



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

August 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 3th

9.30-10:30 for breakfast
and drop in support

Book Club
10:30-12:00
with Jasmine

'Explore a variety of books, share different perspectives, and build connects with others who love to read.'



Digital College: Pathway
to Logistics
1 - 3

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



Message your Support
worker for One on
One support: 1-4

Tuesday 4th

9.30-10:30 for breakfast
and drop in support

Women's Only Morning:
Meet & Greet
10:30-12:30
with Jasmine

'A welcoming, women-only space to meet new people, build friendships, share experiences, and connect with others in a relaxed and supportive environment.'



Creative Writing
1 - 3
with Amy

'Explore self-expression through storytelling, poetry, and reflective writing. Using imagination and building literacy skills'



CBT with Better Health
10:00-16:00
Appointment Only

Wednesday 5th

9.30-10:30 for breakfast
and drop in support

TIPP: Summer Arts
Session
11:00-13:00

"Creative sessions with Cara exploring multimedia techniques."



Young People's
Employment Session
13:00-15:00
with Amy

"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"



Message your Support
worker for One on
One support: 1-4

Thursday 6th

9.30-10:30 for breakfast
and drop in support

Intro to Employment
10:30-11:30
with Liam

Start/Continue your employment journey, learn key interview skills, CV Writing, Disclosure and much more



Art Therapy
13:00-14:30
with Jasmine

"Relieve any stress and anxiety with different artistic techniques"



Message your Support
worker for One on
One support: 1-4

Friday 7th

9.30-10:30 for breakfast
and drop in support

Cooking
10:30-12:00
with Jasmine

Build confidence in the kitchen while preparing delicious meals and making new friendships along the way



Afternoon: Meditation
1 - 2
with Jasmine

Guided meditation session focused on relaxation, mindfulness, and stress reduction



Women's Only
Drop In Support
1-4

-  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

August 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

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

Monday 10th	Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
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 
Book Club 10:30-12:00 with Jasmine <i>'Explore a variety of books, share different perspectives, and build connects with others who love to read.'</i>   	Digital College: Pathway to Retail 10 - 12 <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i>   	TIPP: Summer Arts Session 11:00-13:00 <i>"Creative sessions with Cara exploring multimedia techniques."</i>   	Money Management 10:00 - 12:00 <i>"gain Support with managing and spending your money through smart choices"</i>   	Ping Pong and Pool 10:30-12:00 with Liam <i>"Ping Pong & Pool session: good vibes, friendly games, all welcome!"</i>   
CV Writing, Disclosure & Cover Letters 1 - 3 <i>"support for those who need help writing and tailoring CVs or Cover Letters to specific jobs; and looking at how to disclose to potential employers"</i>   	Men Matter 13:00-14:30 with Peer Mentor <i>"Come down and talk about the issues men face within their social, wellbeing, and mental health"</i>   	Young People's Employment Session 13:00-15:00 with Amy <i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i>    	Debate Club 1 - 3 with Amy <i>'Respectfully sharing opinions on different topics. Develop communication, active listening, critical thinking, confidence in expressing ideas while considering alternative viewpoints.'</i>   	Women's Only Afternoon: Meditation 13:00-14:00 with Jasmine <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 Appointment Only 	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 

- ▲ 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

August Week 3



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 17th	Tuesday 18th	Wednesday 19th	Thursday 20th	Friday 21st
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 ▲
Book Club 10:30-12:00 with Jasmine <i>'Explore a variety of books, share different perspectives, and build connects with others who love to read.'</i> ▲●	Women's Only Afternoon: Book Club 13:00-14:30 with Jasmine <i>'Explore a variety of books, share different perspectives, and build connects with others who love to read.'</i> ▲●	TIPP: Summer Arts Session 11:00-13:00 <i>"Creative sessions with Cara exploring multimedia techniques."</i> ▲●■	Intro to Employment 10:30 - 11:30 with Liam <i>Start/Continue your employment journey, learn key interview skills, CV Writing, Disclosure and much more</i> ▲●■	Baking 10:30-12:00 with Jasmine <i>"learn how to create your favourite sweet treats on a budget"</i> ▲●
Veteran Support 13:00 - 14:00 with Jasmine <i>Join fellow veterans for conversation, peer support, and opportunities to improve wellbeing in a relaxed and friendly enviroment</i> ▲●■	Creative Writing 13:00 - 15:00 with Jasmine <i>Explore self-expression through storytelling, poetry, and reflectivewriting. Using imagination and building literacy skills</i> ▲●	Young People's Employment Session 13:00-15:00 with Jasmine <i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i> ▲●■	Art Therapy 13:00-15:00 with Jasmine <i>"Relieve any stress and anxiety with different artistic techniques"</i> ▲●	Digital College: Pathway to Construction 10 - 12:30 <i>"sign up to digital college and search for suitable training courses to boost skills for employability"</i> ▲●■
Message your Support worker for One on One support: 1-4 ▲	CBT with Better Health 10:00-16:00 Appointment Only ▲	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 ▲

-  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

August Week 4



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 24th

9.30-10:30 for breakfast
and drop in support

**HAPPINESS
HAPPENS
MONTH**
10:00 - 15:00
with Amy/Jasmine

Happiness Happens Month is a whole month dedicated to celebrating what makes you happy. The holiday is based on the premise that happiness is unlimited and contagious and that sharing one's happiness and can bring a lot of joy in other people's lives

We will look at what makes us happy, and make thank you are to those in our lives who have brought us happiness.

We will look at emotional regulations and how to fight the negative energy.



Message your Support
worker for One on
One support: 1-4

Tuesday 25th

9.30-10:30 for breakfast
and drop in support

Digital College: Pathway to
Hospitality
10:30 - 12:00

"sign up to digital college and search for suitable training courses to boost skills for employability"



Men Matter
13:00-14:30
with Peer Mentor

"Come down and talk about the issues men face within their social, wellbeing, and mental health"



CBT with Better Health
10:00-16:00
Appointment Only

Wednesday 26th

9.30-10:30 for breakfast
and drop in support

TIPP: Summer Arts
Session
11:00-13:00

"Creative sessions with Cara exploring multimedia techniques."



Young People's
Employment Session
13:00-15:00
with Amy

"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"



Hub Forum
14:00-15:30

Thursday 27th

9.30-10:30 for breakfast
and drop in support

Debt Advice
10:00 - 11:00

Support making referrals to debt service to support managing and paying off debts



Debate Club
1 - 3
with Amy

'Respectfully sharing opinions on different topics. Develop communication, active listening, critical thinking, confidence in expressing ideas while considering alternative viewpoints.'



Message your Support
worker for One on
One support: 1-4

Friday 28th

9.30-10:30 for breakfast
and drop in support

Women's Only
Hub Quiz
13:00 - 14:00
with Amy

A relaxed and engaging women-only session combining quizzes, conversation, and community in a supportive atmosphere.



Hub Quiz
14:30 - 15:30
with Jasmine

A fun and friendly quiz session where you can test your knowledge, meet new people, and enjoy some light-hearted competition.



Women's Only
Drop In Support
1-4



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

August Week 5



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 31st

Bank Holiday Monday

Bank Holiday Monday

Bank Holiday Monday

Bank Holiday Monday