

# July 2026

## Hull

### CFO Activity Hub




The Hub is open Monday to Friday.

Wednesday and Friday are for 1:1s and drop ins.

07570 245 620











CFOEvolution@growthco.uk

Hull CFO Activity Hub, Norwich House, Scope Office, 1 Saville Street, HU1 3ES

-  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



This programme is funded by HMPPS  
CFO

Monday	Tuesday	Thursday
All day 1:1 support	All day 1:1 support	All day 1:1 support
<b>Access to online fully funded courses: see leaflet for top courses!</b> With Mia 10am - 12pm 	<b>Housing support</b> advice and guidance managing accommodation issues, with Mia 10am - 12pm 	<b>Cooking On A Budget</b> Looking at diet, nutrition, money saving tips! with Mark 10:30am - 12:30pm 
<b>Sports and Exercise</b> Health, Nutrition and fitness workouts with Sabrina and Noshin 10am - 12pm 	<b>Job support, &amp; Applications</b> 1:1 appointments to create a CV, Disclosure letter and apply for live vacancies with Jamie 10am - 12pm 	<b>Money Management &amp; Benefit Advice.</b> Learn to budget, money management, better off calculation With Jamie 10am - 12pm 
<b>Parenting/Ace Course</b> A course focusing on childhood trauma and relationship building with Noshin. 5 week course 1pm - 3pm 	<b>Equality, Inclusion Support</b> Understand how to promote fairness, respect diversity, and provide effective support so everyone can participate and succeed. with Jamie 1pm - 3pm 	<b>Arts and Crafts:</b> 1pm - 3pm 
		<b>Man plan</b> Awareness, coping strategies, and resilience and support for mental wellbeing. with Mark 1pm - 3pm 

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

## Hull CFO Activity Hub

Support available via your dedicated support worker:

- Obtaining ID
- Accommodation
- Finance/benefit/Debt
- Obtaining RTW docs
- 1:1 Employment support

Financial support available to help you get into work!

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

Reception contact number:  
07570 245 620

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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

### WHATS ON: EDI EVENTS

#### Celebrate, learn and connect this month

Friday 17th July come 2026 - Come along and get involved in our cooking group - discover South Asian heritage through food

Thursday 23rd July 2026 Create with Pride : Disability pride , Arts and Crafts (celebrate , create and inspire)

### 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.

### 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

Access to hundreds of courses, fully funded 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!**