



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

BLACKBURN CFO ACTIVITY HUB



This programme is funded by HMPPS CFO

July - Week 1

		Wednesday 1st	Thursday 2nd	Friday 3rd
			<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>Disclosure Support 10:30 - 12 with Hayley</p> <p><i>'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'</i></p>  	<p>Accommodation Advice & Support 10:30 - 12 with Gabbi</p> <p><i>'Receive support and guidance to transition from temporary accommodation into your own home.'</i></p>  	<p>Women's Only Steps to Employment 1 - 3 with Nadya</p> <p><i>'Explore your pathway to employment with support in completing a personalised CV, exploring interview techniques and job searching skills.'</i></p>  
		<p>Arts & Sculpture 1 - 3 with TIPP</p> <p><i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'</i></p>  	<p>Cooking on a Budget: 1-3 with Hub Mentors</p> <p><i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i></p>  	<p>Men's Matter Group 1 - 3 with Hub Mentors</p> <p><i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i></p>  
		<p>Drop-in Support Session 1 - 4:30</p> 	<p>CBT with Better Health 10 - 3 appointment only</p> 	<p>Hub Induction: Meet the Team & Enrol 1 - 4</p> 

Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07789 951065 (Hayley)

Open 9:30am - 5pm Monday - Friday

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BLACKBURN CFO ACTIVITY HUB

July - Week 2



	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
	<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>Digital College: Pathway to Hospitality 10:30 - 12 <i>with Nadya</i></p> <p><i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p>Benefit Support 10:30 - 12 <i>with Gabbi</i></p> <p><i>'Gain support in learning what benefits you are entitled to and support in applying for these.'</i></p> 	<p>Future Focus 10:30 - 12 <i>with Nadya</i></p> <p><i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i></p> 	<p>Unpaid Work Support 10:30 - 12:30 <i>with Gabbi</i></p> <p><i>'Access support in understanding community service requirements and help in completing unpaid work hours.'</i></p> 	<p>Women's Only Healthy Boundaries 10:30 - 12 <i>with Hayley</i></p> <p><i>'Engage in a session focused on understanding and setting healthy boundaries to support well-being and positive relationships.'</i></p> 
	<p>Job Club: CV Writing & Job Search 1 - 3 <i>with Hayley</i></p> <p><i>Learn how to create a professional, tailored CV that highlights your skills, experience, and achievements to improve your chances of securing interviews.</i></p> 	<p>Women's Only Relationship Advice & Support 1 - 3 <i>with Nadya</i></p> <p><i>'Engage in a session focused on receiving relationship advice and support to build healthier and more positive connections with others.'</i></p> 	<p>Arts & Sculpture 1 - 3 <i>with TIPP</i></p> <p><i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'</i></p> 	<p>Prepare for Employment with Lived Experience - Importance of Soft Skills 1 - 3 <i>with Hayley</i></p> <p><i>'Engage in a non-accredited course to learn about your employability skills.'</i></p> 	<p>Cooking on a Budget: 1 - 3 <i>with Hub Mentors</i></p> <p><i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i></p> 
	<p>Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4</p>	<p>Women's Only Drop-in Support Session 1 - 4</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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BLACKBURN CFO ACTIVITY HUB



July - Week 3

	Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
	<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>Digital College: Pathway to CSCS/Construction 10:30 - 12 with Gabbi <i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p>In-Work Support 10:30 - 12 with Hayley <i>'Gain support in managing your current employment with check-ins on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'</i></p> 	<p>Pathway to Work 10:30 - 12:30 with Nadya <i>'Aimed at those 18-25 years of age; come and receive support with job searching, CV writing, interview skills, and building confidence for employment.'</i></p> 	<p>Unpaid Work Support 10:30 - 12:30 with Gabbi <i>'Access support in understanding community service requirements and help in completing unpaid work hours.'</i></p> 	<p>Women's Only Job Search, Cover Letter & Job Application Support 10:30 - 12 with Nadya <i>'Gain support in searching for suitable job opportunities, writing a cover letter displaying your suitability for employment opportunities, and completing job applications.'</i></p> 
	<p>Job Club: Job Applications & Job Search 1 - 3 with Nadya <i>'Gain practical support to find suitable job opportunities, complete applications effectively, and increase your chances of employment.'</i></p> 	<p>Women's Only Art Therapy 1 - 3 with Gabbi <i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i></p> 	<p>Arts & Sculpture 1 - 3 with TIPP <i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'</i></p> 	<p>Emotional Regulation for Employment 1 - 3 with Hayley <i>'Engage in a session focused on developing emotional regulation skills to better manage feelings in the workplace and support employment success.'</i></p> 	<p>Men's Matter Group 1 - 3 with Hub Mentors <i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i></p> 
	<p>Drop-in Support Session 3 - 4:30</p>	<p>Women's Only Hub Induction: Meet the Team & Enrol 1 - 4</p>	<p>Hub Induction: Meet the Team & Enrol 1 - 4</p>	<p>Through The Gate (TTG) Drop-in sessions for those recently released from custody 1 - 4</p>	<p>Hub Induction: Meet the Team & Enrol 1 - 4</p>

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BLACKBURN CFO ACTIVITY HUB



July - Week 4

	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
	<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>Digital College: Pathway to Retail 10:30 - 12 with Hayley <i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p> 	<p>Benefit Support 10:30 - 12 with Gabbi <i>'Gain support in learning what benefits you are entitled to and support in applying for these.'</i></p> 	<p>In-Work Support 10:30 - 12 with Hayley <i>'Gain support in managing your current employment with check-ins on your wellbeing, action plans regarding any support needed for work and learn how to request reasonable adjustments for work with a referral to Access to Work.'</i></p> 	<p>Unpaid Work Support 10:30 - 12:30 with Gabbi <i>'Access support in understanding community service requirements and help in completing unpaid work hours.'</i></p> 	<p>Women's Only CV Support 10:30 - 12 with Hayley <i>'Gain support in realising your skill set and creating or updating your CV to be employment ready.'</i></p> 
	<p>Job Club: Interview Preparation 1 - 3 with Gabbi <i>'Build confidence and improve your interview skills through practice, guidance, and tips on answering common interview questions effectively.'</i></p> 	<p>Women's Only Employment Wellbeing Action Plan 1 - 3 with Gabbi <i>'Engage in support in completing a wellbeing action plan to support your mental health within the workplace and ensure reasonable adjustments are being made.'</i></p> 	<p>Arts & Sculpture 1 - 3 with TIPP <i>'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TIPP).'</i></p> 	<p>Managing Emotions 1 - 3 with Hayley <i>'Gain support in learning about your emotional triggers and strategies to combat negative behaviours.'</i></p> 	<p>Cooking on a Budget: 1 - 3 with Hub Mentors <i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i></p> 
	<p>Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4</p>	<p>Women's Only Drop-in Support Session 1 - 4:30</p>	<p>Through The Gate (TTG) <i>Drop-in sessions for those recently released from custody</i> 1 - 4</p>	<p>CBT with Better Health 10 - 3 appointment only</p>	<p>Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4</p>

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BLACKBURN CFO ACTIVITY HUB

July - Week 5



Monday 27th

Tuesday 28th

Wednesday 29th

Thursday 30th

Friday 31st

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

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



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

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Digital College: Pathway to Self-Employment
10:30 - 12
with Hayley

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Exploring Employability Skills
10:30 - 12
with Nadya

'Explore key skills needed for meaningful employment, such as communication, teamwork, and time management.'



Future Focus
10:30 - 12
with Hayley

'Attend a session focused on setting clear and achievable employment goals to support future career development.'



Unpaid Work Support
10:30 - 12:30
with Gabbi

'Access support in understanding community service requirements and help in completing unpaid work hours.'



Women's Only

Cooking on a Budget
10:30 - 12
with Nadya

'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'



Job Club: Interview Preparation
1 - 3
with Gabbi

'Practice realistic interview scenarios and receive constructive feedback to improve your performance and boost your confidence.'



Hub Induction:
Meet the Team & Enrol
1 - 4



Women's Only
Wellbeing & Mindfulness
1 - 3
with Nadya

'Discuss your current mental health and wellbeing and learn mindfulness techniques to support yourself.'



Women's Only
Hub Induction: Meet the Team & Enrol
1 - 4



Arts & Sculpture
1 - 3
with TiPP

'Engage in a fun and creative activity designing unique masks using colors, patterns, and your imagination with Theatre in Prisons and Probation (TiPP).'



Hub Forum
3 - 4
with Gabbi



Approved Premises Support
1 - 3
with Hayley

'Receive support and guidance to transition from temporary accommodation into your own home.'



CBT with Better Health
10 - 3
appointment only



Men's Matter Group
1 - 3
with Hub Mentors

'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'



Drop-in Support Session
3 - 4

