



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

April - Week 1



	Mon 30 th	Tues 31 st	Weds 1 st	Thurs 2 nd	Fri 3 rd
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	
	Disclosure, CVs, Career Goals With Noshin   	Cooking On A Budget Jamie Puzzles & Games 10am - 12pm  	Easter Great CFO Bake Off With Mia 10am - 12pm  	Education & Training With Jamie 10am - 12pm  	Happy Easter / Good Friday Hub Closed all Day
	Parenting Course With Noshin  1pm - 3pm 	Equality & Inclusion Support Session With Jamie 10am - 4pm  	Job Searching, Finding Hidden Vacancies & Application With Mia 1pm - 3pm  	Money Management & Benefit Advice With Jamie Hull On The Wall Mural painting 1pm - 3pm  	Happy Easter / Good Friday Hub Closed all Day
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	

Hull CFO Activity Hub

*If you ever need a cuppa or a chat, pop in and speak to your support worker.

*Drop in Session available for

1-2-1 Support. Please contact your support worker.

•Reception contact number: 07570 245 620

•9:30am - 4pm
Monday - Friday

CFO Activity Hub, 55 Saville Street, Norwich house, Hull, HU1 3ES





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April- Week 2



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 •9:30am -4pm
 Monday – Friday
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Mon 6 th	Tues 7 th	Weds 8 th	Thurs 9 th	Fri 10 th
9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
Happy Easter / Good Friday Hub Closed all Day	Cooking On A Budget With Sabrina Puzzles & Games 10am - 12pm 	Great CFO Bake Off With Jamie 10am - 12pm 	Education & Training With Mia 10am - 12pm 	Wellbeing Walk With Mark Walking group 10am - 12pm 
Happy Easter / Good Friday Hub Closed all Day	Equality & Inclusion Support Session With Sabrin 1pm - 3pm CBT 10am - 4pm 	Job Searching, Vacancies & Application With Jamie Arts & Crafts 1pm - 3pm 	Money Management & Benefit Advice With Mia Hull On The Wall Mural painting 1pm - 3pm 	Man Plan With Mark 1pm - 3pm 
	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm	Drop in support 3pm - 4pm





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April - Week 3



	Mon 13 th	Tues 14 th	Weds 15 th	Thurs 16 th	Fri 17 th
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With Sabrina 9:30am - 12pm   	Cooking On A Budget With Mia 10am - 12pm   	Great CFO Bake Off With Hull Staff 10am - 12pm   	Education & Training With Jamie 10am - 12pm  	Wellbeing Walk With Mark Walking group 9:30am - 12pm  
	Parenting Course 1pm - 3pm  	Equality & Inclusion Support Session with Mia 1pm - 3pm  	Job Searching, Finding Hidden Vacancies & Application Arts & Crafts 1pm - 3pm  	Money Management & Benefit Advice With Jamie Hull On The Wall Mural painting 1pm - 3pm  	Man Plan With Mark 1pm - 3pm  
	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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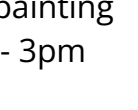

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Society: Activities contributing to the community outside of the CFO Activity Hub

April - Week 4



	Mon 20 th	Tues 21 st	Weds 22 nd	Thurs 23 rd	Fri 24 th
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With Jamie 9:30am - 12pm 	Cooking On A Budget With noshin Puzzles & Games 10am - 12pm 	Great CFO Bake Off Hub with Sabrina 10am - 12pm 	Education & Training With Mia 10am - 12pm 	Wellbeing Walk With Mark 10am - 12pm 
	Parenting Course With Jamie 1pm - 3pm 	Equality & Inclusion Support Session with noshi 1pm - 3pm CBT 10am - 4pm 	Job Searching, Vacancies & Application With Sabrina Arts & Crafts 1pm - 3pm 	St George's Day: Heritage, History & Community Mia Hull On The Wall Mural painting 1pm - 3pm 	Man Plan With Mark 1pm - 3pm 
	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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April - Week 5



	Mon 27 th	Tues 28 th	Weds 29 th	Thurs 30 th	Fri 1 st
	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support	9:30 Drop-in support
	Disclosure, CVs, Career Goals With noshin  9:30am - 12pm  	Cooking On A Budget With Jamie  Puzzles & Games 10am - 12pm  	Great CFO Bake Off With Noshin  10am - 12pm  	Education & Training With Jamie 10am - 12pm  	Wellbeing Walk With Mark  10am - 12pm  
	Parenting Course With Noshin  1pm - 3pm 	Equality & Inclusion Support Session with Jamie  1pm - 3pm  	Job Searching, Vacancies & Application With noshin  Arts & Crafts 1pm - 3pm  	Money Management & Benefit Advice With Jamie  Hull On The Wall Mural painting 1pm - 3pm 	Man Plan With Mark  1pm - 3pm 
	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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