



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

LIVERPOOL APRIL- WEEK 1



Monday 31/03/2025	Tuesday 01/04/2025	Wednesday 02/04/2025	Thursday 03/04/2024	Friday 04/04/2025
<p>Hub is located at State House, Dale St., L2 4TR</p> <p>Phone number: 07341 604133</p> <p>Wellbeing walk gives participants an opportunity to focus on themselves and understand their feelings better. Could I be a mentor focuses on skills needed to become a mentor, reflection on the participant's journey and exploring if they could become a mentor in the future. Gratitude journaling offers participants an overview of what this is, how to do it and how participants can benefit from this.</p>	Improving relationships 09:30-10:00 	Chill and Chat 09:30-10:00 	Could I be a mentor? 09:30-10:00 	Mindful Colouring 09:30-10:00 
	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30
	Arts and Crafts 10:30-12:00 	World Autism Awareness Day: What is neurodiversity 	Hub newsletter 10.30-12:00 	Wellbeing walk 10:30-12:00 
	Digital College 10:30-3:00 		CBT – booking only 10:00-4:00 	Chill and Chat 12:00-13:00
	Chill and Chat 12:00-13:00	Chill and Chat 12:00-13:00	Chill and Chat 12:00-13:00	
	Lego Nostalgia 1:00-3:00 	CBT – booking only 10:00-4:00 	Gratitude journaling 1:00-3:00 	Say it in a song! Music session 1:00-3:00 
	Interview Prep 3:00-4:00 	Non-accredited course: Introduction to Basic Cooking Skills 1:00-3:00 	Job Club 1:00-3:00 	
			Neurodiverse Job Club 3:00-4:00 	Job Searching 3:00-4:00 

MARCH TIMETABLE



This programme is delivered by HMPPS CFO



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LIVERPOOL APRIL – WEEK 2


















Information

Hub is at located at State House, Dale St., L2 4TR

Visual art and music session offer participants to engage with new activities and help them find positive ways of spending time. Guest speakers will share their own stories, including lived experience, and help participants find more hope, optimism, motivation. Music sessions are guided by musicians and support participants in learning how to play different instruments.



This programme is delivered by HMPPS CFO

Monday 07/04/2025	Tuesday 08/04/2025	Wednesday 09/04/2025	Thursday 10/04/2025	Friday 11/04/2025
Reading Space 9:30–10:00 	Improving relationships 09:30–10:00 	Chill and Chat 09:30–10:00 	Could I be a mentor? 09:30–10:00 	Mindful Colouring 09:30–10:00 
Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30
Non-accredited course: Food Safety and Storage 10:30–12:00 	Arts and Crafts 10:30–12:00	Non-accredited course: Food Safety and Storage 1:00–3:00 	Ready, Steady, Cook 10:30–12:00 	Coffee morning: mental health check-in 10:30–12:00 
	Digital College 10:30–3:00 	CBT – booking only 10:00–4:00 	CBT – booking only 10:00–4:00 	
Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00
Visual arts session with TIPP 1:00–3:00 	Lego Nostalgia 1pm–3pm 	DWP 1:00–3:00 	Liverpool in work 1:00–3:00 	Say it in a song! Music session 1:00–3:00 
CV writing 3:00–4:00 	Interview Prep 3:00–4:00 	Non-accredited course: Introduction to Basic Cooking Skills 1:00–3:00 	Job Club 1:00–3:00 	Job Searching 3:00–4:00 



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LIVERPOOL APRIL – WEEK 3























Information

Hub is located at State House, Dale St., L2 4TR

Quiz offers participants an opportunity to learn and help them find new interests. DWP offer participants 1:1 sessions with professionals that can help them with benefits advice. Hub newsletter is a monthly hub project, where participants will create newsletters about events and session at the hub.



This programme is delivered by HMPPS CFO

Monday 14/04/2025	Tuesday 15/04/2025	Wednesday 16/04/2025	Thursday 17/04/2025	Friday 18/04/2025
Reading Space 9:30–10:00 	Improving relationships 09:30–10:00 	Chill and Chat 09:30–10:00 	Could I be a mentor? 09:30–10:00 	 <p>CLOSED FOR EASTER</p> <p>HAPPY EASTER!</p> 
Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30	Breakfast Club 10:00–10:30	
Non-accredited course: Food Safety and Storage 10:30–12:00 	Arts and Crafts 10:30–12:00 	Word Book Day: Book Club 10:30–12:00 	April Quiz 10:30–12:00  	
	Digital College 10:30–3:00 	CBT – booking only 10:00–4:00 	CBT – booking only 10:00–4:00 	
Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	
Visual arts session with TIPP 1pm–3pm 	Lego Nostalgia 1pm–3pm 	Non-accredited course: Introduction to Basic Cooking Skills 1:00–3:00 	Hub newsletter 1:00–3:00 	
CV writing 3:00–4:00 	Interview Prep 3:00–4:00 	Let's talk about : sexual health and sexuality 3:00–4:00 	Job Club 1:00–3:00 	



Self: Activities that work on the individual

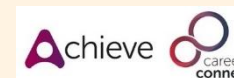




























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LIVERPOOL APRIL – WEEK 4



Monday 21/04/2025	Tuesday 22/04/2025	Wednesday 23/04/2025	Thursday 24/04/2025	Friday 25/04/2025
<p>CLOSED FOR EASTER</p> <p>HAPPY EASTER!</p> 	Improving relationships 09:30-10:00 	Chill and Chat 09:30-10:00 	Could I be a mentor? 09:30-10:00 	Mindful Colouring 09:30-10:00 
	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30	Breakfast Club 10:00-10:30
	Arts and Crafts 10:30-12:00 	CBT – booking only 10:00-4:00  	Building motivation, positive attitude session: guest speaker 10:30-12:00 	Ready, Steady, Cook 10:30-12:00  
	Digital College 10:30-3:00 	Introduction to Self Employment 10:30-12:00 	CBT – booking only 10:00-4:00  	
	Chill and Chat 12:00-13:00	Chill and Chat 12:00-13:00	Chill and Chat 12:00-13:00	Chill and Chat 12:00-13:00
	Lego Nostalgia 1:00-3:00  	DWP 1:00-3:00  	Liverpool in work 1:00-3:00  Hub Club – focus group 1:00-3:00 	Say it in a song! Music session 1:00-3:00 
	Interview Prep 3:00-4:00 	Non-accredited course: Introduction to Basic Cooking Skills 1:00-3:00 	Job Club 1:00-3:00 	Job Searching 3:00-4:00 

Hub is located at State House,
Dale St., L2 4TR

Phone numbers: 07341 604133

Non-accredited courses introduce new topics to participants and offer a guided-learning environment, where they can gain detailed knowledge about different subjects. Liverpool in work support participants in upskilling, gaining new qualifications and finding employment.



This programme is delivered by HMPPS CFO



Self: Activities that work on the individual

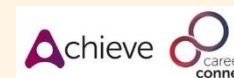
















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LIVERPOOL MARCH – WEEK 5



Monday 28/04/2025	Tuesday 29/04/2025	Wednesday 30/04/2025	Thursday 01/05/2025	Friday 02/05/2025
Reading Space 9:30–10:00 	Improving relationships 09:30–10:00 	Chill and Chat 09:30–10:00 	MAY TIMETABLE	MAY TIMETABLE
Breakfast Club 10:00–10:30				
Non-accredited course: Food Safety and Storage 10:30–12:00 	Arts and Crafts 10:30–12:00 	CBT – booking only 10:00–4:00 		
	Digital College 10:30–3:00 	Museum visit: World Museum 10:30–12:00 		
Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00	Chill and Chat 12:00–13:00		
Visual arts session with TIPP 1:00–3:00 	Lego Nostalgia 1:00–3:00 	Non-accredited course: Introduction to Basic Cooking Skills 1:00–3:00 		
CV writing 3:00–4:00 	Interview Prep 3:00–4:00 	IPP Support Group 3:00–4:00 		

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Job Clubs involve different employment focused task, such as job searching, CV updating, etc.

Ready, Steady, Cook are cooking sessions, to help participants gain

cooking skills and be more independent and improve eating habits.



This programme is delivered by HMPPS CFO

Address: First Floor,
State House, 22 Dale St, L2
4TR
Tel: 07586115855

April Activities to look out for...



Interested in gaining new knowledge, ask about → Pass the Baton, Walks, Coffee mornings ...

These sessions will introduce new interests and help you widen your knowledge. You might learn something new and you might also share your knowledge with others.



For support with motivation, confidence, isolation, ask about →

Lego sessions, Wellbeing sessions, CBT, therapy dogs, arts&crafts ...

Get support breaking down big goals, into smaller, more manageable steps, build confidence and motivation to achieve these goals and focus on a positive future. Improve mental, physical and social wellbeing.



For employment support, ask about → CV writing, disclosure letter writing, job searching, mock interviews ...

Looking for employment and unsure where to start? These sessions will give you a chance to prepare for job applications, interviews and employment and allow you to improve these skills for the future.

