



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



Monday 28th	Tuesday 29th	Wednesday 30th	Thursday 1st	Friday 2nd
Accessing Health Support 9:30 - 10:30 	Literacy & Numeracy Assessment 9:30 - 11 	Budgeting Session 9:30 - 10:30 	Disclosure 9:30 - 11 	A Sense of New & Pro-Social Identity 9:30 - 11 
Future Focus 10:30 - 12 	Reflective Practices 11 - 12 	Enrolment Clinic 9:30 - 12 	Hub Club (Focus Group) 10:30 - 12 	Mindfulness Yoga 11 - 12 
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Addiction Support 1 - 2 	Women's Only Relationship Advice & Support 1 - 2:30 	TiPP Art Session 1 - 3 	In Work Support 1 - 2:30 	CV Support 1 - 2 
TiPP Drama Music 2 - 4 	Women's Only Housing Support 2:30 - 4 	Confidence Building 3 - 4 	Job Search Session 2:30 - 4 	Sports - Pool, Football & Ping Pong 2 - 3 
				ETE Awards & Hub Quiz 3 - 4 

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



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MAY - WEEK 2



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

Contact Information:
07775 096192 (Gabriella)
07384 119231 (Nadya)

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Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
 Early May Bank Holiday HUB CLOSED 	Problem Solving Techniques 9:30 - 10:30 	Women's Only Digital College 9:30 - 11 	Digital College 9:30 - 12 	CV Support 9:30 - 10:30
	CBT Appt only 10 - 12 	Women's Only Optimism & Self-Worth 11 - 12 	Employment Support Anna 10 - 12 	Stress Relief Strategies 10:30 - 12
	Future Focus 10:30 - 12 	Women's Only Optimism & Self-Worth 11 - 12 	Digital College 9:30 - 12 	Stress Relief Strategies 10:30 - 12
	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
	Intro to Customer Service 1 - 4 	CBT Therapy Appt only 1 - 4 	TiPP Art Session 1 - 3 	Unpaid Work Support 1 - 2:30
	Job Search Session 3 - 4 	Job Search Session 3 - 4 	National Make a Book Day Art & Creative Writing 1 - 3 	Feelings of Hope & Self-Efficiency 2:30 - 4
	Employment Support Anna 1 - 4 	Employment Support Anna 1 - 4 	Hub Quiz 3 - 4 	



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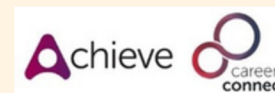




















































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MAY – WEEK 3



Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
  <p>Disclosure 9:30 – 11</p> 	 <p>Budgeting Session 9:30 – 11</p> 	 <p>CV Support 9:30 – 11</p> 	 <p>Mock Interview 9:30 – 11</p> 	 <p>Women's Only Future Focus 9:30 – 11</p> 
 <p>Employability Skills 11 – 12</p> 	 <p>Obtaining National Insurance Number 11 – 12</p> 	 <p>1-1 Support Session Appt only 9:30 – 12</p> 	 <p>Interview Preparation 11 – 12</p> 	 <p>Victim Awareness 11 – 12</p> 
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
  <p>Self-Care 1 – 2</p> 	  <p>Problem Solving Techniques 1 – 2:30</p> 	  <p>TiPP Art Session 1 – 3</p> 	  <p>National Chocolate Chip Day Baking Session 1 – 3</p> 	 <p>Intro to Labouring 1 – 3</p> 
  <p>TiPP Drama Music 2 – 4</p> 	 <p>Enrolment Clinic 2:30 – 4</p> 	   <p>CBT Therapy Appt only 1 – 4</p> 	  <p>Sports – Ping Pong 3 – 4</p> 	  <p>Reflective Practice 3 – 4</p> 

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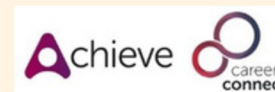


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MAY - WEEK 4



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Contact Information:
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07384 119231 (Nadya)

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Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
<p>Women's Only Feelings of Hope & Self-Efficacy 9:30 - 11</p> <p></p>	<p>Accessing Bank Account 9:30 - 10:30</p> <p></p>	<p>World Day for Cultural Diversity Arts & Crafts Bingo Games 9:30 - 12</p> <p></p>	<p>In Work Support 9:30 - 11</p> <p></p>	<p>CV Support 9:30 - 11</p> <p></p>
<p>Women's Only Job Search Session 11 - 12</p> <p></p>	<p>Unpaid Work Support 10:30 - 12</p> <p></p>	<p>CBT Appt only 10 - 12</p> <p></p>	<p>Employment Support Anna 10 - 12</p> <p></p>	<p>Housing Support 11 - 12</p> <p></p>
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
<p>Emotional Resilience 1 - 2</p> <p></p>	<p>Accessing Mainstream Services 1 - 2</p> <p></p>	<p>CBT Therapy Appt only 2 - 4</p> <p></p>	<p>Relationship Advice & Support 1 - 2</p> <p></p>	<p>A Sense of New & Pro-Social Identity 1 - 3</p> <p></p>
<p>TIPP Drama Music 2 - 4</p> <p></p>	<p>Benefit Support 2 - 4</p> <p></p>	<p>World Meditation Day Yoga Mindfulness 3 - 4</p> <p></p>	<p>Digital College 2 - 4</p> <p></p>	<p>Sports - Foosball & Pool 3 - 4</p> <p></p>



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MAY - WEEK 5



Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
 <p>Spring Bank Holiday</p> <p>HUB CLOSED</p>	Enrolment Clinic 9:30 – 11 	Interview Preparation 	Where to Start & An Introduction to Employability 9:30 – 12 	Strong Ties to Family & Pro-Social Personal Support 9:30 – 11 
	Job Search Session 11 – 12 	Accessing External Education Providers 11 – 12 		Wellbeing Hub Walk 11 – 12 
	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
	Personal Journaling 1 – 2 	CBT Therapy <i>Appt only</i> 2 – 4 	TiPP Art Session 1 – 3 	Women's Only Employability Skills 1 – 3 
	Cheesecake Baking Session 2 – 4 	Basic Literacy & Numeracy Skills 3 – 4 	Women's Only Accessing Sexual Health Support 3 – 4 	National Creativity Day Create Your Own Boardgame 1 – 3 
				ETE Awards & Hub Quiz 3 – 4 

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