

-  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

November - 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 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
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 
Benefit Checker 13:00-15:00 "Gain support in leaning what benefits you may entitled to and support in applying for these" 	Money Management 13:00 - 14:00 "Learn now to better manage your finances by completing a money management booklet" 	TIPP: Junk Instrument Making 11:00 - 13:00 with Alistair Come and learn how to make playable instruments with basic tools from recycled materials 	Employment Support 10:00 - 12:00 with Liam "gain Support with managing and spending your money through smart choices" 	Hub Games 10:30-12:00 with Emma "Join us for Hub Games; quick classics, easy fun, and good vibes all round." 
Artistic Afternoon 13:00 - 14:00 "Spend a quiet afternoon drawing, painting, and crafting with creative prompts" 	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" 	Beginners Employment Group 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" 	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." 	Women's Only Afternoon: Drop in support 13:00-14:00 with Jasmine "Drop in support: for any queries or struggles you may have" 
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	Message your Support worker for One on One 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

November - Week 2



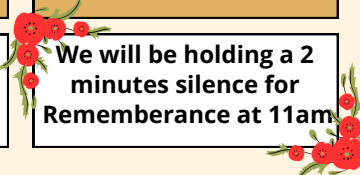
**PRESTON CFO
ACTIVITY HUB**

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 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	We will be holding a 2 minutes silence for Remembrance at 11am 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 
NCS skills Finder 10:30 - 12:00 "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." 	Training and Courses 10:30-12:00 "sign up to digital college and search for suitable training courses to boost skills for employability"  	TIPP: Junk Instrument Making 11:00 - 13:00 with Alistair Come and learn how to make playable instruments with basic tools from recycled materials  	Employment Support 10:00 - 12:00 with Liam "gain Support with managing and spending your money through smart choices"  	Baking 10:30-12:00 with Jasmine "learn how to create your favourite sweet treats on a budget"  
Meditation 13:00-14:00 with Emma "Guided meditation session focused on relaxation, mindfulness, and stress reduction."  	Ping Pong & Pool 13:00-14:30 With Peer Mentor With Peer Mentor "Release that competitive streak and join us for some some lively games of Ping Pong and Pool"  	Beginners Employment Group 13:00-15:00 with Amy "If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"  	Creative Writing 13:00 - 15:00 with Jasmine Explore self-expression through storytelling, poetry, and reflective writing. Using imagination and building literacy skills  	Women's Only Drop in support 13:00 - 16:00 with Amy "Drop in support: for any queries or struggles you may have"  
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

November - 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 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
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 ▲
Money Management 13:00-14:00 <i>"gain support in leaning what benefits you may entitled to and support in applying for these"</i> ▲ ■ 	Morning Muster 10:30 - 12:00 with Jasmine <i>"breakfast session for veterans, serving personnel, and prospective recruits to connect with others from the military community, share stories, and access support, guidance, and opportunities."</i> ▲ ● 	TIPP: Junk Instrument Making 11:00 - 13:00 with Alistair <i>Come and learn how to make playable instruments with basic tools from recycled materials</i> ▲ ● 	Employment Support 10:30-11:30 with Liam <i>"Continue your employment journey by searching for the latest jobs. Learn key interview skills, CV Writing, Disclosure and much more"</i> ▲ ● ■ 	Hub Games 10:30-12:00 with Emma <i>"Join us for Hub Games; quick classics, easy fun, and good vibes all round."</i> ▲ ● 
Artistic Afternoon 13:00 - 14:00 <i>"Spend a quiet afternoon drawing, painting, and crafting with creative prompts"</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> ▲ ● 	Beginners Employment Group 13:00-15:00 with Amy <i>"If you aren't sure where to start with gaining employment, message your support worker and join our 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 Drop in support 13:00 - 16:00 with Amy <i>"Drop in support: for any queries or struggles you may have"</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

November - 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 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
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 
Debt Advice 10:00 - 11:00 "Support making referrals to debt service to support managing and paying off debts and finding out how to dot his"  	NCS skills Finder 10:30 - 12:00 "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."  	TIPP: Junk Instrument Making 11:00 - 13:00 with Alistair Come and learn how to make playable instruments with basic tools from recycled materials   	Employment Support 10:00 - 12:00 with Liam "gain Support with managing and spending your money through smart choices"    	Cooking 10:30 - 12:00 with Jasmine "learn how to prep and cook healthy food on a budget, and share a good meal afterwards"   
Meditation 13:00-14:00 with Emma "Guided meditation session focused on relaxation, mindfulness, and stress reduction."   	Ping Pong & Pool 13:00-14:30 With Peer Mentor With Peer Mentor "Release that competitive streak and join us for some some lively games of Ping Pong and Pool"   	Beginners Employment Group 13:00-15:00 with Amy "If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"   	Creative Writing 13:00 - 15:00 with Jasmine Explore self-expression through storytelling, poetry, and reflective writing. Using imagination and building literacy skills   	Women's Only Drop in support 13:00 - 16:00 with Amy "Drop in support: for any queries or struggles you may have"   
Message your Support worker for One on One support: 1-4 	CBT with Better Health 10:00-16:00 Appointment Only 	Hub Forum 14:00-15:30 	Message your Support worker for One on One support: 1-4 	Women's Only Drop In Support 1-4 