



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 - May 2026



Monday 27/04/2026	Tuesday 28/04/2026	Wednesday 29/04/2026	Thursday 30/04/2026	Friday 01/05/2026
April Timetable	April Timetable	April Timetable	April Timetable	<p>Join us for a brew, some food or drop-in support</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>Introduction to Cooking Skills with Leoni 11am-1pm ‘Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal’</p>  
				<p>Hub Quiz 12:30-1:30pm ‘Socialise, have fun and work within a team in our weekly hub quiz.’</p>  <p>Hub Focus Group 1:30pm-2pm </p>

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.

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Warrington CFO Activity Hub - May 2026



	Monday 04/05/2026	Tuesday 05/05/2026	Wednesday 06/05/2026	Thursday 07/05/2026	Friday 08/05/2026
<p style="text-align: center;">Hub Closed for May Bank Holiday</p>		<p>CSCS 2 Day Course - speak to your support worker to book on</p>	<p>CSCS 2 Day Course - speak to your support worker to book on</p>	<p>Join us for a brew, some food or drop-in support</p>	<p>Join us for a brew, some food or drop-in support</p>
		<p>IOM Life Skills (invitation only) with Rebecca 11am-1pm "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>Therapy Dogs 10:30am-12:00pm Therapy dogs visiting the hub to support wellbeing, reduce stress, and create a calm environment.</p>  <p>Employment Hub with Zoe 1pm-3pm 'Boost your confidence job searching or prepare for an upcoming interview.' </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>Creative Writing Workshop with TIPP 11AM-1PM 'Creative session exploring expressive poetry and collaborative songwriting to inspire imagination and build confidence.'</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>Introduction to Cooking Skills with Leoni 11am-1pm 'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</p> 
	<p>Arts and Crafts with TIPP 1:30-3pm 'Express yourself through painting, drawing or craft activities and display your work in the hub.'</p>  	<p>Bowling and Grounds Maintenance Volunteering with Rebecca 11am-2pm 'Give back to the local community and support the St Albans team to look after the church grounds before enjoying some group crown green bowling games.'</p> 	<p>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.'</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>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>

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Enrolments are needed to engage with any activities.





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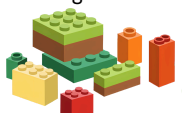












Relationships: Activities that work with peers/families/friends



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

Warrington CFO Activity Hub - May 2026



Monday 11/05/2026	Tuesday 12/05/2026	Wednesday 13/05/2026	Thursday 14/05/2026	Friday 15/05/2026
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	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 11am-1pm "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>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>Lego with Peer Mentor James 12:30-2pm 'Spend time with peers, learn skills such as problem solving, focus, task management.'</p>  	<p>Arts and Crafts with TIPP 1:30-3pm 'Express yourself through painting, drawing or craft activities and display your work in the hub.'</p>  	<p>18-29 Career Hub with Zoe 10am-12pm 'Boost your confidence job searching or prepare for an upcoming interview.'</p> 	<p>Creative Writing Workshop with TIPP 11AM-1PM 'Creative session exploring expressive poetry and collaborative songwriting to inspire imagination and build confidence.'</p>  	<p>Introduction to Cooking Skills with Leoni 11am-1pm 'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</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>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 crown green bowling games.'</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>	<p>Managing your Money 3-4pm - build budgeting skills to support in your journey towards financial security.</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>Enrolments are needed to engage with any activities.</p>	<p>Hub Focus Group with Peer Mentor Nathan 1:30pm-2pm</p>			

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

Warrington CFO Activity Hub - May 2026



Monday 18/05/2026	Tuesday 19/05/2026	Wednesday 20/05/2026	Thursday 21/05/2026	Friday 22/05/2026
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	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 11am-1pm '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>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>Lego with Peer Mentor James 12:30-2pm 'Spend time with peers, learn skills such as problem solving, focus, task management.'</p>  	<p>Arts and Crafts with TIPP 1:30-3pm 'Express yourself through painting, drawing or craft activities and display your work in the hub.'</p>  	<p>18-29 Career Hub with Zoe 10am-12pm 'Boost your confidence job searching or prepare for an upcoming interview.'</p> <p>Employment Hub with Zoe 1pm-3pm 'Boost your confidence job searching or prepare for an upcoming interview.'</p> 	<p>Creative Writing Workshop with TIPP 11AM-1PM 'Creative session exploring expressive poetry and collaborative songwriting to inspire imagination and build confidence.'</p>  	<p>Introduction to Cooking Skills with Leoni 11am-1pm 'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</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>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 crown green bowling games.'</p> 	<p>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.'</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>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>

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Warrington CFO Activity Hub - May 2026



	Monday 25/05/2026	Tuesday 26/05/2026	Wednesday 27/05/2026	Thursday 28/05/2026	Friday 29/05/2026
<p style="text-align: center;">Hub Closed for May Bank Holiday</p>		<p>Join us for a brew, some food or drop-in support</p>	<p>Join us for a brew, some food or drop-in support</p>	<p>Join us for a brew, some food or drop-in support</p>	<p>Join us for a brew, some food or drop-in support</p>
		<p>IOM Life Skills (invitation only) with Rebecca 11am-1pm "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>18-29 Career Hub with Zoe 10am-12pm "Boost your confidence job searching or prepare for an upcoming interview."</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> 
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