



Self: Activities that work on the individual










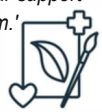


Relationships: Activities that work with peers/families/friends



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

CFO Activity Hub Manchester



	Monday 30 th	Tuesday 31 st	Wednesday 1 st	Thursday 2 nd	Friday 3 rd
	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	HUB CLOSED
<p>Information</p> <p>Address: 7 Watson Street, Manchester M3 4EE</p> <p>Contact Information: NWCFOreferrals@gcemployment.uk</p> <p>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.</p> <p><i>Enrolments are needed to engage with any activities.</i></p> 	<p>March Timetable</p> 	<p>Job Search & Application Support 10:30 - 12 with Alex</p> <p><i>'Engage in a job searching session tailored to your qualifications, skills and experiences and gain support completing applications.'</i></p> 	<p>Training & Course Searching (CSCS, Forklift etc) 10:30 - 12 with Howard</p> <p><i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p>Intro to Self-Employment (non-accredited course) 10:30-12 with Alex</p> <p><i>'Engage in a non-accredited course aimed at exploring self-employment opportunities.'</i></p> 	<p>HUB CLOSED FOR GOOD FRIDAY</p> 
	<p>March Timetable</p> 	<p>Art Therapy 12-2 with Wendy</p> <p><i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i></p>	<p>Men Matter 1-3 with Dexter</p> <p><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>Creative writing 1-3 with Laura</p> <p><i>'Get creative and write a piece of literature for the hub'</i></p> 	<p>HUB CLOSED FOR GOOD FRIDAY</p> 
	<p>Hub Induction: Meet the Team & Enrol 1 - 4</p>	<p>CBT with Aisha 10 - 4 appointment only</p>	<p>Through The Gate (TTG) Drop-in sessions for those recently released from custody 1 - 4</p>	<p>CBT with Aisha 10 - 4 appointment only</p>	<p>HUB CLOSED</p>

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	Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
	HUB CLOSED	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>
	HUB CLOSED FOR EASTER MONDAY 	Job Search & Application Support 10:30-12 with Alex <i>'Engage in a job searching session tailored to your qualifications, skills and experiences and gain support completing applications.'</i> 	MenMatter 11 - 12.30pm with Dexter <i>'Engage in thoughts engaging emotions, reduce stress, and promote mental and emotional well-being.'</i> 	Disclosure Support 10:30-12 with Alex <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> 	Intro to Self-Employment (non-accredited course) 10:30 - 12 with Laura <i>'Engage in a non-accredited course aimed at exploring self-employment opportunities.'</i> 
	HUB CLOSED FOR EASTER MONDAY 	Art Therapy 12-2 with Wendy <i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i> 	Anger Management 1-3 with Dexter <i>'Gain support in learning about your emotional triggers and strategies to combat negative behaviours.'</i> 	Debt & Money Management Advice 1-3 With Howard <i>'Gain advice around managing any debts and your income through creating budget plans and accessing support services.'</i> 	Come Dine with Me 1 - 3 with Team Leader <i>'Participate in a cooking competition: budgeting, meal planning and judging'</i> 
	HUB CLOSED	CBT with Better Health 10 - 3 appointment only	Hub Induction: Meet the Team & Enrol 1 - 4	CBT with Better Health 10 - 3 appointment only	Hub Induction: Meet the Team & Enrol 1 - 4

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	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>
	<p>Benefit Support 10-12 with Laura <i>'Gain support in learning what benefits you are entitled to and support in applying for these.'</i></p> 	<p>Motivation & Building Confidence 1 - 3 with Alex <i>'Support in understanding yourself, your needs and setting goals for the future.'</i></p> 	<p>Approved Premises Support 10:30-12 with Howard <i>'Receive support and guidance to transition from temporary accommodation into your own home.'</i></p> 	<p>Community Integration 10:30-12 with Laura <i>'Explore local volunteering opportunities suitable for you and gain support in completing applications.'</i></p> 	<p>Unpaid Work Support 10:30-12 with Alex <i>'Access support in understanding community service requirements and help in completing unpaid work hours.'</i></p> 
	<p>Managing emotions 1- 3 with Laura <i>'Learn how you deal with different emotions and develop strategies on how to handle negative emotions.'</i></p> 	<p>Art Therapy 12-2 with Wendy <i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i></p> 	<p>Managing Emotions 1 - 3 with Dexter <i>'Learn how you deal with different emotions and develop strategies on how to handle negative emotions.'</i></p> 	<p>Creative writing 1- 3 with Laura <i>'Write a piece of literature to be shared around the hubs'</i></p> 	<p>Come Dine With Me 1- 3 with Team Leader <i>'Participate in a cooking competition: budgeting, meal planning and judging'</i></p> 
	<p>Drop-in Support Session 3 - 4</p>	<p>CBT with Better Health 10 - 3 appointment only</p>	<p>Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4</p>	<p>CBT with Better Health 10 - 3 appointment only</p>	<p>Through The Gate (TTG) <i>Drop-in sessions for those recently released from custody</i> 1 - 4</p>

Information

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7Watson Street, Manchester M3 4 EE

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NWCFOreferrals@gcemployment.uk

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Monday 20th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Benefit Support
10-12
with Laura

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



Managing emotions
1- 3
with Laura

'Learn how you deal with different emotions and develop strategies on how to handle negative emotions.'



Drop-in Support
Session
3 - 4



Tuesday 21st

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Motivation & Building
Confidence 1 - 3

with Alex

'Support in understanding yourself, your needs and setting goals for the future.'



Art Therapy
12-2
with Wendy

'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'



CBT with Better Health
10 - 3
appointment only



Wednesday 22nd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Approved Premises
Support
10:30-12

with Howard

'Receive support and guidance to transition from temporary accommodation into your own home.'



Managing Emotions
1 - 3
with Dexter

'Learn how you deal with different emotions and develop strategies on how to handle negative emotions.'



Hub Induction:
Meet the Team & Enrol
1 - 4



Thursday 23rd

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Community
Integration
10:30-12
with Laura

'Explore local volunteering opportunities suitable for you and gain support in completing applications.'



Creative writing
1 - 3
with Laura

'Write a piece of literature to be shared around the hubs'



CBT with Better Health
10 - 3
appointment only



Friday 24th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work
Support
10:30-12
with Alex

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



Come Dine With Me
1 - 3
with Team Leader

'Participate in a cooking competition: budgeting, meal planning and judging'



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





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	Monday 27 th	Tuesday 28 th	Wednesday 29 th	Thursday 30 th	Friday 1 th
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