

- 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

October - Week 1



Information

Address: Second Floor, Tannery Court,
Tanners Lane, Warrington, WA2 7NA

Contact Information:

Rebecca: 07586115855
Leoni: 07834173728
Zoe: 07523587114

Open 9:30am – 5pm Monday – Friday

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage with any activities.

Monday 5th	Tuesday 6th	Wednesday 7th	Thursday 8th	Friday 9th
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
Future Focus 10:30am-12pm <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i>	Digital College 10:30-12:30 self-lead <i>'Gain new knowledge and qualification through online courses, including CSCS and Food Safety.'</i>	Bowling & Grounds Maintenance Volunteering 10:30-2:30 with Rebecca <i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i>	CGL Breakfast Drop-In 10am-12pm with Lee <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i>	Live Learning: Non-Accredited Courses 10:30-12:30 self-lead <i>'A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications'</i>
Lego 12:30pm-2pm with Peer Mentor James <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i>	IOM Life Skills (invitation only) 11am-1pm With Rebecca <i>'Bespoke sessions such as anger management, de-escalation techniques and effective communication.'</i>		Introduction to Cooking Skills 11am- 12:30 <i>'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'</i>	
Women's Only: Coffee & a Catch-Up 09:30am-10:30am with Hub Staff <i>'Join us for a safe space to talk, share and empower each other.'</i>	Creative Collaborative Workshop 1:30pm-3:30pm with TIPP <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i>	Employment Hub 1pm-3pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i>	Music Session 1pm-3pm <i>'A fun & relaxed session to enjoy music, connect with others and boost your mood'</i>	Hub Quiz 12:30-1:30pm with Hub Staff <i>'Socialise, have fun and work within a team in our weekly hub quiz.'</i>
		Mindfulness 2pm-4pm <i>'A calming session to practise mindfulness, reduce stress and support you overall wellbeing'</i>	Over 50's Coffee and a Catch-Up 2pm- 3pm with Hub Staff <i>'Join us for a safe space to talk, share and support each other.'</i>	
Hub Induction meet the team and enrol 1-4pm	Hub Focus Group 1:30pm-2pm	CBT with Molly 10am-4pm. Appointment only.	Hub Induction meet the team and enrol 1-4pm	Hub Induction meet the team and enrol 1-4pm



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

Warrington CFO Activity Hub

October - Week 2



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Monday 12th

Join us for a brew, some food or drop-in support



Future Focus
10:30am-12pm

'Attend a session focused on setting clear and achievable employment goals to support future career development.'



Lego

12:30pm-2pm

*with Peer Mentor James
'Spend time with peers, learn skills such as problem solving, focus, task management.'*



Tuesday 13th

Join us for a brew, some food or drop-in support



Digital College
10:30-12:30

*self-lead
Gain new knowledge and qualification through online courses, including CSCS and Food Safety.*



IOM Life Skills (invitation only)

11am-1pm

*With Rebecca
'Bespoke sessions such as anger management, de-escalation techniques and effective communication.'*



Wednesday 14th

Join us for a brew, some food or drop-in support



Bowling & Grounds
Maintenance Volunteering
10:30-2:30
with Rebecca

'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'



Thursday 15th

Join us for a brew, some food or drop-in support



CGL Breakfast Drop-In
10am-12pm
with Lee

'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'



Introduction to Cooking
Skills

11am- 12:30
with Leoni

'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'



Friday 16th

Join us for a brew, some food or drop-in support



Live Learning: Non-Accredited Courses
10:30-12:30
self-lead

A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications



Women's Only:

Coffee & a Catch-Up
09:30am-10:30am
with Hub Staff

'Join us for a safe space to talk, share and empower each other.'



Creative Collaborative
Workshop
1:30pm-3:30pm
with TIPP

'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Employment Hub
10:30-2:30
with Leoni

'Boost your confidence job searching or prepare for an upcoming interview.'



Mindfulness
2pm-4pm

A calming session to practise mindfulness, reduce stress and support you overall wellbeing



Music Session
1pm-3pm

A fun & relaxed session to enjoy music, connect with others and boost your mood



Over 50's Coffee and a
Catch-Up
2pm- 3pm
with Hub Staff

Join us for a safe space to talk, share and support each other.'



Hub Quiz
12:30-1:30pm
with Hub Staff

'Socialise, have fun and work within a team in our weekly hub quiz.'



Through the Gate (TTG) 1-4pm



Drop In Session
1:30-4pm



CBT with Molly
10am-4pm.
Appointment only.



Hub Induction meet the team and enrol
1-4:30pm



Hub Induction meet the team and enrol
1-4:30pm





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Warrington CFO Activity Hub

October - Week 3



This programme is funded by HMPPS CFO

Monday 19th

Tuesday 20th

Wednesday 21st

Thursday 22nd

Friday 23rd

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Future Focus
10:30 - 12

'Attend a session focused on setting clear and achievable employment goals to support future career development.'



Lego
12:30pm-2pm
with Peer Mentor James
'Spend time with peers, learn skills such as problem solving, focus, task management.'



Digital College
10:30-12:30
self-lead

'Gain new knowledge and qualification through online courses, including CSCS and Food Safety.'



IOM Life Skills (invitation only)
11am-1pm

With Rebecca
"Bespoke sessions such as anger management, de-escalation techniques and effective communication."



Bowling & Grounds Maintenance Volunteering
11am-2pm
with Rebecca

'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'



CGL Breakfast Drop-In
10am-12pm
with Lee

'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'



Introduction to Cooking Skills
11am- 12:30



'Develop cooking and budgeting skills with healthy living in mind and enjoy a cooked meal'



Live Learning: Non-Accredited Courses
10:30-12:30
self-lead

A relaxed & supportive learning sessions offering a range of non-accredited courses designed to build confidence, develop practical skills and explore new topics without the pressure of formal qualifications



Women's Only:

Coffee & a Catch-Up
09:30am-10:30am
with Hub Staff

'Join us for a safe space to talk, share and empower each other.'



Creative Collaborative Workshop
1:30pm-3:30pm
with TIPP

'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'



Employment Hub
10:30-2:30
with Leoni

'Boost your confidence job searching or prepare for an upcoming interview.'



Mindfulness
2pm-4pm

A calming session to practise mindfulness, reduce stress and support you overall wellbeing



Music Session
1pm-3pm

A fun & relaxed session to enjoy music, connect with others and boost your mood



Over 50's Coffee and a Catch-Up
2pm- 3pm
with Hub Staff



Join us for a safe space to talk, share and support each other.'



Hub Quiz
12:30-1:30pm
with Hub Staff

'Socialise, have fun and work within a team in our weekly hub quiz.'



Hub Induction meet the team and enrol
1-4:30pm



Drop In Session
1:30-4pm



CBT with Molly
10am-4pm.
Appointment only.



Through the Gate (TTG)
1-4pm



Hub Focus Group
1:30pm-2pm

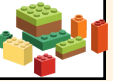


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Warrington CFO Activity Hub

October - Week 4



Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
 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	 Morning drop-in employment support sessions with Phil from DWP
  Future Focus 10:30am - 12pm <i>'Attend a session focused on setting clear and achievable employment goals to support future career development.'</i> 	  Digital College 10:30-12:30 self-lead  <i>'Gain new knowledge and qualification through online courses, including CSCS and Food Safety.'</i>	 Bowling & Grounds Maintenance Volunteering 11am-2pm with Rebecca <i>'Give back to the local community and support the St Alban's team to look after the church grounds before enjoying some group crown green bowling games.'</i> 	  CGL Breakfast Drop-In 10am-12pm with Lee <i>'Join Lee and the Change Grow Live team for tailored support to help you on the next step of your journey.'</i> 	  Halloween Festivities 10:30-15:00  <i>'A fun-filled Halloween day packed with seasonal activities, including getting creative with pumpkin painting and making delicious homemade soup together.'</i> <i>'Come along, get involved, learn something new and enjoy some spooky fun in a relaxed and welcoming atmosphere.'</i> 
  Lego 12:30pm-2pm with Peer Mentor James <i>'Spend time with peers, learn skills such as problem solving, focus, task management.'</i> 	  IOM Life Skills (invitation only) 11am-1pm With Rebecca <i>'Bespoke sessions such as anger management, de-escalation techniques and effective communication.'</i>	  Employment Hub 10:30pm-2:30pm with Leoni <i>'Boost your confidence job searching or prepare for an upcoming interview.'</i> 	  Music Session 1pm-3pm <i>'A fun & relaxed session to enjoy music, connect with others and boost your mood'</i> 	  Over 50's Coffee and a Catch-Up 2pm- 3pm with Hub Staff <i>'Join us for a safe space to talk, share and support each other.'</i> 
  Women's Only: Coffee & a Catch-Up 09:30am-10:30am with Hub Staff <i>'Join us for a safe space to talk, share and empower each other.'</i> 	  Creative Collaborative Workshop 1:30pm-3:30pm with TIPP <i>'An opportunity to take part in a range of creative activities, exploring imagination and building confidence.'</i> 	  Mindfulness 2pm-4pm <i>'A calming session to practise mindfulness, reduce stress and support you overall wellbeing'</i> 	  Drop In Session 1:30-4pm	  Hub Induction meet the team and enrol 1-4:30pm
 Hub Induction meet the team and enrol 1-4:30pm	 Hub Induction meet the team and enrol 1-4:30pm	 CBT with Molly 10am-4pm. Appointment only.	 Drop In Session 1:30-4pm	 Hub Induction meet the team and enrol 1-4:30pm

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