



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

FEBRUARY – WEEK 1



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

Monday 2nd	Tuesday 3rd		Wednesday 4th	Thursday 5th	Friday 6th
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30
Job Club 10:30 - 12 with Gabbi 	Pathway to Progression Workshop 10 - 3:30 with Inside Academy 		CBT with Hayley (Appt Only) 10 - 12 	Interview Prep & Mock Interviews 10 - 12:30 with Nadya 	Men's Matter Group 10:30 - 12:30 with Sam 
Wellbeing & Mindfulness 1 - 3 with Gabbi 	A two-day workshop designed to boost confidence, build stability, and create a clear sense of direction for the future. 		CBT with Hayley (Appt Only) 1 - 4 	Women's Only Hub Induction - Meet the Team and Enrol 1 - 4 	Hub Induction - Meet the Team and Enrol 1 - 4 
Hub Drop-in Support 3 - 4 				Women's Only Relationship Advice & Support 1 - 2:30 with Nadya 	Disclosure Support 2 - 3 with Sam 



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FEBRUARY – WEEK 2



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Contact Information:



















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



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FEBRUARY – WEEK 3



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Contact Information:


















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



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FEBRUARY – WEEK 4



Information

Address:

First Floor Offices, Crabtree Street,
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Blackburn, BB1 3BD

Contact Information:






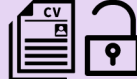










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Monday 23rd	Tuesday 24th		Wednesday 25th	Thursday 26th	Friday 27th
Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30		Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins 9:30 - 10:30	Breakfast Club & Drop-ins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