



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



Bradford CFO Activity Hub

9:30am – 4pm

Monday – Friday

Monday and Tuesday we are based at: Fountains Church, Glydegate, BD5 OBQ

Wednesday, Thursday and Friday we are based at: The Cube, 1 Glydegate, Bradford, BD5 OBQ

Contact numbers:

07586552856

07813197403



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
Cooking with Emma 10-12.30  	Arts & Crafts 10-12  	Creative writing with Emma 10-11  	CBT therapy all-day  	Back to Work with Nuzhat 10-11  
CV & Disclosure with Nuzhat 10-12  	Mindfulness with Emma 10.30-11.30  	Job search with Nuzhat 1-2  	Interview Skills with Nuzhat 10-12  	Diversity with Caroline 11-12  
Puzzles & games with Emma 1-2  	Easy exercise with TKO 1.30-2.30  	Hub induction meet the team 2-3  	Brain Training with Caroline 1-2  	Green fingers with Caroline 1-3  
ManPlan with Nuzhat 2-3  	Nutrition & 1-1 with TKO 2.30-3.30  	Prison release support 3-4  	Roots and Branches with Emma 2-3  	Women's drop-in with Emma 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 2



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Cooking with Emma 10-12.30  	Arts & Crafts 10-12  	Creative writing with Emma 10-11  	18-25s drop-in 9.30-10.30  	Back to Work with Nuzhat 10-11  	
CV & Disclosure with Nuzhat 10-12  	Mindfulness with Emma 10.30-11.30  	Job search with Nuzhat 1-2  	Interview Skills with Nuzhat 10-12  	Diversity with Caroline 11-12  	
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March - WEEK 3



Bradford CFO Activity Hub

9:30am – 4pm

Monday – Friday

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March - WEEK 4



Bradford CFO Activity Hub

9:30am – 4pm

Monday – Friday

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March - WEEK 5



Bradford CFO Activity Hub

9:30am – 4pm

Monday – Friday

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