



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



May - Week 1

Monday 27th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Intro to Labouring
(non-accredited course)
10:30 - 12:30
with Gabbi

'Engage in a non-accredited course aimed at exploring what labouring is and the qualifications needed to become a labourer.'

Interview Skills & Mock Interviews
1 - 3
with Gabbi

'Gain effective interview skills, learn how to best present yourself to an employer, and participate in mock interviews.'

Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4

Tuesday 28th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Training & Course Searching (CSCS, Forklift etc)
10:30 - 12
with Hayley

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

Women's Only
Job Search & Application Support
1 - 3
with Hayley

'Gain support in completing job applications and writing a cover letter for employment opportunities.'

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

Wednesday 29th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

National Blueberry Pie Day
10:30 - 12:30
with Nadya

'Join staff and Hub Mentors for a hands-on baking session and skill-building experience.'

Scenes & Stories
1 - 3
with TIPP

'Participate in creative expression through story telling and acting with Theatre in Prisons and Probation (TIPP).'

Drop-in Support Session
1 - 4

Thursday 30th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

CV Support
10:30 - 12
with Nadya

'Gain support in realising your skill set and creating or updating your CV to be employment ready.'

Sentence Conditions & Requirement Support
1 - 3
with Nadya

'Access guidance to help you understand and comply with your sentence and licence conditions.'

CBT with Better Health
10 - 3
appointment only

Friday 1st

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Women's Only
Wellbeing & Mindfulness
10:30 - 12
with Hayley

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

Men's Matter Group
1 - 3
with Hub Mentor Adam

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

Hub Induction:
Meet the Team & Enrol
1 - 4

Information

Address:

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

Contact Information:

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

The Hub can support participants with funding for training and courses to help build skills, confidence, and employment opportunities. Where possible, the Hub may also provide funding directly and can assist with identifying and applying for other available funding. The Hub can also support participants by making referrals to local food banks and organising wellbeing essential packs when needed. In partnership with Better Health, Cognitive Behavioural Therapy (CBT) sessions run every Tuesday and Thursday, with participants entitled to four one-hour sessions that can be extended if further support is required. Drop-ins are also welcome for anyone needing advice, support, or a friendly chat.

Enrolments are needed to engage with any activities.





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Society: Activities contributing to the community outside of the CFO Activity Hub

BLACKBURN CFO ACTIVITY HUB



May - Week 2

	Monday 4 th	Tuesday 5 st	Wednesday 6 th	Thursday 7 th	Friday 8 th
Information	HUB CLOSED	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>
Address: First Floor Offices, Crabtree Street, Furthergate Industrial Estate, Blackburn, BB1 3BD	HUB CLOSED FOR EARLY BANK HOLIDAY 	Disclosure Support 10:30 - 12 with Nadya <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> 	Employment Wellbeing Action Plan 10:30 - 12:30 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> 	Pathway to Work 10:30 - 12:30 with Hayley <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> 	Women's Only Steps to Employment 10:30 - 12:30 with Gabbi <i>'Explore your pathway to employment with support in completing a personalised CV, exploring interview techniques and job searching skills.'</i> 
Contact Information: 077750 96192 (Gabriella) 07384 119231 (Nadya) 07789 951065 (Hayley)	HUB CLOSED FOR EARLY BANK HOLIDAY 	Women's Only Art Therapy 1 - 3 with Nadya <i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i> 	Mask Making 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> 	Preventing Recall: Building Motivation & Capacity to Engage (non-accredited course) 10:30 - 12:30 with Hayley <i>'Gain advice and support regarding your current accommodation and options available.'</i> 	Cooking on a Budget: Lasagne 1 - 3 with Gabbi <i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i> 
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BLACKBURN CFO ACTIVITY HUB



May - Week 3

	Monday 11 th	Tuesday 12 th	Wednesday 13 th	Thursday 14 th	Friday 15 th
	<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>In-Work Support 10:30 - 12 <i>with Hayley</i> <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 <i>with Gabbi</i> <i>'Access support in understanding community service requirements and help in completing unpaid work hours.'</i></p>	<p>Mock Interviews 10:30 - 12 <i>with Hayley</i> <i>'Engage in a mock interview to gain confidence in your interview techniques, gain feedback and support in expanding your skills and support in preparing to disclose your offence in person if necessary.'</i></p>	<p>Preventing Recall: Building Motivation & Capacity to Engage (non-accredited course) 10:30 - 12:30 <i>with Gabbi</i> <i>'Engage in a non-accredited course aimed to help you understand why recalls to custody occur, reflect on your personal journey, and begin planning for a more positive future.'</i></p>	<p>Women's Only Crocheting 10:30 - 12 <i>with Nadya</i> <i>'Engage in a relaxing activity through using yarn and hooks to create handmade items while enjoying a calm and creative atmosphere.'</i></p>
	<p>Job Search, Cover Letter & Job Application Support 1 - 3 <i>with Hayley</i> <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>Women's Only Disclosure Support 1 - 3 <i>with Gabbi</i> <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>Mask Making 1 - 3 <i>with TIPP</i> <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>Benefit Support 1 - 3 <i>with Gabbi</i> <i>'Gain support in learning what benefits you are entitled to and support in applying for these.'</i></p>	<p>National Pizza Party Day 1 - 3 <i>with Nadya</i> <i>'Join staff, Hub Mentors and fellow participants in learning skills to make budget friendly pizzas and celebrating a national day.'</i></p>
	<p>Drop-in Support Session 3 - 4</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>

Information

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BLACKBURN CFO ACTIVITY HUB



May - Week 4

Monday 18th

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

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



Disclosure Support
10:30 - 12
with Gabbi

'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'



Interview Skills & Mock Interviews
1 - 3
with Gabbi

'Gain effective interview skills, learn how to best present yourself to an employer, and participate in mock interviews.'



Hub Induction:
Meet the Team & Enrol
1 - 4



Tuesday 19th

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

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



Food Safety & Storage
(non-accredited course)
10:30 - 12
with Nadya

'Complete a non-accredited course that teaches you how to safely store, handle, and prepare food while maintaining hygiene and reducing the risk of food poisoning through following correct procedures.'



Women's Only
Steps to Employment
1 - 3
with Nadya

'Explore your pathway to employment with support in completing a personalised CV, exploring interview techniques and job searching skills.'



Women's Only
Drop-in Support Session
1 - 4



Wednesday 20th

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

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



Training & Course Searching (CSCS, Forklift etc)
10:30 - 12
with Hayley

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



Mask Making
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).'



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4



Thursday 21st

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

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



Job Search, Cover Letter & Job Application Support
10:30 - 12
with Nadya

'Gain support in searching for suitable job opportunities, writing a cover letter displaying your suitability for employment opportunities, and completing job applications.'



Approved Premises Support
1 - 3
with Nadya

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



CBT with Better Health
10 - 3
appointment only



Friday 22nd

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

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



Women's Only
Cooking on a Budget: Stir-Fry
10:30 - 12
with Hayley

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



Art Therapy
1 - 3
with Hayley

'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'



Hub Induction:
Meet the Team & Enrol
1 - 4



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BLACKBURN CFO ACTIVITY HUB



May - Week 5

	Monday 25 th	Tuesday 26 th	Wednesday 27 th	Thursday 28 th	Friday 29 th
Information	HUB CLOSED	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>
Address: First Floor Offices, Crabtree Street, Furthergate Industrial Estate, Blackburn, BB1 3BD	HUB CLOSED FOR BANK HOLIDAY 	Pathway to Work 10:30 - 12 with Gabbi <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> 	Food Safety & Storage (non-accredited course) 10:30 - 12:30 with Nadya <i>'Complete a non-accredited course that teaches you how to safely store, handle, and prepare food while maintaining hygiene and reducing the risk of food poisoning through following correct procedures.'</i> 	Prepare for Employment with Lived Experiences (Part 1) (non-accredited course) 10:30 - 12:30 with Hayley <i>'Prepare for employment by building job search skills, improving your CV, and learning how to confidently discuss your background with employers.'</i> 	Women's Only Healthy Living & Yoga 10:30 - 12 with Nadya <i>'Promote your physical and mental wellbeing through gentle exercises, mindful breathing, and tips for maintaining a balanced lifestyle.'</i> 
Contact Information: 077750 96192 (Gabriella) 07384 119231 (Nadya) 07789 951065 (Hayley)	HUB CLOSED FOR BANK HOLIDAY 	Women's Only Employment Wellbeing Action Plan 10:30 - 12:30 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> 	Mask Making 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> 	National Beef Burger Day 1 - 3 with Hayley <i>'Join staff, Hub Mentors and fellow participants in learning skills to make budget friendly burgers and celebrating a national day.'</i> 	Men's Matter Group 1 - 3 with Hub Mentor Adam <i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i> 
The Hub can support participants with funding for training and courses to help build skills, confidence, and employment opportunities. Where possible, the Hub may also provide funding directly and can assist with identifying and applying for other available funding. The Hub can also support participants by making referrals to local food banks and organising wellbeing essential packs when needed. In partnership with Better Health, Cognitive Behavioural Therapy (CBT) sessions run every Tuesday and Thursday, with participants entitled to four one-hour sessions that can be extended if further support is required. Drop-ins are also welcome for anyone needing advice, support, or a friendly chat.	HUB CLOSED	Women's Only Hub Induction: Meet the Team & Enrol 1 - 4	Hub Forum 3 - 4 with Gabbi	CBT with Better Health 10 - 3 appointment only	Drop-in Support Session 3 - 4
Enrolments are needed to engage with any activities.					

