

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



Information

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

077750 96192 (Gabriella)

07384 119231 (Nadya)

07467 296781 (Sam)

Please contact support workers to book onto any sessions!

Enrolments are needed to do any of the activities.



This programme is delivered by HMPPS CFO

FEBRUARY – WEEK 1



Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>Job Club 10:30 - 12 with Gabbi</p>  <p>Wellbeing & Mindfulness 1 - 3 with Gabbi</p>  <p>Hub Drop-in Support 3 - 4</p> 	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>Pathway to Progression Workshop 10 - 3:30 with Inside Academy</p>  <p>CBT with Hayley (Appt Only) 10 - 12</p>  <p>CBT with Hayley (Appt Only) 1 - 4</p> 	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>Pathway to Progression Workshop 10 - 3:30 with Inside Academy</p>  <p>CBT with Hayley (Appt Only) 1 - 4</p>  <p>INSIDE ACADEMY</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>Interview Prep & Mock Interviews 10 - 12:30 with Nadya</p>  <p>Women's Only Hub Induction - Meet the Team and Enrol 1 - 4</p> 	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>Men's Matter Group 10:30 - 12:30 with Sam</p>  <p>Hub Induction - Meet the Team and Enrol 1 - 4</p>  <p>Women's Only Relationship Advice & Support 1 - 2:30 with Nadya</p>  <p>Disclosure Support 2 - 3 with Sam</p> 

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FEBRUARY – WEEK 2



Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>
<p>Training & Course Searching (CSCS, Forklift) 1 - 3 with Nadya</p>	<p>CV Support & Job Searching 10:30 - 12 with Gabbi</p>	<p>CBT with Hayley (Appt Only) 10 - 12</p>	<p>TiPP Film Making 10:30 - 12:30</p>	<p>Approved Premises Support 10:30 - 12 with Sam</p>
<p>National Pizza Day Cooking Session 1 - 3 with Nadya</p>	<p>Art Therapy 1 - 3 with Gabbi</p>	<p>CBT with Hayley (Appt Only) 1 - 4</p>	<p>TiPP Art Session 1 - 3</p>	<p>Intro to Labouring (non-accredited course) 1 - 3 with Sam</p>
<p>Hub Forum 3 - 4 with Gabbi</p>	<p>Hub Induction - Meet the Team and Enrol 1 - 4</p>		<p>Goal Setting 3 - 4 with Sam</p>	<p>Hub Induction - Meet the Team and Enrol 1 - 4</p>
				<p>Women's Only Benefit Support 1 - 2:30 with Nadya</p>
				<p>Women's Only Hub Drop-ins Support 2:30 - 4 with Nadya & Gabbi</p>

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FEBRUARY – WEEK 3



Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>Intro to Labouring (non-accredited course) 1 - 3 with Sam</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p> <p>National Pancake Day Cooking Session 10:30 - 11:30 with Gabbi</p>	<p>CBT with Hayley (Appt Only) 10 - 12</p>	<p>TiPP Film Making 10:30 - 12:30</p>	<p>Hub Induction - Meet the Team and Enrol 10:30 - 13:30</p>
<p>Art Therapy 10:30 - 12 with Sam</p>	<p>First Day of Ramadan Understanding Diversity in Society (non-accredited course) 12 - 2:30 with Gabbi</p>	<p>CBT with Hayley (Appt Only) 1 - 4</p>	<p>TiPP Art Session 1 - 3</p>	<p>Focus Group with Hub Mentor 1 - 3</p>
<p>Women's Only Wellbeing & Mindfulness 2:30 - 4 with Nadya</p>	<p>Chinese New Year Arts & Crafts Session 2:30 - 4 with Gabbi & Hub Mentors</p>		<p>Hub Induction - Meet the Team and Enrol 1 - 4</p>	<p>Job Application Support 2 - 4 with Sam</p>
				<p>Hub Drop-in Support 3 - 4</p>

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FEBRUARY – WEEK 4



Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>	<p>Breakfast Club & Drop-ins 9:30 - 10:30</p>
<p>CV Support 10:30 - 12 with Sam</p>	<p>Black History Month: Learning about the Culture "So you wanna rap, do ya?" (non-accredited course) 10:30 - 1 with Nadya</p>	<p>CBT with Hayley (Appt Only) 10 - 12</p>	<p>TiPP Film Making 10:30 - 12:30</p>	<p>Job Club 10:30 - 12 with Sam</p>
<p>Men's Mental Health Group 1 - 3 with Sam</p>	<p>Job Searching 1 - 3 with Nadya</p>	<p>CBT with Hayley (Appt Only) 1 - 4</p>	<p>TiPP Art Session 1 - 3</p>	<p>National Chilli Day Cooking Session 1 - 2:30 with Sam</p>
<p>Hub Induction - Meet the Team and Enrol 1 - 4</p>	<p>Hub Drop-in Support 3 - 4</p>		<p>Motivation & Confidence Building 3 - 4 with Gabbi</p>	<p>Hub Quiz 3 - 4 with Sam</p>
				<p>Hub Induction - Meet the Team and Enrol 1 - 4</p>