

# September 2026

## Hull

### CFO Activity Hub

The Hub is open Monday to Friday.

Wednesday and Friday are for 1:1s and drop ins.

07570 245 620

CFOEvolution@growthco.uk

Hull CFO Activity Hub, Norwich House,  
Scope Office, 1 Saville Street, HU1 3ES

-  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



This programme is funded by HMPPS CFO

#### Monday

All day  
1:1 support

**Access to online fully funded courses:** see leaflet for top courses! These include CSCS, Food Hygiene and starting your own business courses with Mia  
 **10am - 12pm**

#### Arts and Crafts

Building confidence through creative expression and art.  
 **11- 1pm**

#### Equality, Inclusion Support

Understand how to promote fairness, respect diversity, and provide effective support so everyone can participate and succeed. with Jamie  
**1pm - 3pm**  


#### Tuesday

All day  
1:1 support

**Housing support**  
advice and guidance managing accommodation issues, with Mia  
 **10am - 12pm**

#### Job support, & Applications

1:1 appointments to create a CV, Disclosure letter and apply for live vacancies with Jamie  
 **10am - 12pm**

#### Parenting/Ace Course

A course focusing on childhood trauma and relationship building with Noshin.  
**5 week course - Join anytime!**  
 **1pm - 3pm**

#### Thursday

All day  
1:1 support

**Future Me!**  
Building confidence, reducing isolation, and creating positive connections through shared activities and support.  
 **10am - 12pm**

#### Cooking On A Budget

Looking at diet, nutrition, money saving tips! with Mark  
 **11am - 12:30pm**

#### Money Management & Benefit Advice.

Learn to budget, money management and better off calculations with Jamie  
 **1pm - 3pm**

#### Man plan

Awareness, coping strategies, resilience and support for mental wellbeing. with Mark  
 **1pm - 3pm**

Open Monday to Friday. Open Monday, Tuesday and Thursday for activities and 1:1 appointments 9:30am till 4pm

# September 2026



## Hull CFO Activity Hub

–

Support available via your dedicated support worker:

Obtaining ID  
Accommodation  
Finance/benefit/Debt  
Obtaining RTW docs  
1:1 Employment support  
Financial support available to help you get into work!

–

Drop-in Session available for 1:1 Support Monday to Friday

–

Reception contact number:  
07570 245 620

Hull CFO Activity Hub, Norwich House, Scope Office, 1 Saville Street, HU1 3ES



This programme is funded by HMPPS CFO

### WHATS ON: EDI EVENTS

Wednesday 9<sup>th</sup> September 2026

**World Suicide Prevention Day raises awareness of suicide prevention and the importance of supporting mental wellbeing**

### Vocational courses available

Upcoming **Scaffolding Course**, with interviews  
Monday 23<sup>rd</sup> to Thursday 26<sup>th</sup>  
November 9.30am-16.00pm  
CSCS course included

Our **2-day CSCS course** is running next in October  
28<sup>th</sup> and 29<sup>th</sup> October  
All paper based, you are able to complete the H&S course and the CSCS test here.

**Both courses Fully Funded!**

### CBT

Access to Cognitive Behavioural Therapy with a therapist, on a 1:1 basis to receive support around your wellbeing, thoughts and processes and trauma.

### Accessing ID

Support to apply for right to work documents, when trying to find employment:

- Birth Certificate
- Citizen Card

### Accessing Food Banks

Whatever your circumstance, we understand that with the rising cost of living things are hard. We can support you to access Food Banks in your local area.

### Digital College

Access to online fully funded courses:

- Food Hygiene
- Foundation in Sales and Marketing
- Fire Safety
- An Introduction to Peer Mentoring
- Introducing the Role of a Security Guard
- ESOL English for the Workplace
- Asbestos Awareness
- COSH
- Safeguarding
- Hospitality Customer Service
- Money Sense
- Planning to start your own business
- CSCS

Access to hundreds of courses, fully funded with access to IT equipment once approved by your Probation Practitioner

**The CFO Activity Hubs are a safe space. Whether you have a form you don't understand, you need support on 1:1 basis or you want to reduce your social isolation, we are here to help!**