



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

CFO Evolution – March 2026



Manchester CFO Activity Hub
 7 Watson Street, Manchester, M3 4EE

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

Reception contact number:
 07834 764 900 Or 07731 132 7221

9:30am – 4pm
 Monday – Friday

Monday 2 nd	Tuesday 3 rd	Wednesday 4 th	Thursday 5 th	Friday 6 th
Hub open from 9:30 for breakfast, hot drink & drop-in support!	Hub open from 9:30 for breakfast, hot drink & drop-in support!	Hub open from 9:30 for breakfast, hot drink & drop-in support!	Hub open from 9:30 for breakfast, hot drink & drop-in support!	Hub open from 9:30 for breakfast, hot drink & drop-in support!
Moral Dilemmas with Laura What would you do? Make your choice, lets debate 1pm-2pm Anger Management with Laura 2pm -3pm 	Career Compass Employability Support with Alex S 10am – 11am Mindfulness Session with Alex C 11am – 12pm CBT with Aisha- All day Appointments Please speak to a support worker for an appointment	Complete a course with digital college with our facilitator Howard 10am – 12pm Man Matter Men's mental health group with Dexter 10am – 11am Music with TIPP 11am- 1pm 	Pathways to employment – From here to hired with Jake and Alex S Exploring how to get into employment 11am – 12pm Newsroom & Creative writing with Laura 12.30pm – 1.30pm CBT with Aisha- All day Appointments Please speak to a support worker for an appointment	Explore Digital College with Alex S Explore our multiple courses on our online platform 10am – 11am Come Dine with Me at the CFO Hub! New project running over the next several weeks: Budget and healthy eating Menu planning Judging Filming and editing our episode Boardgames Please book with staff so we know numbers 11am – 3pm
Through the Gate (Support available for anyone being released from custody) Hub induction (Meet the team and enroll!) 2pm -4pm 	Arts and Crafts With TIPP Let's get creative through printing, painting and more 12pm – 2pm 	Lift Up Lounge with Howard 2pm -3pm Job Shop with Alex S- all day appointments Please speak to a support worker for an appointment 	Through the Gate (Support available for anyone being released from custody) Hub induction (Meet the team and enroll!) 2pm -4pm	Please book with staff so we know numbers 11am – 3pm
Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support



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Moral Dilemmas with Laura What would you do? Make your choice, lets debate 1pm-2pm Anger Management with Laura 2pm -3pm 	CSCS Green Card Course 10am – 3pm Please book with a Support Worker Mindfulness Session with Alex C 11am – 12pm CBT with Aisha- All day Appointments Please speak to a support worker for an appointment	CSCS Green Card Course 10am – 3pm Please book with a Support Worker Man Matter Men’s mental health group with Dexter 10am – 11am Music with TIPP 11am- 1pm	Pathways to employment - From here to hired with Jake and Alex S Exploring how to get into employment 11am – 12pm Newsroom & Creative writing with Laura 12.30pm – 1.30pm CBT with Aisha- All day Appointments Please speak to a support worker for an appointment	Explore Digital College with Alex S Explore our multiple courses on our online platform 10am – 11am Come Dine with Me at the CFO Hub! New project running over the next several weeks: Budget and healthy eating Menu planning Judging Filming and editing our episode Boardgames Please book with staff so we know numbers 11am- 3pm
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Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support	Hub open 3pm – 4pm for drop in support

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 Monday – Friday

Monday 16th	Tuesday 17 th	Wednesday 18 th	Thursday 19 th	Friday 20 th
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Monday 23rd	Tuesday 24 th	Wednesday 25 th	Thursday 26 th	Friday 27 th
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▲ Moral Dilemmas with Laura What would you do? Make your choice, lets debate 1pm-2pm ● Anger Management with Laura 2pm -3pm ▲ 	● Career Compass ▲ Employability Support with Alex S 10am- 11am ▲ Mindfulness Session with Alex C 11am - 12pm ● CBT with Aisha- All day Appointments Please speak to a support worker for an appointment	Complete a course with digital college with our facilitator Howard 10am - 12pm ▲ Man Matter ■ Men's mental health group with Dexter 10am - 11am ● Music with TIPP 11am- 1pm 	Pathways to employment - From here to hired with Jake and Alex S Exploring how to get into employment 11am - 12pm ● Newsroom & Creative writing with Laura 12.30pm - 1.30pm CBT with Aisha- All day Appointments Please speak to a support worker for an appointment	Explore Digital College with Alex S ▲ Explore our multiple courses on our online platform 10am - 11am ■ Come Dine with Me at the CFO Hub! New project running over the next several weeks: Budget and healthy eating Menu planning Judging Filming and editing our episode Boardgames Please book with staff so we know numbers 11am - 3pm 
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