



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

Liverpool CFO Activity Hub - April 2026



	Monday 30 th	Tuesday 31 st	Wednesday 1 st	Thursday 2 nd	Friday 3 rd
Information Address: State House, 22 Dale St., L2 4TR Tel: 07341 604 133 Contact Information: NWCFOreferrals@gcemployment.uk	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
March timetable 	Art Therapy 10:30-12 with Julia & Matt 'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'	Womens Only We are warriors- Womens Group 10:30 - 12 with Julia <i>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity</i>	Cooking Skills with peer mentor Dan 10:30-12:00 <i>Learn to cook healthily and explore meals from different cultures.</i>	HUB CLOSED FOR GOOD FRIDAY 	
March Timetable 	Recovery Group 12-2 with Julia Receive group support to start and maintain drug/alcohol recovery.	UPW- Invite Only 10-12 DWP 1-3pm	Lego Nostalia 1-3 <i>with peer mentor Ed learn skills such as problem solving, focus, task management</i> Therapy dogs 10:30-12:00 <i>the therapy dogs are trained to provide comfort and support.</i>	HUB CLOSED FOR GOOD FRIDAY 	
Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4	CBT with Aisha 10 - 4 appointment only	Through The Gate (TTG) <i>Drop-in sessions for those recently released from custody</i> 1 - 4	CBT with Aisha 10 - 4 appointment only	HUB CLOSED	

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.

Enrolments are needed to engage with any activities.





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	Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
Information	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>
Address: State House, 22 Dale St., L2 4TR Tel: 07341 604133 Contact Information: NWCFOreferrals@gcemployment.uk	HUB CLOSED FOR EASTER MONDAY 	Arts and Crafts with Julia and Matt 10:00-11:30 Socialise and engage in a mindful Digital College (self-led) 10:30-4:00 Gain new knowledge and qualifications. 	Womens Only We are warriors- Womens Group 10:30 -12 wit Julia Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity.' 	Mental Health coffee morning with Julia 10:30-12:00 Join us for a coffee while we discuss mental health. CSCS Course 10-2 Funded CSCS course with paper test at the end of day 2! Support with employment available 	CSCS course day 2 10-2 CSCS card with a paper test: fully funded Job Club with Ian 10:30-12:00 job searching, interviews and starting work. 
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.	HUB CLOSED FOR EASTER MONDAY 	Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery 	UPW – invite only 10:00-12:00 	Lego Nostalgia with peer mentor Ed 1:00-3:00 learn skills such as problem solving, focus, task management. ¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment. 	Say it in a song! Music session with Donna 1:30-3:30 Learn to play instruments and songwriting.
Enrolments are needed to engage with any activities.	HUB CLOSED	CBT with Better Health 10 - 3 appointment only	Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4	CBT with Better Health 10 - 3 appointment only	Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4





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Information

Address:

State House, 22 Dale St., L2 4 TR










Tel: 0 73 4 160 4 133

Contact Information:

NWCFOreferrals@gcemployment.uk

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Enrolments are needed to engage with any activities.

	Monday 13 th	Tuesday 14 th	Wednesday 15 th	Thursday 16 th	Friday 17 th
	<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>Media session – make a film with Tom 10:30-12:30 spread the word about Liverpool Hub and where to find it In Film</p> <p>1:1 employment support 12:30-13:30 improve your CV and find training/employment opportunities.</p> 	<p>Arts and Crafts with Julia and Matt 10:00-11:30 Socialise and engage in a mindful Digital College (self-led) 10:30-4:00 Gain new knowledge and qualifications'</p> 	<p>Womens Only We are warriors- Womens Group 10:30 - 12 wit Julia Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity.'</p> 	<p>Mental Health coffee morning with Julia 10:30-12:00 Join us for a coffee while we discuss mental health. Therapy dogs 10:30-12:00 the therapy dogs are trained to provide comfort and support</p> 	<p>Naafi Café with Julia – veterans only 10:30-12:00 explore veterans' support available in community. Job Club with Ian 10:30-12:00 job searching, interviews and starting work.</p> 
	<p>Hub induction (Meet the team and enroll!) 1pm -4pm</p> <p>Additional Music session with Donna 1:30-3:30 Learn to play instruments and songwriting.</p> 	<p>Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/ alcohol recovery. Non-accredited course: Recall prevention with Julia 1:00-3:00 Gain new knowledge and skills in a guided-learning environment.</p> 	<p>UPW – invite only 10:00-12:00</p> 	<p>Lego Nostalgia with peer mentor Ed 1:00-3:00 learn skills such as problem solving, focus, task management.</p> <p>¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment.</p> 	<p>Say it in a song! Music session with Donna 1:30-3:30 Learn to play instruments and songwriting.</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>





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Enrolments are needed to engage with any activities.

Monday 20th

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

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



1:1 employment support
12:30-13:30
improve your CV and find training/employment opportunities.

Media session – make a film with Tom
10:30-12:30
spread the word about Liverpool Hub and where to find it In Film



Hub Newsletter with peer mentor Ed
12:00-13:00
Edit our monthly newsletter to share what happens at the hub.



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.'



Arts and Crafts with Matt
10:00-11:30
mindful activity to improve your mental health.

Digital College (self-led)
10:30-4:00
Gain new knowledge and qualifications'



Drama session with peer mentor Matt
1:00-3:00
Gain team-working skills and confidence and develop your imagination.



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.'



'We Are Warriors' Women's Group with Tania

9:30-10:30
Brew, Brekky & Check-In 10:30-1:00
'Warriors Ready'

Join us in our Women only group each Wednesday between 9.30am & 1pm

Relaxed atmosphere
Boundaries respected
Safe Space
No judgements
Inclusivity.



UPW – invite only
10:00-12:00

1:1s with DWP
1:00-3:00
Receive 1:1 support from DWP.



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.'



Cooking Skills with peer mentor Dan
10:30-12:00
Learn to cook healthy meals and explore meals from different cultures.



Lego Nostalgia with peer mentor Ed
1:00-3:00
learn skills such as problem solving, focus, task management.

¿Hablas Español? Spanish lesson with Julia
3:00-4:00
Learn Spanish in a fun, steady environment.



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.'



March Quiz with peer mentor Dan
10:30 - 12:00
Share and gain new knowledge in a team activity.

Job Club with Ian
10:30 - 12:00
Get help preparing for job searching, interviews and starting work.



Say it in a song! Music session with Donna
1:30-3:30
Learn to play instruments and songwriting.

Gardening with peer mentor Ed
3:00-4:00
Gain skills to grow your own food and maintain your own garden.



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





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Information

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Enrolments are needed to engage with any activities.



This programme is funded by HMPPS CFO

Monday 27th

Coffee & Catch-Up

9:30 - 10:30

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



1:1 employment support
12:30-13:30
improve your CV and find training/employment opportunities.

Media session – make a film with Tom
10:30-12:30
spread the word about Liverpool Hub and where to find it In Film



Hub Newsletter with peer mentor Ed

12:00-13:00

Edit our monthly newsletter to share what happens at the hub.



Drop-in Support Session

3 - 4



Tuesday 28th

Coffee & Catch-Up

9:30 - 10:30

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



Arts and Crafts with Matt
10:00-11:30
mindful activity to improve your mental health.

Digital College (self-led)
10:30-4:00
Gain new knowledge and qualifications.



Recovery rroup

11:30-12:30

Receive group support to start and maintain drug/alcohol recovery

Drama session with peer mentor Matt
1:00-3:00

Gain team-working skills and confidence and develop your imagination.



CBT with Better Health
10 - 3
appointment only



Wednesday 29th

Coffee & Catch-Up

9:30 - 10:30

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



'We Are Warriors' Women's Group with Tania

10:30-1:00

'Warriors Ready'

Join us in our Women only group each Wednesday between 9.30am & 1pm

Relaxed atmosphere

Boundaries respected

Safe Space

No judgements

Inclusivity.



UPW – invite only
10:00-12:00

1:1s with DWP
1:00-3:00
Receive 1:1 support from DWP.



Hub Induction:
Meet the Team & Enrol
1 - 4



Thursday 30th

Coffee & Catch-Up

9:30 - 10:30

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



Cooking Skills with peer mentor Dan
10:30-12:00
Learn to cook healthy meals and explore meals from different cultures.

Therapy dogs
10:30-12:00
the therapy dogs are trained to provide comfort and support



Lego Nostalgia with peer mentor Ed

1:00-3:00

learn skills such as problem solving, focus, task management.

¿Hablas Español?
Spanish lesson with Julia
3:00-4:00
Learn Spanish in a fun, steady environment.



CBT with Better Health
10 - 3
appointment only



Friday 1st

Coffee & Catch-Up

9:30 - 10:30

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



March Quiz with peer mentor Dan
10:30- 12:00
Share and gain new knowledge in a team activity.

Job Club with Ian
10:30- 12:00
Get help preparing for job searching, interviews and starting work



Say it in a song! Music session with Donna

1:30-3:30

Learn to play instruments and songwriting.

Gardening with peer mentor Ed
3:00-4:00
Gain skills to grow your own food and maintain your own garden.



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

