



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

Manchester CFO Activity Hub

August Week 1



Monday 3rd

Hub open from 9:30 for breakfast and drop in support

Digital College
10:00 - 12:00
Self Lead

Explore the range of courses available through our online learning platform.



Debate Club
12:00 - 13:00

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?



Basic Cooking Skills
13:30 - 15:00

Learn how to cook for yourself at CFO. This is a booked only session with limited spaces and requires Food Safety training first



Hub Induction meet the team and enrol
10-4:30pm

Tuesday 4th

Hub open from 9:30 for breakfast and drop in support

Mindfulness & Meditation
10:00 - 11:00
Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Men Matter
10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



Arts and crafts
12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



CBT with Aisha –
Appointments only
10am-4pm

Wednesday 5th

Hub open from 9:30 for breakfast and drop in support

Pathway Planning
12:00 - 13:30
Struggling to find direction for your future? Come along for some motivation, action planning and help finding your next career or opportunity. CV planning, employability skills, goal setting, overcoming barriers



Unpaid Work
9:00 - 12:00
Manchester probation UPW group and induction into hub. Booked only



Women's Only Support
13:00 - 16:00
with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.



Please note the hub will be closed to male participants during this time

Thursday 6th

Hub open from 9:30 for breakfast and drop in support

Job Search & CV Preparation
10:00 - 12:00
how to navigate the job market.
Get support from search to interview and beyond.
one stop shop to help you find employment
Music
11:00 - 13:00
with Holly
Play guitar, drums, keyboard etc



Young Adults Only
13:00 - 16:00

The hub will be running activities and 121 support tailored to our 18-30 participants. If you need are not in this group but need urgent support, please contact your SW



CBT with Aisha –
Appointments only
10am-4pm

Friday 7th

Hub open from 9:30 for breakfast and drop in support

Music & Society
11:30-12:30

Ever wondered the story behind your favourite song? Or how music has influenced us? This group lets you learn and share song suggestions



Board Games
10:00 - 15:00

If Monopoly doesn't take your fancy, feel free to check out our other games, like Battleship, Connect 4, Scrabble etc.



Hub Quiz
13:00 - 15:00



With Peer Mentor
with our Peer Mentor
Put your obscure knowledge to good use with some friendly competition



Digital College drop in
Browse our catalog of online ETE courses

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:
CFO Evolution Referrals – HMPPS Creating
Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities



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Manchester CFO Activity Hub

August Week 2



Monday 10th

Hub open from 9:30 for breakfast and drop in support

Digital College
10:00 - 12:00
Self Lead

Explore the range of courses available through our online learning platform.



Debate Club
12:00 - 13:00

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?



Basic Cooking Skills
13:30pm - 15:00

Learn how to cook for yourself at CFO. This is a booked only session with limited spaces and requires Food Safety training first

Hub Induction meet the team and enrol
10am-4:30pm

Tuesday 11th

Hub open from 9:30 for breakfast and drop in support

Mindfulness & Meditation
10:00 - 11:00
Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space

Men Matter
10:00 - 11:00
Male only safe space to discuss mental health and men's wellbeing

Arts and crafts
12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.

CBT with Aisha –
Appointments only
10am-4pm

Wednesday 12th

Hub open from 9:30 for breakfast and drop in support

Pathway Planning
12:00 - 13:30
Struggling to find direction for your future? Come along for some motivation, action planning and help finding your next career or opportunity. CV planning, employability skills, goal setting, overcoming barriers

Unpaid Work
9:00 - 12:00
Manchester probation Unpaid Work group and induction into hub. Booked only

Women's Only Support
13:00 - 16:00
with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.

Please note the hub will be closed to male participants during this time

Thursday 13th

Hub open from 9:30 for breakfast and drop in support

Job Search & CV Preparation
10:00 - 12:00
how to navigate the job market. Get support from search to interview and beyond. A one stop shop to help you find employment

Music
11:00 - 13:00
with Holly
Play guitar, drums, keyboard etc

Young Adults Only
13:00 - 16:00

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CBT with Aisha –
Appointments only
10am-4pm

Friday 14th

Hub open from 9:30 for breakfast and drop in support

Cost Cutting Tips
11:30-12:30

Are you struggling to budget? Come along to learn about how to manage your income more effectively. Get advice, hear about free services, discounts, schemes and many more

Board Games
10:00 - 15:00

If Monopoly doesn't take your fancy, feel free to check out our other games, like Battleship, Connect 4, Scrabble etc.

Hub Quiz
13:00 - 15:00
with our Peer Mentor
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Manchester CFO Activity Hub

August Week 3



Monday 17th

Hub open from 9:30 for breakfast and drop in support



Tuesday 18th

Hub open from 9:30 for breakfast and drop in support



Wednesday 19th

Hub open from 9:30 for breakfast and drop in support



Thursday 20th

Hub open from 9:30 for breakfast and drop in support



Friday 21st

Hub open from 9:30 for breakfast and drop in support



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any activities

Digital College
10:00 - 12:00
Self Lead

Explore the range of courses
available through our online
learning platform.



**Warehousing Course
Day 1**
All Day

Get qualifications for work in the
warehousing industry. Day 1 will
cover QNUK Level 2 Award in
Health & Safety.
Please book with SW



Men Matter
10:00 - 11:00

Male only safe space to discuss
mental health
and men's wellbeing



**Warehousing Course
Day 2**
All Day

Day 2 will cover QNUK Level 2
Manual Handling & QNUK Level 2
COSHH qualifications. There will
then be interviews with recognised
employers. Please book with SW



Unpaid Work
9am-12pm

Manchester probation Unpaid
Work group and induction into
hub. Booked only



**Job Search & CV
Preparation**
10:00 - 12:00

how to navigate the job market.
Get support from search to interview
and beyond.
A one stop shop to help you find
employment



Music
11:00 - 13:00
with Holly

Play guitar, drums, keyboard
etc



Board Games
10:00 - 15:00

If Monopoly doesn't take your
fancy, feel free to check out our
other games, like Battleship,
Connect 4, Scrabble etc.



Debate Club
12:00 - 13:00

Are you passionate about your
beliefs? Or maybe you want to
open your mind to new
perspectives?



Basic Cooking Skills
13:30 - 15:00

Learn how to cook for yourself
at CFO. This is a booked only
session with limited spaces and
requires Food Safety training
first



Arts and crafts
12:00 - 14:00

Come get creative with a mixture
of different craft projects from
painting to printing to sewing and
building.



Women's Only Support
13:00 - 16:00
with Support Workers

A safe and exclusive space. After
our women's group, stay and chat
with SWs about how the hub can
help you.



Young Adults Only
13:00 - 16:00

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and 121 support tailored to our
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but need urgent support, please
contact your SW



Music & Society
11:30 - 12:30

Ever wondered the story behind
your favourite song? Or how music
has influenced us? This group lets
you learn and share song
suggestions



Hub Quiz
13:00 - 15:00

with our Peer Mentor
Put your obscure knowledge to
good use with some friendly
competition



Hub Forum
3 - 4



**CBT with Aisha –
Appointments only**
10am-4pm



**Please note the hub will be
closed to male
participants during this
time**



**CBT with Aisha –
Appointments only**
10am-4pm



Digital College drop in
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Manchester CFO Activity Hub

August Week 4



Monday 24th

Hub open from 9:30 for breakfast and drop in support

Digital College
10:00 - 12:00
Self Lead

Explore the range of courses available through our online learning platform.



Debate Club
12:00 - 13:00

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspective?



Basic Cooking Skills
13:30 - 15:00

Learn how to cook for yourself at CFO. This is a booked only session with limited spaces and requires Food Safety training first



Hub Induction meet the team and enrol
1pm-4:30pm

Tuesday 25th

Hub open from 9:30 for breakfast and drop in support

Mindfulness & Meditation
10:00 - 11:00
Come and relax at the hub through movement, origami, meditation, colouring, etc. Shhh this is a quiet, low stimulation space



Men Matter

10:00 - 11:00

Male only safe space to discuss mental health and men's wellbeing



Arts and crafts
12:00 - 14:00

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



CBT with Aisha –
Appointments only
10am-4pm

Wednesday 26th

Hub open from 9:30 for breakfast and drop in support

Self-Employment
Course Day 1
10:00 - 15:00

Do you have a business idea? Or maybe you want to learn more about the realities of self-employment. This session will offer direction and advice for becoming your own boss. Please book



Unpaid Work
09:00 - 12:00
Appointments Only



Women's Only Support

12pm-1:30pm
with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.



Please note the hub will be closed to male participants during this time

Thursday 27th

Hub open from 9:30 for breakfast and drop in support

Self-Employment
Course Day 2
10:00 - 15:00

Do you have a business idea? Or maybe you want to learn more about the realities of self-employment. This session will offer direction and advice for becoming your own boss. Please book



Music
11:00 - 13:00
with Holly

Play guitar, drums, keyboard etc



Young Adults Only

13:00 - 16:00

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CBT with Aisha –
Appointments only
10am-4pm

Friday 28th

Hub open from 9:30 for breakfast and drop in support

Cost Cutting Tips
11:30-12:30

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Board Games
10:00 - 15:00

If Monopoly doesn't take your fancy, feel free to check out our other games, like Battleship, Connect 4, Scrabble etc.



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Manchester CFO Activity Hub

August Week 5



Monday 31st				
Bank Holiday Monday				
Bank Holiday Monday				
Bank Holiday Monday				
Bank Holiday Monday				

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Enrolments are needed to engage in
any activities