



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

BLACKBURN CFO ACTIVITY HUB



April - Week 1

	Monday 30 th	Tuesday 31 st	Wednesday 1 st	Thursday 2 nd	Friday 3 rd
	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p> 	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p> 	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p> 	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p> 	HUB CLOSED
	<p>Training & Course Searching (CSCS, Forklift etc) 10:30 - 12 <i>with Sam</i></p> <p><i>'Sign up for Digital College and search for suitable training courses to boost skills and employability.'</i></p>  	<p>Job Search & Application Support 10:30 - 12 <i>with Gabbi</i></p> <p><i>'Engage in a job searching session tailored to your qualifications, skills and experiences and gain support completing applications.'</i></p>  	<p>Literacy & Numeracy Skills 10:30 - 12 <i>with Nadya</i></p> <p><i>'Gain support in evaluating and expanding your current literacy and numeracy skills for life and employment opportunities.'</i></p>  	<p>Intro to Self-Employment <i>(non-accredited course)</i> 10:30 - 12 <i>with Sam</i></p> <p><i>'Engage in a non-accredited course aimed at exploring self-employment opportunities.'</i></p>  	HUB CLOSED FOR GOOD FRIDAY 
	<p>Accommodation Advice & Support 1 - 3 <i>with Sam</i></p> <p><i>'Gain advice and support regarding your current accommodation and options available.'</i></p>  	<p>Women's Only CV Support Session 1 - 3 <i>with Gabbi</i></p> <p><i>'Gain support in realising your skill set and creating or updating your CV to be employment ready.'</i></p>  	<p>Art Therapy 1 - 3 <i>with Nadya</i></p> <p><i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i></p>  	<p>Cooking on a Budget: <i>One-Pot Pie</i> 1 - 3 <i>with Sam</i></p> <p><i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i></p>  	HUB CLOSED FOR GOOD FRIDAY 
	<p>CBT with Better Health 10 - 3   appointment only</p>	<p>Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4 </p>	<p>Through The Gate (TTG) <i>Drop-in sessions for those recently released from custody</i> 1 - 4 </p>	<p>Drop-in Support Session 3 - 4 </p>	HUB CLOSED

Information

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate, Blackburn,
BB1 3BD

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07467 296781 (Sam)

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.





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BLACKBURN CFO ACTIVITY HUB



April - Week 2

	Monday 6 th	Tuesday 7 th	Wednesday 8 th	Thursday 9 th	Friday 10 th
Information	HUB CLOSED	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>	Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i>
Address: First Floor Offices, Crabtree Street, Furthergate Industrial Estate, Blackburn, BB1 3BD	HUB CLOSED FOR EASTER MONDAY	Mock Interviews & Interview Prep 10:30 - 12 with Nadya <i>'Gain effective interview skills, learn how to best present yourself to an employer, and participate in mock interviews.'</i>	Anger Management 10:30 - 12 with Gabbi <i>'Gain support in learning about your emotional triggers and strategies to combat negative behaviours.'</i>	Disclosure Support 10:30 - 12 with Gabbi <i>'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'</i>	Intro to Self-Employment (non-accredited course) 10:30 - 12 with Sam <i>'Engage in a non-accredited course aimed at exploring self-employment opportunities.'</i>
Contact Information: 077750 96192 (Gabriella) 07384 119231 (Nadya) 07467 296781 (Sam)	HUB CLOSED FOR EASTER MONDAY	Women's Only Relationship Advice & Support 1 - 3 with Nadya <i>'Learn what a healthy relationship is and how to maintain positive relationships.'</i>	Scenes & Stories 1 - 3 with TIPP <i>'Participate in creative expression through story telling and acting with Theatre in Prisons and Probation (TIPP).'</i>	Debt & Money Management Advice 1 - 3 with Gabbi <i>'Gain advice around managing any debts and your income through creating budget plans and accessing support services.'</i>	Men's Matter Group 1 - 3 with Sam <i>'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'</i>
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April - Week 3

Monday 13th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Job Applications & Cover Letter Support
10:30 - 12
with Nadya

'Gain support in completing job applications and writing a cover letter displaying your suitability for employment opportunities.'



Benefit Support
1 - 3
with Nadya

'Gain support in learning what benefits you are entitled to and support in applying for these.'



CBT with Better Health
10 - 3
appointment only



Tuesday 14th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Approved Premises Support
10:30 - 12
with Sam

'Receive support and guidance to transition from temporary accommodation into your own home.'



Women's Only
Disclosure Support
1 - 3
with Gabbi

'Support in learning about the difference between unspent and spent convictions and how to disclose your criminal conviction to an employer or friend/family.'



Drop-in Support Session
3 - 4



Wednesday 15th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Motivation & Building Confidence
10:30 - 12
with Sam

'Support in understanding yourself, your needs and setting goals for the future.'



Scenes & Stories
1 - 3
with TIPP

'Participate in creative expression through story telling and acting with Theatre in Prisons and Probation (TIPP).'



Hub Induction:
Meet the Team & Enrol
1 - 4



Thursday 16th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Community Integration
10:30 - 12
with Nadya

'Explore local volunteering opportunities suitable for you and gain support in completing applications.'



Managing Emotions
1 - 3
with Nadya

'Learn how you deal with different emotions and develop strategies on how to handle negative emotions.'



Hub Induction:
Meet the Team & Enrol
1 - 4



Friday 17th

Coffee & Catch-Up
9:30 - 10:30

'Drop in for a hot drink, breakfast bites, and a friendly chat.'



Unpaid Work Support
10:30 - 12
with Gabbi

'Access support in understanding community service requirements and help in completing unpaid work hours.'



Wellbeing & Mindfulness
1 - 3
with Gabbi

'Discuss your current mental health and wellbeing and learn mindfulness techniques to support yourself.'



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4



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BLACKBURN CFO ACTIVITY HUB



April - Week 4

	Monday 20 th	Tuesday 21 st	Wednesday 22 nd	Thursday 23 rd	Friday 24 th
	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>	<p>Coffee & Catch-Up 9:30 - 10:30 <i>'Drop in for a hot drink, breakfast bites, and a friendly chat.'</i></p>
	<p>Pathway to Work 10:30 - 12:30 <i>with Sam</i></p> <p><i>'Aimed at those 18-25 years of age; come and receive support with job searching, CV writing, interview skills, and building confidence for employment.'</i></p> 	<p>Intro to Labouring <i>(non-accredited course)</i> 10:30 - 12:30 <i>with Gabbi</i></p> <p><i>'Engage in a non-accredited course aimed at exploring what labouring is and the qualifications needed to become a labourer.'</i></p> 	<p>Cooking on a Budget: Mac n' Cheese 10:30 - 12:30 <i>with Gabbi</i></p> <p><i>'Learn how to plan, prepare, and cook healthy meals using low-cost ingredients.'</i></p> 	<p>CV Support 10:30 - 12:30 <i>with Nadya</i></p> <p><i>'Gain support in realising your skill set and creating or updating your CV to be employment ready.'</i></p> 	<p>Job Search Support 10:30 - 12 <i>with Sam</i></p> <p><i>'Gain support in searching for employment opportunities suitable for your qualifications, skills and experience.'</i></p> 
	<p>Art Therapy 1:30 - 3:30 <i>with Sam</i></p> <p><i>'Engage in creative activities like drawing or painting to express emotions, reduce stress, and promote mental and emotional well-being.'</i></p> 	<p>Women's Only Benefit Support 1 - 3 <i>with Nadya</i></p> <p><i>'Gain support in learning what benefits you are entitled to and support in applying for these.'</i></p> 	<p>Scenes & Stories 1 - 3 <i>with TIPP</i></p> <p><i>'Participate in creative expression through story telling and acting with Theatre in Prisons and Probation (TIPP).'</i></p> 	<p>Accessing Health Support & Services 1:30 - 3 <i>with Nadya</i></p> <p><i>'Gain support in accessing a GP, dentist or other healthcare service local to you.'</i></p> 	<p>Debt Advice & Support 1 - 3 <i>with Sam</i></p> <p><i>'Gain advice around managing any debts and your income through creating budget plans and accessing support services.'</i></p> 
	<p>CBT with Better Health 10 - 3 appointment only</p>	<p>Hub Induction: <i>Meet the Team & Enrol</i> 1 - 4</p>	<p>Hub Forum 3 - 4 <i>with Gabbi</i></p>	<p>Through The Gate (TTG) <i>Drop-in sessions for those recently released from custody</i> 1 - 4</p>	<p>Drop-in Support Session 3 - 4</p>

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BLACKBURN CFO ACTIVITY HUB



April - Week 5

Monday 27th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Intro to Labouring
(non-accredited course)
10:30 - 12:30
with Gabbi

'Engage in a non-accredited course aimed at exploring what labouring is and the qualifications needed to become a labourer.'



Healthy Living Techniques
1 - 3
with Gabbi

'Focus on building habits that support physical and mental wellbeing, such as balanced nutrition, regular exercise, good sleep, and stress management.'



CBT with Better Health
10 - 3
appointment only

Tuesday 28th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Training & Course Searching (CSCS, Forklift etc)
10:30 - 12
with Nadya

'Sign up for Digital College and search for suitable training courses to boost skills and employability.'



Women's Only
Job Search & Application Support
1 - 3
with Gabbi

'Gain support in completing job applications and writing a cover letter for employment opportunities.'



Through The Gate (TTG)
Drop-in sessions for those recently released from custody
1 - 4

Wednesday 29th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

National Blueberry Pie Day
10:30 - 12:30
with Nadya

'Join staff and Hub Mentors for a hands-on baking session and skill-building experience.'



Scenes & Stories
1 - 3
with TIPP

'Participate in creative expression through story telling and acting with Theatre in Prisons and Probation (TIPP).'



Drop-in Support Session
1 - 4

Thursday 30th

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Accessing a Bank Account
10:30 - 12
with Nadya

'Access personalised help to apply for a bank account and navigate any obstacles.'



Sentence Conditions & Requirement Support
1 - 3
with Nadya

'Access guidance to help you understand and comply with your sentence and licence conditions.'



Hub Induction:
Meet the Team & Enrol
1 - 4

Friday 1st

Coffee & Catch-Up
9:30 - 10:30
'Drop in for a hot drink, breakfast bites, and a friendly chat.'

Men's Matter Group
10:30 - 12:30
with Sam

'Participate in a men's mental health group where various topics are discussed to support your wellbeing and boost your support system.'



Recovery Support & Advice
1 - 3
with Sam

'Access recovery advice, guidance, and ongoing support to help you stay motivated, overcome challenges, and continue moving forward in your recovery.'



Hub Induction:
Meet the Team & Enrol
1 - 4

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