



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

April - WEEK 1



Sheffield CFO Activity Hub

*If you ever need a cuppa or a chat, pop in and speak to your support worker.

*Drop-in Session available for 1-2-1 Support. Please contact your support worker.





















•Reception contact number:
07570 245 620

•9:30am - 4pm
Monday - Friday

Ground Floor St James
House, Vicar Lane, Sheffield,
S1 2EX



This programme is funded by HMPPS CFO

Mon 30 th	Tues 31 st	Weds 1 st	Thurs 2 nd	Fri 3 rd
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub closed Bank Holiday
Allotment with Max 10 - 1  Employment support 1-1 with Kath 11 - 1  	Cooking on a budget with Jo 10 - 12:30   	Enrolment and prison release support 2 - 4  women's group 10-12 	Lego Project with Max 10 - 11  Spectrum with Max 11 - 12  	Hub closed Bank Holiday
Book club 1-2 with JO Enrolment and prison release support 2 - 4  (meet the team!) 	Arts and Crafts 1pm - 3pm  Recovery and Resilience 1-1 with Jo 1pm - 3pm  	Get Digital Savvy with Kath 1pm - 3:30pm CBT 1 - 3  	Man Plan (men's mental health group) with Max 13:30 - 15:30  	Hub closed Bank Holiday
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Hub closed Bank Holiday



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

April - WEEK 2



Sheffield CFO Activity Hub

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Mon 6 th	Tues 7 th	Weds 8 th	Thurs 9 th	Fri 10 th
Hub closed Bank Holiday	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Hub closed Bank Holiday	Cooking on a budget with Jo 10 - 12:30   	Enrolment and prison release support 2 - 4 women's group 10-12  	Lego Project with Max 10 - 11  Spectrum with Max 11 - 12  	Recipe for Success (Brunch and Future Focus session) with Max 10:30 - 12  
Hub closed Bank Holiday	Arts and Crafts 1pm - 3pm  Recovery and Resilience 1-1 with Jo 1pm - 3pm  	Get Digital Savvy with Kath 1pm - 3:30pm  	Man Plan (men's mental health group) with Max 13:30 - 15:30  	Sports Psychology with Mark 2pm - 3pm  
Hub closed Bank Holiday	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	CBT available all day



Self: Activities that work on the individual



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

April - WEEK 3



Sheffield CFO Activity Hub

*If you ever need a cuppa or a chat, pop in and speak to your support worker.

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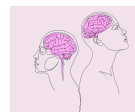


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Monday - Friday

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S1 2EX



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Mon 13 th	Tues 14 th	Weds 15 th	Thurs 16 th	Fri 17 th
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1  Employment support 1-1 with Kath 11 - 1  	Cooking on a budget with Jo 10 - 12:30 EEC support 10-13.00  	Enrolment and prison release support 2 - 4  women's group 10-12 	Lego Project with Max 10 - 11  Spectrum with Max 11 - 12  	Recipe for Success (Brunch and Future Focus session) with Max 10:30 - 12  
Book club 1-2 with JO Enrolment and prison release support 2 - 4 (meet the team!)  	Arts and Crafts 1pm - 3pm  Recovery and Resilience 1-1 with Jo 1pm - 3pm  	Get Digital Savvy with Kath 1pm - 3:30pm CBT 1 - 3  	Man Plan (men's mental health group) with Max 13:30 - 15:30  	Sports Psychology with Mark 2pm - 3pm  
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm



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

April - WEEK 4



Sheffield CFO Activity Hub

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*Drop-in Session available for 1-2-1 Support. Please contact your support worker.

























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•9:30am - 4pm
Monday - Friday

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S1 2EX



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Mon 20 th	Tues 21 st	Weds 22 nd	Thurs 23 rd	Fri 24 th
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1  Employment support 1-1 with Kath 11 - 1  	Cooking on a budget with Jo 10 - 12:30   	Enrolment and prison release support 2 - 4  women's group 10-12 	Lego Project with Max 10 - 11  Spectrum with Max 11 - 12  	Recipe for Success (Brunch and Future Focus session) with Max 10:30 - 12  
Book club 1-2 with JO Enrolment and prison release support 2 - 4 (meet the team!)  	Arts and Crafts 1pm - 3pm  Recovery and Resilience 1-1 with Jo 1pm - 3pm  	Get Digital Savvy with Kath 1pm - 3:30pm CBT 1 - 3  	Man Plan (men's mental health group) with Max 13:30 - 15:30  	Sports Psychology with Mark 2pm - 3pm  
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	CBT available all day



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

April - WEEK 5



Sheffield CFO Activity Hub

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•9:30am -4pm
Monday – Friday

Ground Floor St James
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Mon 27th

Hub opens at
9:30 for drop-in

Allotment with Max
10 - 1



Employment
support 1-1 with
Kath
11 - 1



Tues 28th

Hub opens at
9:30 for drop-in

Cooking on a
budget with Jo
10 - 12:30

EEC support
10-13.00



Weds 29th

Hub opens at
9:30 for drop-in

Enrolment and
prison release
support
2 - 4
women's group
10-12



Thurs 30th

Hub opens at
9:30 for drop-in

Lego Project with
Max
10 - 11



Spectrum with Max
11 - 12



Fri 1st

Hub opens at
9:30 for drop-in

Recipe for
Success
(Brunch and
Future Focus
session) with
Max
10:30 - 12



Book club 1-2 with
JO
Enrolment and
prison release
support
2 - 4
(meet the team!)



Arts and Crafts
1pm - 3pm
Recovery and
Resilience 1-1 with
Jo
1pm - 3pm



Get Digital Savvy
with Kath
1pm - 3:30pm
CBT 1 - 3



Man Plan
(men's mental
health group)
with Max
13:30 - 15:30



Sports
Psychology with
Mark
2pm - 3pm



Drop in support
3pm - 4pm

Drop in support
3pm - 4pm

Drop in support
3pm - 4pm

Drop in support
3pm - 4pm

Drop in support
3pm - 4pm

