November 2026

Sheffield CFO Activity Hub

The Hub is open Monday to Friday.

Thursday and Friday is for 1:1 appointments only

07502 299 992

CFOEvolution@growthco.uk

Sheffield CFO Activity Hub, Ground Floor St James House, Vicar Lane, Sheffield, S1 2EX

▲ 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

CFO

This programme is funded by HMPPS CFO

Monday

Allotment: with Max / Jo
10am - 1pm
■

Job Club
Interview skills, CVs and Disclosure Letters with Gareth (please book for 1:1's)
▲ **10am - 1pm**

Book Club
explore themes of popular fiction. New book every month with Jo / Gareth
▲ **1pm - 2pm**

Sports and Exercise
Health, Nutrition and fitness workouts with Mark
▲ **2pm - 3pm**

Health & Wellbeing
Understanding & managing your own health, healthy mind, healthy body With Gareth
▲ **2pm - 3pm**

Tuesday

Cooking on a budget:
looking at diet, nutrition, money saving tips. Free Food!
● **10am - 12:30pm**

Accessing online courses
Fully funded and over 100 courses to choose from!
▲ **10am - 12:30pm**

Future Me
Explore goal setting and future opportunities with Jo
11am - 12pm
▲

TiPP - Creative Activities
1pm - 3pm
●

Enrolment and prison release support:
Meet the team!
▲ **1pm - 3pm**

Wednesday

Lego Project/Games:
Creative challenges and problem solving with Max
10am - 11am
●

Spectrum
LGBTQ+ Social and Support group with Max
● **11am - 12pm**

Man plan
Men's mental health group with Max
● **1:30pm - 3:30pm**

Thursday

Enrolment and prison release support:
Meet the team!
▲ **1pm - 3pm**

Open Monday to Friday. Open Monday, Tuesday and Wednesday for activities and 1:1 appointments 9:30am till 4pm

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Sheffield CFO Activity Hub

Support available via your dedicated support worker:
Obtaining ID
Accomodation
Finance/benefit/Debt
Obtaining RTW docs
1:1 Employment support
Financial support available to help you get into work!

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Drop-in Session available for 1:1 Support Monday to Wednesday

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Reception contact number:
07502 299 992

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Employment support

- Create a CV
- Create a Disclosure letter
- 1:1 support with our in house Employment Engagement Consultant
- Access and support to apply for live vacancies
- Understanding Spent vs Unspent Convictions

Vocational courses

First Aid course:
5th November 9:30am - 4pm

Events 2 day course:
18th & 19th November
10am - 4pm
Want to work behind the scenes at the biggest gigs!
Guaranteed work at Sheffield Arena

Both courses Fully funded!
Speak to your Support Worker

CBT

Access to Cognitive Behavioural Therapy with a therapist, on a 1:1 basis to receive support around your wellbeing, thoughts and processes and trauma.

Wellbeing Walk 12th November meet at the hub 10am

Accessing ID

Support to apply for right to work documents, when trying to find employment:

- Birth Certificate
- Citizen Card

Accessing Food Banks

Whatever your circumstance, we understand that with the rising cost of living things are hard. We can support you to access Food Banks in your local area.

Digital College

Access to online fully funded courses:

- Food Hygiene
- Foundation in Sales and Marketing
- Fire Safety
- An Introduction to Peer Mentoring
- Introducing the Role of a Security Guard
- ESOL English for the Workplace
- Asbestos Awareness
- COSH
- Safeguarding
- Hospitality Customer Service
- Money Sense
- Planning to start your own business
- CSCS

With access to IT equipment once approved by your Probation Practitioner

The CFO Activity Hubs are a safe space. Whether you have a form you don't understand, you need support on 1:1 basis or you want to reduce your social isolation, we are here to help!

This programme is funded by HMPPS CFO