



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

# March - WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1 	Sports and Fitness with Mark 10 - 12 	Cooking on a budget with Enie 	Lego Project with Max 	Recipe for Success (Brunch and Future Focus session) with Enie 	
Employment support with Kath 11 - 1 	Career Compass with Enie 10 - 12 		Spectrum with Max 	10:30 - 12 	
					
Enrolment and prison release support 2 - 4 (meet the team!) 	Arts and Crafts 1pm - 3pm  Recovery and Resilience with Jo 1pm - 3pm 	Get Digital Savvy with Kath 1pm - 3:30pm CBT 1 - 3 	Man Plan (men's mental health group) with Max 13:30 - 15:30 	Sports Psychology with Mark 2pm - 3pm  Hub Induction 2-3 	
					
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	

## Sheffield CFO Activity Hub

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

\*Drop-in Session available for 1-2-1 Support. Please contact your support worker.

•Reception contact number:  
07570 245 620

•9:30am - 4pm  
Monday - Friday

Ground Floor St James  
House, Vicar Lane, Sheffield,  
S1 2EX





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# March - WEEK 2



## Sheffield CFO Activity Hub

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07570 245 620

•9:30am - 4pm  
Monday - Friday

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S1 2EX

Monday	Tuesday	Wednesday	Thursday	Friday
Hub opens at 9:30 for drop-in	Brontone 10.30-1.30	Brontone 10.30-1.30	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1  Employment support with Kath 11 - 1  	Sports and Fitness with Mark 10 - 12  Career Compass with Enie 10 - 12  	Cooking on a budget with Enie  10 - 12:30 	Lego Project with Max 10 - 11  Spectrum with Max 11 - 12  	Recipe for Success (Brunch and Future Focus session) with Enie 10:30 - 12  
Enrolment and prison release support 2 - 4 (meet the team!)  	Arts and Crafts 1pm - 3pm  Recovery and Resilience with Jo 1pm - 3pm  	Get Digital Savvy with Kath 1pm - 3:30pm  	Man Plan (men's mental health group) with Max 13:30 - 15:30  	Sports Psychology with Mark 2pm - 3pm  Hub Induction 2-3  
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	CBT Available all day





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# March - WEEK 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1 	Sports and Fitness with Mark 10 - 12 	Cooking on a budget with Enie  10 - 12:30	Lego Project with Max  10 - 11	Recipe for Success (Brunch and Future Focus session) with Enie  10:30 - 12	
Employment support with Kath 11 - 1  	Career Compass with Enie 10 - 12  		Spectrum with Max  11 - 12 		
Enrolment and prison release support 2 - 4 (meet the team!)  	Arts and Crafts 1pm - 3pm  Recovery and Resilience with Jo 1pm - 3pm  	Get Digital Savvy with Kath 1pm - 3:30pm CBT 1 - 3  	Man Plan (men's mental health group) with Max 13:30 - 15:30  	Sports Psychology with Mark 2pm - 3pm  Hub Induction 2-3 	
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	

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# March - WEEK 4



## Sheffield CFO Activity Hub

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•Reception contact number:  
07570 245 620

•9:30am - 4pm  
Monday - Friday

Ground Floor St James  
House, Vicar Lane, Sheffield,  
S1 2EX



This programme is funded by HMPPS CFO

Monday	Tuesday	Wednesday	Thursday	Friday
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1   Employment support with Kath 11 - 1   	Sports and Fitness with Mark 10 - 12   Career Compass with Enie 10 - 12   	Cooking on a budget with Enie  10 - 12:30  	Lego Project with Max  10 - 11  Spectrum with Max  11 - 12  	Recipe for Success (Brunch and Future Focus session) with Enie  10:30 - 12  
Enrolment and prison release support 2 - 4 (meet the team!)   	Arts and Crafts 1pm - 3pm   Recovery and Resilience with Jo 1pm - 3pm   	Get Digital Savvy with Kath 1pm - 3:30pm   	Man Plan (men's mental health group) with Max 13:30 - 15:30   	Sports Psychology with Mark  2pm - 3pm  Hub Induction 2-3   
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	CBT available all day



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# March - WEEK 5



## Sheffield CFO Activity Hub

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07570 245 620

•9:30am - 4pm  
Monday - Friday

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Monday	Tuesday	Wednesday	Thursday	Friday
Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in	Hub opens at 9:30 for drop-in
Allotment with Max 10 - 1   Employment support with Kath 11 - 1   	Sports and Fitness with Mark 10 - 12   Career Compass with Enie 10 - 12   	Cooking on a budget with Enie  10 - 12:30  	Lego Project with Max  10 - 11  Spectrum with Max  11 - 12  	Recipe for Success (Brunch and Future Focus session) with Enie  10:30 - 12  
Enrolment and prison release support 2 - 4 (meet the team!)   	Arts and Crafts 1pm - 3pm   Recovery and Resilience with Jo 1pm - 3pm   	Get Digital Savvy with Kath 1pm - 3:30pm   	Man Plan (men's mental health group) with Max 13:30 - 15:30   	Sports Psychology with Mark  2pm - 3pm  Hub Induction 2-3   
Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	CBT available all day

