



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

# Preston CFO Activity Hub- MAY WEEK 1



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:

07850 955413 (Amy)  
07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.

Monday 04/05/2026	Tuesday 05/05/2026	Wednesday 06/05/2026	Thursday 07/05/2026	Friday 08/05/2026
HUB CLOSED BANK HOLIDAY	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
HUB CLOSED BANK HOLIDAY	<b>Mens Matter</b>  10:30-12:00 <i>With Peer Support Mike</i>  "Come down and talk about the issues men face within their social, wellbeing, and mental health"	<b>Training and Courses</b>  10:30-12:00  "sign up to digital college and search for suitable training courses to boost skills for employability"	<b>Intro To Employment</b>  10:30-12:00  "start your employment journey, learn key interview skills, and much more"	<b>Hub QUIZ</b>  10:30-12:00 <i>with Jasmine</i>  "Join our Hub Quiz and put your knowledge to the test"
HUB CLOSED BANK HOLIDAY	<b>Ping Pong and Pool</b>  13:00-15:00 <i>with Liam</i>  "Ping Pong & Pool session: good vibes, friendly games, all welcome!"	<b>Money Management</b>  13:00-15:00  "Learn how to manage your money efficiently and make smart budgeting choices"	<b>Art Therapy</b>  13:00-15:00 <i>with Amy</i>  "Relieve any stress and anxiety with different artistic techniques"	<b>Women's Only Afternoon: Support and Advice</b>  13:00-14:00 <i>with Jasmine and Amy</i>  "Support to help you stay motivated and continue moving forward"
HUB CLOSED BANK HOLIDAY	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4





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# Preston CFO Activity Hub- MAY WEEK 2



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:





















07850 955413 (Amy)  
07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

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Monday 11/05/2026	Tuesday 12/05/2026	Wednesday 13/05/2026	Thursday 14/05/2026	Friday 15/05/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>CV Writing and Cover Letters</b>   10:30-12:30  <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i> 	<b>NCS skills Finder</b>   10:30-12:00  <i>"Discover your skills and careers assessment. Answer questions about things you like to do or are good at. You'll see what motivates you based on your answers."</i> 	<b>Veterans Brunch</b>   10:30-11:30 with Jasmine  <i>"a safe space to discuss, share stories, and provide links to various charities and support"</i>  	<b>CONNECT TO WORK</b>   10:30-12:00  <i>"C2W can help you if your finding it tough to get a job or stay in work"</i> 	<b>Cooking</b>  10:30-12:00 with Jasmine  <i>"learn everyday skills in the kitchen and how to prep Healthy Meals"</i>  
<b>TIPP: Creative Writing/ Visual Arts</b>  13:00-15:00  <i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i>  	<b>Managing Emotions and Mediation</b>  13:00-15:00 With Jasmine  <i>"support with managing emotions, followed by guided meditation"</i>  	<b>Benefit Checker</b>  13:00-15:00  <i>"gain support in leaning what benefits you are entitled to and support in applying for these"</i> 	<b>Art Therapy</b>  13:00-15:00 with Amy  <i>"Relieve any stress and anxiety with different artistic techniques"</i>  	<b>Women's Only Afternoon: Meditation</b>  13:00-14:00 with Jasmine and Amy  <i>"Join us for guided meditation to reduce stress and anxiety"</i>  
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4



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# Preston CFO Activity Hub- MAY WEEK 3



## PRESTON CFO ACTIVITY HUB

### Address:

Urban Exchange, Theatre/Mount Street, PR1 8BQ

### Contact Information:























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07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.



Monday 18/05/2026	Tuesday 19/05/2026	Wednesday 20/05/2026	Thursday 21/05/2026	Friday 22/05/2026
9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
<b>Armed Forces Support</b>  10:30-12:00 <i>with Jasmine</i> <i>"Support for those joining or just thinking about joining the Armed Forces"</i>  	<b>Mens Matter</b> 10:30-12:00 <i>With Peer Support Mike</i> <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>  	<b>Benefit Checker</b> 10:30-12:00 <i>"gain support in leaning what benefits you are entitled to and support in applying for these"</i>  	<b>Intro To Employment</b>  10:30-12:00 <i>"start your employment journey, learn key interview skills, and much more"</i>  	<b>Hub Games</b> 10:30-12:00 <i>with Amy</i> <i>"Bring out your competitive streak and join us for a variety of board games"</i>  
<b>TIPP: Creative Writing/ Visual Arts</b> 13:00-15:00 <i>"explore ideas, experiment, and create in a relaxed, inspiring space."</i>  	<b>Ping Pong and Pool</b> 13:00-15:00 <i>with Liam</i> <i>"Ping Pong &amp; Pool session: good vibes, friendly games, all welcome!"</i>  	<b>Disclosure Letter</b> 13:00-15:00 <i>"Drop in for support writing and tailoring your disclosure letter"</i>  	<b>Art Therapy</b> 13:00-15:00 <i>with Amy</i> <i>"Relieve any stress and anxiety with different artistic techniques"</i>  	<b>Women's Only Afternoon: Arts and Craft</b> 13:00-15:00 <i>with Jasmine and Amy</i> <i>"Take part in various arts and crafts"</i>  
Message your Support worker for One on One support: 1-4	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4



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# Preston CFO Activity Hub- MAY WEEK 4



## PRESTON CFO ACTIVITY HUB

### Address:

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### Contact Information:


















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07467 740540 (Jasmine)  
07384 548064 (Liam)

### Opening Times:

09:30 – 16:00  
Monday – Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.



Monday 25/05/2026	Tuesday 26/05/2026	Wednesday 27/05/2026	Thursday 28/05/2026	Friday 29/05/2026
HUB CLOSED BANK HOLIDAY	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support	9.30-10:30 for breakfast and drop in support
HUB CLOSED BANK HOLIDAY	<b>Training and Courses</b>   10:30-12:00  <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i> 	<b>Veterans Brunch</b>   10:30-11:30 with Jasmine  <i>"a safe space to discuss, share stories, and provide links to various charities and support"</i>  	<b>CV Writing and Cover Letters</b>  10:30-12:30  <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs"</i>  	<b>Baking</b>  10:30-12:00 with Jasmine  <i>"learn how to create your favourite sweet treats on a budget"</i>  
HUB CLOSED BANK HOLIDAY	<b>Managing Emotions and Mediation</b>  13:00-15:00 With Jasmine  <i>"support with managing emotions, followed by guided meditation"</i>  	<b>Literacy and Numeracy Skills</b>  13:00-15:00  <i>"gain Support in expanding your current literacy and numeracy skills"</i> 	<b>Art Therapy</b>  13:00-15:00 with Amy  <i>"Relieve any stress and anxiety with different artistic techniques"</i>  	<b>Women's Only Afternoon: Job Finding and Applications</b>   13:00-14:30 with Jasmine and Amy  <i>"Support finding Jobs and filling in applications"</i>  
HUB CLOSED BANK HOLIDAY	CBT with Better Health 10:00-16:00 <b>Appointment Only</b>	Message your Support worker for One on One support: 1-4	Message your Support worker for One on One support: 1-4	Women's Only Drop In Support 1-4