellbeing Week



Monday 19th

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

Mindful Movement:
Chair Yoga
10:30 - 11:30
with Megan

A gentle and relaxing chair yoga session using mindful movement, stretching and breathing techniques to improve flexibility, support wellbeing and help you feel calm and refreshed



Tuesday 20th

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

Women's Only

Women's Wellness Circle
10:30-12:30pm
With Leah S

A group session focussing on emotional resilience, rebuilding confidence, and fostering community connection.



Wednesday 21st

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

Sleep Hygiene
10-11
with Christine

A relaxed & informative session exploring simple tips and healthy habits to improve sleep, create a positive bedtime routine, and support your overall wellbeing



Calm & Colour
11-12
with Leah W

A calm & relaxing session using mindful colouring to encourage creativity, reduce everyday stress and give you time to switch off, unwind and focus on the present moment



Thursday 22nd

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

Positive Pebble Art
10-12
with Leah S

A fun & relaxing creative session where you can print & decorate your own unique pebbles, explore different designs and enjoy some mindful creativity



Friday 23rd

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

Morning Meditation
10-11
with Megan

A calm & welcoming morning session using guided meditation and simple breathing techniques to help you relax, clear your mind & start the day feeling refreshed & focused.



Intentional Goal Setting - A Letter to Myself
11-12

A reflective & empowering session where you can explore your goals, set positive intentions for the future and write a meaningful letter to your future self



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Men Matter
1-2
with Graham

Male only safe space to discuss mental health and men's wellbeing.
A welcoming & supportive men's group providing a safe space to talk, connect with others and explore ways to support positive mental health and wellbeing.



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



Film Club:
Ghostbusters
1-3
With Shelby

A fun & nostalgic film session where you can enjoy the original Ghostbusters, connect with others, and chat about its iconic character, supernatural adventures and classic comedy.



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



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!



Wellness Bingo
3 - 4
with Megan



Through the Gate (TTG)
10-4pm

Hub Forum
3 - 4

CBT
Appointments only
10-3pm

Hub Induction meet the team and enrol
10-4pm

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10-4pm



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

Blackpool CFO Activity Hub

October - Week 4



Monday 26th

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

Veterans Morning Muster
10:30-11:30
With Christine

A welcoming morning breakfast for Veterans to connect, share stories, and enjoy friendly support over a hot meal

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'

Men Matter
1-2
with Graham
Male only safe space to discuss mental health and men's wellbeing

Pathway to Employment: Session 5 - How to Apply for Jobs
Using Online Job Boards, Networking, Social Media
2-4
With Megan
Gain practical skills in using online job boards, networking, and social media to search for and apply for employment opportunities with confidence.

Women's Only: Hub Induction meet the team and enrol
1-4:30pm

Tuesday 27th

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.'

Black History: Cooking Through Culture
1-3
With Hub Staff
A fun and interactive cooking session celebrating Black History Month by exploring dishes, flavours and food traditions from African and Caribbean Cultures.

Hub Induction meet the team and enrol
10-4pm

Wednesday 28th

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

Employment Hub: Job Applications & Job Search
10 - 12:30
with Leah W
Gain practical support to find suitable job opportunities, complete applications effectively, and increase your chances of employment.

Film Club: The Nightmare Before Christmas
1-3
With Shelby
A fun film club session where you can enjoy The Nightmare Before Christmas, relax with others, and share your thoughts on the character, music and story in a friendly social setting

CBT Appointments only
10-3pm

Thursday 29th

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

Non-Accredited Course: Sustainability
10-12
with Christine
A practical 4 week non-accredited course exploring sustainability, with simple ways to reduce waste, make environmentally friendly choices and build everyday habits that can have a positive impact on both people and the planet

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 30th

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

Pumpkin Painting
10 - 3
with Leah S
A fun and creative Halloween drop-in session running throughout the day, where you can paint and decorate your own pumpkin, try out different designs and enjoy getting into the spooky spirit in a relaxed and welcoming environment

Halloween Quiz & Music
1-3
with Hub Staff

Hub Induction meet the team and enrol
10-4pm

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