



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

# BLACKBURN CFO ACTIVITY HUB



## June - Week 1

	Monday 1 <sup>st</sup>	Tuesday 2 <sup>nd</sup>	Wednesday 3 <sup>rd</sup>	Thursday 4 <sup>th</sup>	Friday 5 <sup>th</sup>
	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>
	<p>Pathway to Work 10:30 - 12:30 with Nadya  <i>'Aimed at those 18-25 years of age; come and receive support with job searching, CV writing, interview skills, and building confidence for employment.'</i></p> 	<p>In-Work Support 10:30 - 12 with Hayley  <i>'Gain support in managing your current employment with check-ins on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'</i></p> 	<p>Mock Interviews 10:30 - 12 with Gabbi  <i>'Engage in a mock interview to gain confidence in your interview techniques, gain feedback and support in expanding your skills and support in preparing to disclose your offence in person if necessary.'</i></p> 	<p>Training &amp; Course Searching (CSCS, Forklift etc) 10:30 - 12 with Nadya  <i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p><b>Women's Only</b> Employment Wellbeing Action Plan 10:30 - 12:30 with Gabbi  <i>'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'</i></p> 
	<p>Job Search, Cover Letter &amp; Job Application Support 1 - 3 with Nadya  <i>'Gain support in searching for suitable job opportunities, writing a cover letter displaying your suitability for employment opportunities, and completing job applications.'</i></p> 	<p><b>Women's Only</b> Art Therapy 1 - 3 with Hayley  <i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i></p> 	<p>Mask Making 1 - 3 with TIPP  <i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'</i></p> 	<p>Scone Baking Session 1 - 3 with Nadya  <i>'Join staff and Hub Mentors for a hands-on baking session and skill-building experience.'</i></p> 	<p>Men's Matter Group Topic: Anxiety 1 - 3 with Hub Mentor Adam  <i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i></p> 
	<p>Through The Gate (TTG) Drop-in sessions for those recently released from custody 1 - 4</p>	<p><b>Women's Only</b> Hub Induction: Meet the Team &amp; Enrol 1 - 4</p>	<p>Drop-in Support Session 1 - 4:30</p>	<p>CBT with Better Health 10 - 3 <b>appointment only</b></p>	<p>Hub Induction: Meet the Team &amp; Enrol 1 - 4</p>

### Information

#### Address:

First Floor Offices, Crabtree Street,  
Furthergate Industrial Estate, Blackburn,  
BB1 3BD

#### Contact Information:

077750 96192 (Gabriella)  
07384 119231 (Nadya)  
07789 951065 (Hayley)

The Hub can support participants with funding for training and courses to help build skills, confidence, and employment opportunities. Where possible, the Hub may also provide funding directly and can assist with identifying and applying for other available funding. The Hub can also support participants by making referrals to local food banks and organising wellbeing essential packs when needed. In partnership with Better Health, Cognitive Behavioural Therapy (CBT) sessions run every Tuesday and Thursday, with participants entitled to four one-hour sessions that can be extended if further support is required. Drop-ins are also welcome for anyone needing advice, support, or a friendly chat.

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# BLACKBURN CFO ACTIVITY HUB



## June - Week 2

	Monday 8 <sup>th</sup>	Tuesday 9 <sup>th</sup>	Wednesday 10 <sup>th</sup>	Thursday 11 <sup>th</sup>	Friday 12 <sup>th</sup>
	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>
	<p>CV Support 10:30 - 12 with Gabbi  <i>'Gain support in realising your skill set and creating or updating your CV to be employment ready.'</i></p> 	<p>Future Focus 10:30 - 12 with Nadya  <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p> 	<p>Disclosure Support 10:30 - 12 with Hayley  <i>'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'</i></p> 	<p>Intro to Labouring (non-accredited course) 10:30 - 12 with Gabbi  <i>'Engage in a non-accredited course aimed at exploring what labouring is and the qualifications needed to become a labourer.'</i></p> 	<p><b>Women's Only</b> Steps to Employment 1 - 3 with Hayley  <i>'Explore your pathway to employment with support in completing a personalised CV, exploring interview techniques and job searching skills.'</i></p> 
	<p>Prepare for Employment with Lived Experience - <i>Importance of Soft Skills</i> 1 - 3 with Gabbi  <i>'Engage in a non-accredited course to learn about your employability skills.'</i></p> 	<p><b>Women's Only</b> Wellbeing &amp; Mindfulness 1 - 3 with Nadya  <i>'Discuss your current mental health and wellbeing and learn mindfulness techniques to support yourself.'</i></p> 	<p>Mask Making 1 - 3 with TiPP  <i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'</i></p> 	<p>Approved Premises Support 1 - 3 with Gabbi  <i>'Receive support and guidance to transition from temporary accommodation into your own home.'</i></p> 	<p>Cooking on a Budget: <i>Korean Chicken</i> 1 - 3 with Hub Mentor Dayle  <i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i></p> 
	<p>Hub Induction: <i>Meet the Team &amp; Enrol</i> 1 - 4</p>	<p><b>Women's Only</b> Drop-in Support Session 1 - 4</p>	<p>Hub Induction: <i>Meet the Team &amp; Enrol</i> 1 - 4</p>	<p>CBT with Better Health 10 - 3 <b>appointment only</b></p>	<p>Through The Gate (TTG) <i>Drop-in sessions for those recently released from custody</i> 1 - 4</p>

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# BLACKBURN CFO ACTIVITY HUB



## June - Week 3

**Monday 15<sup>th</sup>**

**Tuesday 16<sup>th</sup>**

**Wednesday 17<sup>th</sup>**

**Thursday 18<sup>th</sup>**

**Friday 19<sup>th</sup>**

### Information

#### Address:

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07384 119231 (Nadya)  
07789 951065 (Hayley)

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Coffee & Catch-Up  
9:30 - 10:30  
*'Drop in for a hot drink, breakfast bites, and a friendly chat.'*

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Coffee & Catch-Up  
9:30 - 10:30  
*'Drop in for a hot drink, breakfast bites, and a friendly chat.'*

Employment Wellbeing  
Action Plan  
10:30 - 12:30  
with Hayley

*'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'*



Job Search, Cover  
Letter & Job  
Application Support  
10:30 - 12  
with Gabbi

*'Gain support in searching for suitable job opportunities, writing a cover letter displaying your suitability for employment opportunities, and completing job applications.'*



Prepare for  
Employment with Lived  
Experience -  
Importance of Soft Skills  
10:30 - 12:30  
with Hayley

*'Engage in a non-accredited course to learn about your employability skills.'*



Unpaid Work  
Support  
10:30 - 12:30  
with Gabbi

*'Access support in understanding community service requirements and help in completing unpaid work hours.'*



### Women's Only

Disclosure  
10:30 - 12  
with Nadya

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



Interview Skills &  
Mock Interviews  
1 - 3  
with Hayley

*'Gain effective interview skills, learn how to best present yourself to an employer, and participate in mock interviews.'*



**Women's Only**  
Relationship Advice &  
Support  
1 - 3  
with Gabbi

*'Engage in a session focused on receiving relationship advice and support to build healthier and more positive connections with others.'*



Mask Making  
1 - 3  
with TiPP

*'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'*



Art Therapy  
Cross Stitching  
1 - 3  
with Gabbi

*'Engage in a cross-stitch session to support relaxation, improve focus, and provide a creative outlet for expressing emotions and promoting mental and emotional well-being.'*



Benefit Support  
1 - 3  
with Nadya

*'Gain support in learning what benefits you are entitled to and support in applying for these.'*



Drop-in Support  
Session  
3 - 4:30

**Women's Only**  
Hub Induction: Meet the Team  
& Enrol  
1 - 4

Hub Induction:  
Meet the Team & Enrol  
1 - 4

Through The Gate (TTG)  
Drop-in sessions for those recently  
released from custody  
1 - 4

Hub Induction:  
Meet the Team & Enrol  
1 - 4





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# BLACKBURN CFO ACTIVITY HUB



## June - Week 4

**Monday 22<sup>nd</sup>**

**Tuesday 23<sup>rd</sup>**

**Wednesday 24<sup>th</sup>**

**Thursday 25<sup>th</sup>**

**Friday 26<sup>th</sup>**

### Information

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**Enrolments are needed to engage with any activities.**

Coffee & Catch-Up  
9:30 - 10:30  
*'Drop in for a hot drink, breakfast bites, and a friendly chat.'*

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9:30 - 10:30  
*'Drop in for a hot drink, breakfast bites, and a friendly chat.'*

Coffee & Catch-Up  
9:30 - 10:30  
*'Drop in for a hot drink, breakfast bites, and a friendly chat.'*

Disclosure Support  
10:30 - 12  
with Hayley  
  
*'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'*



Intro to Labouring  
(non-accredited course)  
10:30 - 12  
with Gabbi  
  
*'Engage in a non-accredited course aimed at exploring what labouring is and the qualifications needed to become a labourer.'*



Pathway to Work  
10:30 - 12:30  
with Nadya  
  
*'Aimed at those 18-25 years of age; come and receive support with job searching, CV writing, interview skills, and building confidence for employment.'*



Exploring Employability Skills  
10:30 - 12  
with Nadya  
  
*'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'*



**Women's Only**  
CV Support  
10:30 - 12  
with Hayley  
  
*'Gain support in realising your skill set and creating or updating your CV to be employment ready.'*



Interview Skills & Mock Interviews  
1 - 3  
with Hayley  
  
*'Gain effective interview skills, learn how to best present yourself to an employer, and participate in mock interviews.'*



**Women's Only**  
Cooking on a Budget:  
Cherry Tarts  
1 - 3  
with Gabbi  
  
*'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'*



Mask Making  
1 - 3  
with TiPP  
  
*'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'*



Accommodation Advice & Support  
1 - 3  
with Nadya  
  
*'Receive support and guidance to transition from temporary accommodation into your own home.'*



Managing Emotions  
1 - 3  
with Hayley  
  
*'Gain support in learning about your emotional triggers and strategies to combat negative behaviours.'*



Hub Induction:  
Meet the Team & Enrol  
1 - 4

**Women's Only**  
Drop-in Support Session  
1 - 4:30

Through The Gate (TTG)  
Drop-in sessions for those recently released from custody  
1 - 4

CBT with Better Health  
10 - 3  
**appointment only**

Hub Induction:  
Meet the Team & Enrol  
1 - 4





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# BLACKBURN CFO ACTIVITY HUB



## June - Week 5

	Monday 29 <sup>th</sup>	Tuesday 30 <sup>th</sup>	Wednesday 1 <sup>st</sup>	Thursday 2 <sup>nd</sup>	Friday 3 <sup>rd</sup>
	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee &amp; Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>
	<p>Training &amp; Course Searching (CSCS, Forklift etc) 10:30 - 12 with Nadya  <i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p>Emotional Regulation for Employment 10:30 - 12 with Hayley  <i>'Engage in a session focused on developing emotional regulation skills to better manage feelings in the workplace and support employment success.'</i></p> 	<p>Future Focus 10:30 - 12 with Nadya  <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p> 	<p>CV Support 10:30 - 12 with Gabbi  <i>'Gain support in realising your skill set and creating or updating your CV to be employment ready.'</i></p> 	<p><b>Women's Only</b> Job Search, Cover Letter &amp; Job Application Support 1 - 3 with Hayley  <i>'Gain support in searching for suitable job opportunities, writing a cover letter displaying your suitability for employment opportunities, and completing job applications.'</i></p> 
	<p>Steps to Employment 1 - 3 with Nadya  <i>'Explore your pathway to employment with support in completing a personalised CV, exploring interview techniques and job searching skills.'</i></p> 	<p><b>Women's Only</b> Healthy Boundaries 1 - 3 with Hayley  <i>'Engage in a session focused on understanding and setting healthy boundaries to support well-being and positive relationships.'</i></p> 	<p>Mask Making 1 - 3 with TiPP  <i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'</i></p> 	<p>Pride Celebration 1 - 3 with Gabbi  <i>'Attend the Hub and participate in a fun and inclusive Pride celebration, including engaging activities and a quiz, celebrating identity, diversity, and community.'</i></p> 	<p>Men's Matter Group <i>Topic: Substance Misuse</i> 1 - 3 with Hub Mentor Dave  <i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i></p> 
	<p>Hub Induction: <i>Meet the Team &amp; Enrol</i> 1 - 4</p>	<p><b>Women's Only</b> Hub Induction: <i>Meet the Team &amp; Enrol</i> 1 - 4</p>	<p>Hub Forum 3 - 4 with Gabbi</p>	<p>CBT with Better Health 10 - 3 <b>appointment only</b></p>	<p>Drop-in Support Session 3 - 4</p>

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