



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

Warrington CFO Activity Hub - April 2026



Information
Address: Second Floor, Tannery Court, Tanners Lane, Warrington, WA2 7NA
Contact Information:
Open 9:30am – 5pm Monday – Friday
 Rebecca: 07586115855
 Leoni: 07834173728
 Zoe: 07523587114

The Hub can support participants with funding for training and courses to help build skills, confidence, and employment opportunities. Where possible, the Hub may also provide funding directly and can assist with identifying and applying for other available funding. The Hub can also support participants by making referrals to local food banks and organising wellbeing essential packs when needed. In partnership with Better Health, Cognitive Behavioural Therapy (CBT) sessions run every Tuesday and Thursday, with participants entitled to four one-hour sessions that can be extended if further support is required. Drop-ins are also welcome for anyone needing advice, support, or a friendly chat.

Enrolments are needed to engage with any activities.

Monday 30/03/2026	Tuesday 31/03/2026	Wednesday 01/04/2026	Thursday 02/04/2026	Friday 03/04/2026
March Timetable	March Timetable	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	HUB CLOSED
		CBT with Molly All day appointments 10am-4pm. Appointment only.	CGL Breakfast Drop-In with Lee 10:00am-12:00pm 'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'	HUB CLOSED FOR GOOD FRIDAY
		18-29 Career Hub with Zoe 10am-12pm 'Boost your confidence job searching or prepare for an upcoming interview.'	 Doing Good to Be Good with Rebecca 10am-12pm 'Explore volunteering opportunities in your local area and find out how to become a hub mentor, or upskill as an existing mentor.'	HUB CLOSED FOR GOOD FRIDAY
		Employment Hub with Zoe 1pm-3pm 'Boost your confidence job searching or prepare for an upcoming interview.'	 Introduction to Cooking Skills with Leoni 1-3pm 'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'	HUB CLOSED FOR GOOD FRIDAY
		Bowling and Grounds Maintenance Volunteering 11am-2pm 'Give back to the local community and support the St Albans team to look after the church grounds before enjoying some group bowling games.'	 Managing your Money 3-4pm - build budgeting skills to support in your journey towards financial security	





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Warrington CFO Activity Hub - April 2026



Monday 06/04/2026	Tuesday 07/04/2026	Wednesday 08/04/2026	Thursday 09/04/2026	Friday 10/04/2026
HUB CLOSED	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support
HUB CLOSED FOR EASTER MONDAY 	IOM Life Skills (invitation only) with Rebecca 10am-12pm "Bespoke sessions such as anger management, de-escalation techniques and effective communication." 	CBT with Molly All day appointments 10am-4pm. Appointment only. 	CGL Breakfast Drop-In with Lee 10:00am-12:00pm 'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.' 	CBT with Molly All day appointments 10am-4pm. Appointment only. 
HUB CLOSED FOR EASTER MONDAY 	Wellbeing and Mindfulness with Peer Mentor Michael 12-1pm "Find a mindful moment in your day to relax and reflect." 	18-29 Career Hub with Zoe 10am-12pm 'Boost your confidence job searching or prepare for an upcoming interview.' 	Doing Good to Be Good with Rebecca 10am-12pm 'Explore volunteering opportunities in your local area and find out how to become a hub mentor, or upskill as an existing mentor.' 	Non-accredited course 11am-12:30 'Specific courses to build on your skills and knowledge and earn new qualifications, such as exploring self-employment, creative writing and getting ready for work.' 
HUB CLOSED FOR EASTER MONDAY 	Arts and Crafts with Tipp 1-3pm 'Express yourself through painting, drawing or craft activities and display your work in the hub.' 	Employment Hub with Zoe 1pm-3pm 'Boost your confidence job searching or prepare for an upcoming interview.' 	Introduction to Cooking Skills with Leoni 1-3pm 'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal' 	Hub Quiz with Peer Mentor Nathan 12:30-1:30pm 'Socialise, have fun and work within a team in our weekly hub quiz.' 
		Bowling and Grounds Maintenance Volunteering 11am-2pm 'Give back to the local community and support the St Albans team to look after the church grounds before enjoying some group bowling games.' 	Managing your Money 3-4pm - build budgeting skills to support in your journey towards financial security 	Hub Focus Group with Peer Mentor Nathan 1:30-2pm
				Over 50's Coffee and a Catch-Up with Zoe 2pm-3pm Join us for a safe space to talk, share and support each other.' 

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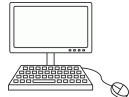

























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Society: Activities contributing to the community outside of the CFO Activity Hub

Warrington CFO Activity Hub - April 2026



Monday 13/04/2026	Tuesday 14/04/2026	Wednesday 15/04/2026	Thursday 16/04/2026	Friday 17/04/2026
Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support
<p>Develop your IT skills with Zoe 10:30am-12pm ‘Build your computer confidence and increase your familiarity with the Microsoft package.’</p>  	<p>IOM Life Skills (invitation only) with Rebecca 10am-12pm “Bespoke sessions such as anger management, de-escalation techniques and effective communication.”</p>  	<p>CBT with Molly All day appointments 10am-4pm. Appointment only. </p>	<p>CGL Breakfast Drop-In with Lee 10:00am-12:00pm ‘Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.’</p> 	<p>CBT with Molly All day appointments 10am-4pm. Appointment only. </p>
<p>Lego with Zoe 12:30-2pm ‘Spend time with peers, learn skills such as problem solving, focus, task management.’</p>  	<p>Wellbeing and Mindfulness with Peer Mentor Michael 12-1pm “Find a mindful moment in your day to relax and reflect.” </p>	<p>18-29 Career Hub with Zoe 10am-12pm ‘Boost your confidence job searching or prepare for an upcoming interview.’ </p>	<p>Doing Good to Be Good with Rebecca 10am-12pm ‘Explore volunteering opportunities in your local area and find out how to become a hub mentor, or upskill as an existing mentor.’</p>  	<p>Non-accredited course 11am-12:30 ‘Specific courses to build on your skills and knowledge and earn new qualifications, such as exploring self-employment, creative writing and getting ready for work.’ </p>
<p>Women’s Only with Zoe 2:30pm-4pm ‘Join us for a safe space to talk, share and empower each other.’</p>  	<p>Arts and Crafts with Tipp 1-3pm ‘Express yourself through painting, drawing or craft activities and display your work in the hub.’</p>  	<p>Employment Hub with Zoe 1pm-3pm ‘Boost your confidence job searching or prepare for an upcoming interview.’ </p>	<p>Introduction to Cooking Skills with Leoni 1-3pm ‘Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal’</p>  	<p>Hub Quiz with Peer Mentor Nathan 12:30-1:30pm ‘Socialise, have fun and work within a team in our weekly hub quiz.’</p>  
		<p>Bowling and Grounds Maintenance Volunteering 11am-2pm ‘Give back to the local community and support the St Albans team to look after the church grounds before enjoying some group bowling games.’ </p>	<p>Managing your Money 3-4pm - build budgeting skills to support in your journey towards financial security. </p>	<p>Hub Focus Group with Peer Mentor Nathan 1:30pm-2pm</p>
				<p>CV Support with Zoe 2pm-3pm ‘A session to support you to craft an up-to-date CV in a digital format, ready to use within future job applications.’ </p>

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Warrington CFO Activity Hub - April 2026



Monday 20/04/2026	Tuesday 21/04/2026	Wednesday 22/04/2026	Thursday 23/04/2026	Friday 24/04/2026
Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support
<p>Develop your IT skills with Zoe 10:30am-12pm ‘Build your computer confidence and increase your familiarity with the Microsoft package.’</p>  	<p>IOM Life Skills (invitation only) with Rebecca 10am-12pm ‘Bespoke sessions such as anger management, de-escalation techniques and effective communication.’</p>  	<p>CBT with Molly All day appointments 10am-4pm. Appointment only. </p>	<p>CGL Breakfast Drop-In with Lee 10:00am-12:00pm ‘Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.’</p> 	<p>CBT with Molly All day appointments 10am-4pm. Appointment only. </p>
<p>Lego with Zoe 12:30-2pm ‘Spend time with peers, learn skills such as problem solving, focus, task management.’</p>  	<p>Wellbeing and Mindfulness with Peer Mentor Michael 12-1pm ‘Find a mindful moment in your day to relax and reflect.’ </p>	<p>18-29 Career Hub with Zoe 10am-12pm ‘Boost your confidence job searching or prepare for an upcoming interview.’ </p>	<p>Doing Good to Be Good with Rebecca 10am-12pm ‘Explore volunteering opportunities in your local area and find out how to become a hub mentor, or upskill as an existing mentor.’</p>  	<p>Non-accredited course 11am-12:30 ‘Specific courses to build on your skills and knowledge and earn new qualifications, such as exploring self-employment, creative writing and getting ready for work.’ </p>
<p>Women’s Only with Zoe 2:30pm-4pm ‘Join us for a safe space to talk, share and empower each other.’</p>  	<p>Arts and Crafts with Tipp 1-3pm ‘Express yourself through painting, drawing or craft activities and display your work in the hub.’</p>  	<p>Employment Hub with Zoe 1pm-3pm ‘Boost your confidence job searching or prepare for an upcoming interview.’ </p>	<p>Introduction to Cooking Skills with Leoni 1-3pm ‘Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal’</p>  	<p>Hub Quiz with Peer Mentor Nathan 12:30-1:30pm ‘Socialise, have fun and work within a team in our weekly hub quiz.’</p>  
		<p>Bowling and Grounds Maintenance Volunteering 11am-2pm ‘Give back to the local community and support the St Albans team to look after the church grounds before enjoying some group bowling games.’ </p>	<p>Managing your Money 3-4pm - build budgeting skills to support in your journey towards financial security. </p>	<p>Hub Focus Group with Peer Mentor Nathan 1:30-2pm</p>
				<p>Over 50’s Coffee and a Catch-Up with Zoe 2pm-3pm </p> <p>Join us for a safe space to talk, share and support each other.’</p>

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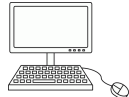




















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Warrington CFO Activity Hub - April 2026



Monday 27/04/2026	Tuesday 28/04/2026	Wednesday 29/04/2026	Thursday 30/04/2026	Friday 01/05/2026
Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	Join us for a brew, some food or drop-in support	MAY TIMETABLE
<p>Develop your IT skills with Zoe 10:30am-12pm ‘Build your computer confidence and increase your familiarity with the Microsoft package.’</p>  	<p>IOM Life Skills (invitation only) with Rebecca 10am-12pm “Bespoke sessions such as anger management, de-escalation techniques and effective communication.”</p>  	<p>CBT with Molly All day appointments 10am-4pm Appointment only. </p>	<p>CGL Breakfast Drop-In with Lee 10:00am-12:00pm ‘Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.’</p> 	
<p>Lego with Zoe 12:30-2pm ‘Spend time with peers, learn skills such as problem solving, focus, task management.’</p>  	<p>Wellbeing and Mindfulness with Peer Mentor Michael 12-1pm “Find a mindful moment in your day to relax and reflect.” </p>	<p>18-29 Career Hub with Zoe 10am-12pm ‘Boost your confidence job searching or prepare for an upcoming interview.’ </p>	<p>Doing Good to Be Good with Rebecca 10am-12pm ‘Explore volunteering opportunities in your local area and find out how to become a hub mentor, or upskill as an existing mentor.’</p>  	
<p>Women’s Only with Zoe 2:30pm-4pm ‘Join us for a safe space to talk, share and empower each other.’</p>  	<p>Arts and Crafts with Tipp 1-3pm ‘Express yourself through painting, drawing or craft activities and display your work in the hub.’</p>  	<p>Employment Hub with Zoe 1pm-3pm ‘Boost your confidence job searching or prepare for an upcoming interview.’ </p>	<p>Introduction to Cooking Skills with Leoni 1-3pm ‘Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal’</p>  	
<p>Bowling and Grounds Maintenance Volunteering 11am-2pm ‘Give back to the local community and support the St Albans team to look after the church grounds before enjoying some group bowling games.’ </p>	<p>Managing your Money 3-4pm – build budgeting skills to support in your journey towards financial security. </p>			

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