



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- June 2026



	Monday 01/06/2026	Tuesday 02/06/2026	Wednesday 03/06/2026	Thursday 04/06/2026	Friday 05/06/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Scaffolding induction 9:30-10:30 Please book with SW
	Digital College drop in 10.00-12.00 Explore the range of courses available through our online learning platform.	Career Compass 10.00 - 12.00 struggling to find your sense of direction when it comes to employment? Get advice from our staff	Unpaid Work 9:00-12.00 Manchester probation UPW group and induction into hub. Booked only	Job Search & CV Preparation 10.00-12.00 how to navigate the the job market. Get support from search to interview and beyond. A one stop shop to help you find employment	Digital College 10.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways
	Men Matter 10.00-11.00 Male only safe space to discuss mental health and men's wellbeing	Hub Walk 11.00 - 12.00 Come for a stroll and a chat around Manchester's city centre	Women's Only Group 12.00-2.00 A safe space for women on probation to access support. Explore courses, activities and employment with SWs	Music with Holly 11.00-1.00 Play guitar, drums, keyboard etc	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
	Debate Club 12pm-1pm Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?	Arts and crafts 12.00-2.00 Come get creative with a mixture of different craft projects from painting to printing to sewing and building.	Lift up Lounge with Howard 1.3.0-2.30 Fun group to tap harness your positivity and work on your motivation	Anger Management 2pm-3pm If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)	Hub Quiz 1.00-3.00 Put your obscure knowledge to good use with some friendly competition
	Creative Writing 1.30pm-2.30pm Unlock your creative side with fun writing prompts, learning new creative devices and bring in examples from your favourite books and movies	CBT with Aisha - booking only 10:00-4:00	2:00-4:00 Come get support drafting up a super CV or help with Job search and applications	CBT with Aisha - booking only 10:00-4:00	Hub open 11-3.00 for board games

Information

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

Tel:07502 271 710

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.





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	Monday 08/06/2026	Tuesday 09/06/2026	Wednesday 10/06/2026	Thursday 11/06/2026	Friday 12/06/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Scaffolding induction 9:30-10:30 Please book with SW
	Digital College drop in 10.00-12.00 Explore the range of courses available through our online learning platform.	Career Compass 10.00 - 12.00 struggling to find your sense of direction when it comes to employment? Get advice from our staff	Unpaid Work 9:00-12.00 Manchester probation UPW group and induction into hub. Booked only	Job Search & CV Preparation 10.00-12.00 how to navigate the the job market. Get support from search to interview and beyond. A one stop shop to help you find employment	Digital College 10.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways
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Manchester CFO Activity Hub- June 2026



	Monday 15/06/2026	Tuesday 16/06/2026	Wednesday 17/06/2026	Thursday 18/06/2026	Friday 19/06/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Scaffolding induction 9:30-10:30 Please book with SW
	Digital College drop in 10.00-12.00 Explore the range of courses available through our online learning platform.	Career Compass 10.00 - 12.00 struggling to find your sense of direction when it comes to employment? Get advice from our staff	Unpaid Work 9:00-12.00 Manchester probation UPW group and induction into hub. Booked only	Job Search & CV Preparation 10.00-12.00 how to navigate the the job market. Get support from search to interview and beyond. A one stop shop to help you find employment	Digital College 10.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways
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Manchester CFO Activity Hub- June 2026



	Monday 22/06/2026	Tuesday 23/06/2026	Wednesday 24/06/2026	Thursday 25/06/2026	Friday 26/06/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Scaffolding induction 9:30-10:30 Please book with SW
	Digital College drop in 10.00-12.00 Explore the range of courses available through our online learning platform.	Career Compass 10.00 - 12.00 struggling to find your sense of direction when it comes to employment? Get advice from our staff	Unpaid Work 9:00-12.00 Manchester probation UPW group and induction into hub. Booked only	Job Search & CV Preparation 10.00-12.00 how to navigate the the job market. Get support from search to interview and beyond. A one stop shop to help you find employment	Digital College 10.00-1.00 Relaxed atmosphere to access digital college courses such as CSCS, or our construction or hospitality pathways
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Manchester CFO Activity Hub- June 2026

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	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	Scaffolding induction 9:30-10:30 Please book with SW
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