



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

PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange,
Theatre/Mount Street, PR1 8BQ

Contact Information:

07850 955413 (Amy)
07467 740540 (Jasmine)
07384 548064 (Liam)

Opening Times:

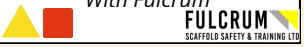
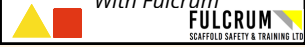
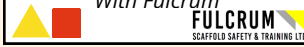
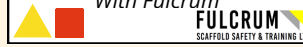
09:30 - 16:00
Monday - Friday

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

Preston CFO Activity Hub

September - Week 1



	Tuesday 1st	Wednesday 2nd	Thursday 3rd	Friday 4th
Bank Holiday Hub Closed	Scaffolding course Day 1 All Day With Fulcrum 	Scaffolding course Day 2 All Day With Fulcrum 	Scaffolding course Day 3 All Day With Fulcrum 	Scaffolding course Day 4 All Day With Fulcrum 
Hub closed for Bank Holiday	Women's Only Morning: World Letter Writing Day 10:30-12:00 with Amy "Explore self-expression through storytelling, poetry, and reflective writing. using imagination and building literacy skills." 	TIPP: Summer Arts Session 11:00-13:00 "Creative sessions with Cara exploring multimedia techniques." 	Employment Support 10:30-11:30 with Liam "Continue your employment journey by searching for the latest jobs. Learn key interview skills, CV Writing, Disclosure and much more" 	Hub Quiz 10:30-12:00 with Liam "Join our Hub quiz and put your knowledge to the test" 
Hub closed for Bank Holiday	World Letter Writing Day 13:00-15:00 With Amy "Explore self-expression through storytelling, poetry, and reflective writing. using imagination and building literacy skills" 	Beginners Employment Group 13:00-15:00 with Amy "If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group" 	Art Therapy 13:00-14:30 with Amy "Relieve any stress and anxiety with different artistic techniques" 	Afternoon: Meditation 1 - 2 with Amy Guided meditation session focused on relaxation, mindfulness, and stress reduction 
Bank Holiday Hub Closed	CBT with Better Health 10:00-16:00 Appointment Only	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4

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Preston CFO Activity Hub

September - Week 2



**PRESTON CFO
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Opening Times:
09:30 - 16:00
Monday - Friday

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

Monday 7th	Tuesday 8th	Wednesday 9th	Thursday 10th	Friday 11th
9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 
Book Club 10:30-12:00 with Amy <i>'Explore a variety of books, share different perspectives, and build connects with others who love to read.'</i>   	Digital College: Pathway to Retail 10 - 12 <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>   	TIPP: Summer Arts Session 11:00-13:00 <i>"Creative sessions with Cara exploring multimedia techniques."</i>   	Money Management 10:00 - 12:00 <i>"gain Support with managing and spending your money through smart choices"</i>   	Ping Pong and Pool 10:30-12:00 with Liam <i>"Ping Pong & Pool session: good vibes, friendly games, all welcome!"</i>   
CV Writing, Disclosure & Cover Letters 1 - 3 <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs; and looking at how to disclose to potential employers"</i>   	Men Matter 13:00-14:30 with Peer Mentor <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>   	Beginners Employment Group 13:00-15:00 with Amy <i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i>    	Debate Club 1 - 3 with Amy <i>'Respectfully sharing opinions on different topics. Develop communication, active listening, critical thinking, confidence in expressing ideas while considering alternative viewpoints.'</i>   	Women's Only Afternoon: Meditation 13:00-14:00 with Jasmine <i>"Join us for guided meditation to reduce stress and anxiety"</i>   
Message your Support worker for One on One support: 1-4 	CBT with Better Health 10:00-16:00 Appointment Only 	Message your Support worker for One on One support: 1-4 	Message your Support worker for One on One support: 1-4 	Women's Only Drop In Support 1-4 

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Preston CFO Activity Hub

September - Week 3



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Opening Times:

09:30 - 16:00
Monday - Friday

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Monday 14th

Warehousing Course
Day 1
All Day
 

Book Club
10:30-12:00
with Jasmine

'Explore a variety of books, share different perspectives, and build connects with others who love to read.'



Tuesday 15th

Warehousing Course
Day 2
All Day
 

Women's Only
Morning: Art Therapy
13:00-14:30
with Jasmine

A welcoming women-only creative session using art & self-expression to support wellbeing, encourage relaxation, build confidence and provide a safe space to connect with others



Wednesday 16th

Warehousing Course
Day 3
All Day
 

TIPP: Summer Arts
Session
11:00-13:00

"Creative sessions with Cara exploring multimedia techniques."



Thursday 17th

9.30-10:30 for breakfast
and drop in support


Employment Support
10:30-11:30
with Liam

"Continue your employment journey by searching for the latest jobs. Learn key interview skills, CV Writing, Disclosure and much more"



Friday 18th

9.30-10:30 for breakfast
and drop in support


Baking
10:30-12:00
with Jasmine

"learn how to create your favourite sweet treats on a budget"



Veteran Support
13:00 - 14:00
with Jasmine

Join fellow veterans for conversation, peer support, and opportunities to improve wellbeing in a relaxed and friendly environment



Creative Writing
13:00 - 15:00
with Amy

Explore self-expression through storytelling, poetry, and reflective writing. Using imagination and building literacy skills



Beginners Employment
Group
13:00-15:00
with Amy

"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"



Art Therapy
13:00-15:00
with Amy

"Relieve any stress and anxiety with different artistic techniques"



Digital College: Pathway
to Construction
10 - 12:30

"sign up to digital college and search for suitable training courses to boost skills for employability"



Message your Support
worker for One on
One support: 1-4


CBT with Better Health
10:00-16:00
Appointment Only


Message your Support
worker for One on
One support: 1-4


Message your Support
worker for One on
One support: 1-4


Message your Support
worker for One on
One support: 1-4


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Preston CFO Activity Hub

September - Week 4



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Opening Times:

09:30 - 16:00
Monday - Friday

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

Monday 21st	Tuesday 22nd	Wednesday 23rd	Thursday 24th	Friday 25th
9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 
Book Club 10:30-12:00 with Jasmine <i>'Explore a variety of books, share different perspectives, and build connects with others who love to read.'</i>   	Digital College: Pathway to Hospitality 10:30 - 12:00 <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>  	TIPP: Summer Arts Session 11:00-13:00 <i>"Creative sessions with Cara exploring multimedia techniques."</i>   	Debt Advice 10:00 - 11:00 <i>Support making referrals to debt service to support managing and paying off debts</i>    	Women's Only Hub Quiz 13:00 - 14:00 with Amy <i>A relaxed and engaging women-only session combining quizzes, conversation, and community in a supportive atmosphere.</i>   
Digital College: Pathway to Self-Employment 10:30 - 12:00 <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>   	Men Matter 13:00-14:30 with Peer Mentor <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>   	Beginners Employment Group 13:00-15:00 with Amy <i>"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"</i>    	Debate Club 1 - 3 with Amy <i>'Respectfully sharing opinions on different topics. Develop communication, active listening, critical thinking, confidence in expressing ideas while considering alternative viewpoints.'</i>   	Hub Quiz 14:30 - 15:30 with Jasmine <i>A fun and friendly quiz session where you can test your knowledge, meet new people, and enjoy some light-hearted competition.</i>   
Message your Support worker for One on One support: 1-4 	CBT with Better Health 10:00-16:00 Appointment Only 	Hub Forum 14:00-15:30 	Message your Support worker for One on One support: 1-4 	Women's Only Drop In Support 1-4 

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Preston CFO Activity Hub

September - Week 5



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Opening Times:
09:30 - 16:00
Monday - Friday

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Monday 28th	Tuesday 29th	Wednesday 30th		
9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 		
Book Club 10:30-12:00 with Jasmine <i>"Explore a variety of books, share different perspectives, and build connects with others who love to read."</i>   	Women's Only: Games Morning 10:30 - 12:30 with Jasmine <i>A fun & relaxed women-only morning where you can enjoy a variety of games, friendly competition and plenty of laughs while meeting new people and building connections</i>   	TIPP: Summer Arts Session 11:00-13:00 <i>"Creative sessions with Cara exploring multimedia techniques."</i>   		
CV Writing/disclosure & Cover Letters 13:00 - 15:00 <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs and looking at how to disclosure to employers"</i>   	Men Matter 13:00-14:30 with Peer Mentor <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>   	Beginners Employment Group 13:00-15:00 with Amy <i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i>    		
Message your Support worker for One on One support: 1-4 	CBT with Better Health 10:00-16:00 Appointment Only 	Message your Support worker for One on One support: 1-4 		