



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

Manchester CFO Activity Hub

November - Week 1



Monday 2nd

Hub open from 9:30 for breakfast and drop in support

Tuesday 3rd

Hub open from 9:30 for breakfast and drop in support

Wednesday 4th

Hub open from 9:30 for breakfast and drop in support

Thursday 5th

Hub open from 9:30 for breakfast and drop in support

Friday 6th

Hub open from 9:30 for breakfast and drop in support

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

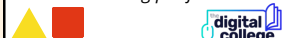
Referral link:
CFO Evolution Referrals – HMPPS Creating
Future Opportunities

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

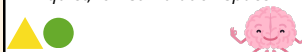
Digital College Drop In All Day

Explore the range of courses
available through our online
learning platform



Mindfulness & Meditation 11am -12pm

Come and relax at the hub
through movement, meditation,
stretching, etc. Shhh this is a
quiet, low stimulation space



Women's Only

Women's Group 11am - 1pm

Open to all participants who
identify as women. This is your
chance to get tailored support
and speak on issues specific to
women in the justice system



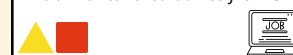
Unpaid Work 9am - 12pm

Manchester probation UPW
group and induction into hub.
Please note this is a probation
booked group only. The hub will
still be open for booked 121
appointments, but there will be
no groups or drop ins at this
time. Thank you



Job Club 10am-11am

Look for job opportunities at the
hub with tailored advice from SWs



Health & Wellbeing 11am-12pm

Learn how to live a healthy
lifestyle. Get nutrition advice,
exercise at the hub and new
recipes



Career Finder 10am-11am

Struggling to find direction?
We'll help you see
where your skills are best matched



Diwali Celebration 10:30am - 1pm

Come celebrate Diwali with us at
the hub with some signature
dishes and lantern making. Art
open to all for drop in. If you
would like to help cook please
book on with SW (max 4 people)



Crafting Calm 12:30pm-1:30pm

Get crafty and explore the power
of art therapy with calligraphy,
origami, clay, creative writing
and poetry. Each week will teach
different skills for presence and
mindfulness

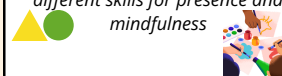


Table Tennis 2pm-3pm

Channel your competitive spirit



Women's Only

Hub Open for Women's Only Support 1pm - 4pm

Please note the hub will be
closed to male participants
during this time. Please contact
your SW if you need urgent
support



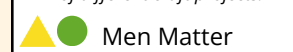
Young Adults Only 1pm - 4pm

The hub will be running activities
and 121 support tailored to our
18-30 participants.
If you need are not in this group
but need urgent support, please
contact your SW



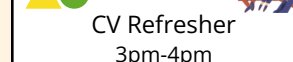
Arts & Crafts 12pm - 2pm

Come get creative with a mixture
of different craft projects.



Men Matter 1pm - 2pm

Male only safe space to
discuss mental health and
men's wellbeing



CV Refresher 3pm-4pm

Get help to spruce up
your CV



Debate Club 1pm - 3pm

Are there more doors or wheels in
the world? Would you rather travel
to the past or future? Come have
your say and learn how to evidence
your point



Hub Induction meet the team
and enrol
10:00 - 16:00

CBT
Appointments only
10:00 - 16:00

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Digital College drop in
Browse our catalog of
online ETE courses



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

Manchester CFO Activity Hub

November - Week 2



Monday 9th

Hub open from 9:30 for breakfast and drop in support

Digital College Drop In All Day

Explore the range of courses available through our online learning platform

Mindfulness & Meditation 11am - 12pm

Come and relax at the hub through movement, meditation, stretching, etc. Shhh this is a quiet, low stimulation space

Crafting Calm 12:30pm-1:30pm

Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness

Table Tennis 2pm-3pm

Channel your competitive spirit

Hub Induction meet the team and enrol
10:00 - 16:00

Tuesday 10th

Hub open from 9:30 for breakfast and drop in support

Women's Only

Women's Group 11am - 1pm

Open to all participants who identify as women. This is your chance to get tailored support and speak on issues specific to women in the justice system

Women's Only

Hub Open for Women's Only Support 1pm - 4pm

Please note the hub will be closed to male participants during this time

CBT Appointments only
10am-4pm

Wednesday 11th

Hub open from 9:30 for breakfast and drop in support

Remembrance Day
11am-12pm
It is important to remember the people who fought for what we have today. We invite all veterans to speak about your experiences and pay our respects together

Unpaid Work
9am - 12pm
Manchester probation UPW group and induction into hub. Please note this is a probation booked group only. The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you

Young Adults Only 1pm - 4pm

The hub will be running activities and 121 support tailored to our 18-30 participants. If you need are not in this group but need urgent support, please contact your SW

Hub Induction meet the team and enrol
10:00 - 16:00

Thursday 12th

Hub open from 9:30 for breakfast and drop in support

Job Club
10am-11am
Look for job opportunities at the hub with tailored advice from SWs

Health & Wellbeing
11am-12pm
Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes

Arts & Crafts
12pm - 2pm
Come get creative with a mixture of different craft projects.

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

CV Refresher
3pm-4pm
Get help to spruce up your CV

Hub Induction meet the team and enrol
10:00 - 16:00

Friday 13th

Hub open from 9:30 for breakfast and drop in support

Career Finder
10am-11am
Struggling to find direction? We'll help you see where your skills are best matched

Book Club
11:30am - 12:30pm
Do you love reading? Or maybe you want to start? The hub book club will offer a space to talk about the books you love and find new reading material. Open to all reading levels

Philosophy & Moral Dilemmas 1pm - 2pm

From Socrates to thought experiments, your brain will be working overtime during this session. Please no existential crises!

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Enrolments are needed to engage in any activities



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

Manchester CFO Activity Hub

November - Week 3



Monday 16th

Hub open from 9:30 for breakfast and drop in support



Digital College Drop In All Day

Explore the range of courses available through our online learning platform



Mindfulness & Meditation 11am - 12pm

Come and relax at the hub through movement, meditation, stretching, etc. Shhh this is a quiet, low stimulation space



Crafting Calm 12:30pm-1:30pm

Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness



Table Tennis 2pm - 3pm

Channel your competitive spirit



Hub Forum 3 - 4



Tuesday 17th

Hub open from 9:30 for breakfast and drop in support



Women's Only

Women's Group 11am - 1pm

Open to all participants who identify as women. This is your chance to get tailored support and speak on issues specific to women in the justice system



Women's Only

Hub Open for Women's Only Support 1pm - 4pm

Please note the hub will be closed to male participants during this time



CBT Appointments only 10am - 4pm



Wednesday 18th

Hub open from 9:30 for breakfast and drop in support



Unpaid Work 9am - 12pm

Manchester probation UPW group and induction into hub.

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Thank you



Young Adults Only 1pm - 4pm

The hub will be running activities and 121 support tailored to our 18-30 participants.

If you need are not in this group but need urgent support, please contact your SW



Hub Induction meet the team and enrol 10:00 - 16:00



Thursday 19th

Hub open from 9:30 for breakfast and drop in support



Job Club 10am-11am

Look for job opportunities at the hub with tailored advice from SWs



Health & Wellbeing 11am-12pm

Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes



Arts & Crafts 2pm - 4pm

Come get creative with a mixture of different craft projects.



Men Matter 1pm - 2pm

Male only safe space to discuss mental health and men's wellbeing



CV Refresher 3pm-4pm

Get help to spruce up your CV



Hub Induction meet the team and enrol 10:00 - 16:00



Friday 20th

Hub open from 9:30 for breakfast and drop in support



Afro/Caribbean Kitchen 10am-12pm

A fun & interactive cooking session exploring the vibrant flavours, ingredients and traditional dishes inspired by African and Caribbean cuisine.

Each week we'll make a different staple dish.

Cost Cutters 11:30am - 12:30pm

Need help with budgeting? Struggling on a limited income? Learn money management and discounts you can use to make your life easier (and cheaper)



Debate Club 1pm - 3pm

Are there more doors or wheels in the world? Would you rather travel to the past or future? Come have your say and learn how to evidence your point



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any activities



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Manchester CFO Activity Hub

November - Week 4



Monday 23rd

Hub open from 9:30 for breakfast and drop in support

Digital College Drop In All Day

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Mindfulness & Meditation
11am - 12pm

Come and relax at the hub through movement, meditation, stretching, etc. Shhh this is a quiet, low stimulation space



Crafting Calm

12:30pm - 1:30pm
Get crafty and explore the power of art therapy with calligraphy, origami, clay, creative writing and poetry. Each week will teach different skills for presence and mindfulness



Table Tennis
2pm - 3pm

Channel your competitive spirit



Hub Induction meet the team and enrol
10:00 - 16:00

Tuesday 24th

Hub open from 9:30 for breakfast and drop in support

Women's Only

Women's Group
11am - 1pm

Open to all participants who identify as women. This is your chance to get tailored support and speak on issues specific to women in the justice system



Women's Only

Hub Open for Women's Only Support
1pm - 4pm

Please note the hub will be closed to male participants during this time



CBT
Appointments only
10am-4pm

Wednesday 25th

Hub open from 9:30 for breakfast and drop in support

Unpaid Work
9am - 12pm

Manchester probation UPW group and induction into hub. Please note this is a probation booked group only. The hub will still be open for booked 121 appointments, but there will be no groups or drop ins at this time. Thank you



Young Adults Only
1pm - 4pm

The hub will be running activities and 121 support tailored to our 18-30 participants. If you need are not in this group but need urgent support, please contact your SW



Hub Induction meet the team and enrol
10:00 - 16:00

Thursday 26th

Hub open from 9:30 for breakfast and drop in support

Job Club
10am-11am

Look for job opportunities at the hub with tailored advice from SWs



Health & Wellbeing
11am - 12pm

Learn how to live a healthy lifestyle. Get nutrition advice, exercise at the hub and new recipes



Arts & Crafts
12pm - 2pm

Come get creative with a mixture of different craft projects.

Men Matter
2pm - 3pm

Male only safe space to discuss mental health and men's wellbeing



CV Refresher
3pm-4pm

Get help to spruce up your CV



Hub Induction meet the team and enrol
10:00 - 16:00

Friday 27th

Hub open from 9:30 for breakfast and drop in support

Career Finder
10am-11am

Struggling to find direction? We'll help you see where your skills are best matched



Book Club
11:30am - 12:30pm

Do you love reading? Or maybe you want to start? The hub book club will offer a space to talk about the books you love and find new reading material. Open to all reading levels



November Hub Quiz
1pm - 3pm

Test your general knowledge with our monthly hub quiz. Please speak to staff if you would like to be quiz master



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