



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

LIVERPOOL CFO ACTIVITY HUB JUNE - WEEK 1



Information
Hub is located at
State House, 22 Dale St., L2 4TR
Tel: 07341 604133
Referral link:
[CFO Evolution Referrals - HMPPS Creating Future Opportunities](#)

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.



Monday 01/06/2026	Tuesday 02/06/2026	Wednesday 03/06/2026	Thursday 04/06/2026	Friday 05/06/2026
Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	We Are Warriors' Women's Group with Tania 09:30-1:00 <i>Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity</i> <i>Wellbeing, employment, training, future opportunities will be discussed.</i> UPW – invite only 10:00-12:00	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
Come and look for roles within the construction industry with us 10:30-12:00 Explore construction roles we can support you to get into.	Art therapy with Julia and Matt 10:00-11:30 Engage in creative activities to express emotions, reduce stress and promote wellbeing. Digital College (self-led) 10:30-4:00 Gain new knowledge and qualification through online courses, including CSCS.	Digital College (self-led) 1:30-4:00 Gain new knowledge and qualification through online courses, including CSCS. Hub induction (Meet the team and enroll!) 1pm-4pm	Cooking Skills with peer mentor Dan 10:30-12:00 Learn to cook healthily and explore meals from different cultures. Training opportunities and support with Ian 10:30-12:00 Identify training opportunities available and how to access them.	Employment hub with Ian 10:00-3:00 Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!
CV writing session with Ian 1:00-3:00 Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities. Hub induction (Meet the team and enroll!) 1pm-4pm	Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery. Lego Nostalgia with peer mentor Matt 1:00-3:00 learn skills such as problem solving, focus, task management.		Drama session with peer mentor Matt 1:00-3:00 Gain team-working skills and confidence and develop your imagination. ¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment.	Music session with Donna 1:30-3:30 <i>Learn to play instruments and song writing.</i>
			CBT with Molly - booking only 10:00-4:00	



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LIVERPOOL CFO ACTIVITY HUB JUNE - WEEK 2



	Monday 08/06/2026	Tuesday 09/06/2026	Wednesday 10/06/2026	Thursday 11/06/2026	Friday 12/06/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	We Are Warriors' Women's Group with Tania 09:30-1:00 Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed.	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
	Hub Newsletter with peer mentors 10:30-12:00 Edit our monthly newsletter to share what happens at the hub.	Art therapy with Julia and Matt 10:00-11:30 Engage in creative activities to express emotions, reduce stress and promote wellbeing. Digital College (self-led) 10:30-4:00 Gain new knowledge and qualification through online courses, including CSCS.	UPW - invite only 10:00-12:00	Therapy Dogs 10:30-12:00 The therapy dogs are trained to provide comfort and support. Training opportunities and support with Ian 10:30-12:00 Identify training opportunities available and how to access them.	Naafi Café with Julia - veterans only 10:30-12:00 explore veterans' support available in community. Employment hub with Ian 10:00-3:00 Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!
	CV writing session with Ian 1:00-3:00 Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities. Hub induction (Meet the team and enroll!) 1pm -4pm	Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery. Lego Nostalgia with peer mentor Matt 1:00-3:00 learn skills such as problem solving, focus, task management.	Digital College (self-led) 1:30-4:00 Gain new knowledge and qualification through online courses, including CSCS. Hub induction (Meet the team and enroll!) 1pm-4pm	Cooking Skills with peer mentor Dan 1:00-3:00 Learn to cook healthily and explore meals from different cultures. ¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment.	Music session with Donna 1:30-3:30 Learn to play instruments and song writing.
				CBT with Molly - booking only 10:00-4:00	

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LIVERPOOL CFO ACTIVITY HUB JUNE - WEEK 3



Monday 15/06/2026

Hub open from 9.30 for breakfast and drop in support

Hub Newsletter with peer mentors
10:30-12:00
Edit our monthly newsletter to share what happens at the hub.

CV writing session with Ian
1:00-3:00
Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.
Hub induction (Meet the team and enroll!)
1pm -4pm

Tuesday 16/06/2026

Hub open from 9.30 for breakfast and drop in support

Art therapy with Julia and Matt
10:00-11:30
Engage in creative activities to express emotions, reduce stress and promote wellbeing.
Digital College (self-led)
10:30-4:00
Gain new knowledge and qualification through online courses, including CSCS.

Recovery Group with Julia
11:30-12:30
Receive group support to start and maintain drug/alcohol recovery.
Lego Nostalgia with peer mentor Matt
1:00-3:00
learn skills such as problem solving, focus, task management.

Wednesday 17/06/2026

We Are Warriors' Women's Group with Tania
09:30-1:00
Relaxed atmosphere
Boundaries respected
Safe Space
No judgements
Inclusivity
Wellbeing, employment, training, future opportunities will be discussed.
UPW - invite only
10:00-12:00

Digital College (self-led)
1:30-4:00
Gain new knowledge and qualification through online courses, including CSCS.
Hub induction (Meet the team and enroll!)
1pm-4pm

Thursday 18/06/2026

Brontone - events training and employment
18.6. and 19.6.
10am-3pm
Cooking Skills with peer mentor Dan
10:30-12:00
Learn to cook healthily and explore meals from different cultures.
Training opportunities and support with Ian
10:30-12:00
Identify training opportunities available and how to access them.

Drama session with peer mentor Matt
1:00-3:00
Gain team-working skills and confidence and develop your imagination.
¿Hablas Español? Spanish lesson with Julia
3:00-4:00
Learn Spanish in a fun, steady environment.
CBT with Molly - booking only
10:00-4:00

Friday 19/06/2026

Brontone - events training and employment
18.6. and 19.6.
10am-3pm
June Quiz with peer mentor Dan
10:30-12:00
Share and gain new knowledge in a team activity.
Employment hub with Ian
10:00-3:00
Get help with job searching, interviews and starting work.
Activity Hubs supported 26 people into work in April!

Music session with Donna
1:30-3:30
Learn to play instruments and song writing.

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LIVERPOOL CFO ACTIVITY HUB JUNE - WEEK 4



	Monday 22/06/2026	Tuesday 23/06/2026	Wednesday 24/06/2026	Thursday 25/06/2026	Friday 26/06/2026
	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	We Are Warriors' Women's Group with Tania 09:30-1:00 Relaxed atmosphere Boundaries respected Safe Space No judgements Inclusivity Wellbeing, employment, training, future opportunities will be discussed. UPW - invite only 10:00-12:00	Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support
	Come and look for roles within the hospitality industry with us 10:30-12:00 Explore hospitality roles we can support you to get into.	Art therapy with Julia and Matt 10:00-11:30 Engage in creative activities to express emotions, reduce stress and promote mental and emotional wellbeing. Digital College (self-led) 10:30-4:00 Gain new knowledge and qualification through online courses.		Therapy Dogs 10:30-12:00 The therapy dogs are trained to provide comfort and support. Training opportunities and support with Ian 10:30-12:00 Identify training opportunities available and how to access them.	Mental Health coffee morning with Julia 10:30-12:00 Join us for a coffee while we discuss mental health and where to get support.
	CV writing session with Ian 1:00-3:00 Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.	Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery.	Hub induction (Meet the team and enroll!) 1pm -4pm IPP Group with Maura and Julia - IPP only 3:00-4:00 Get support from other IPP participants and discuss support required for yourself.	Cooking Skills with peer mentor Dan 1:00-3:00 Learn to cook healthily and explore meals from different cultures. ¿Hablas Español? Spanish lesson with Julia 3:00-4:00 Learn Spanish in a fun, steady environment.	Job Club with Ian Employment hub with Ian 10:00-3:00 Get help with job searching, interviews and starting work. Activity Hubs supported 26 people into work in April!
	Hub induction (Meet the team and enroll!) 1pm -4pm	Lego Nostalgia with peer mentor Matt 1:00-3:00 learn skills such as problem solving, focus, task management.		CBT with Molly - booking only 10:00-4:00	Music session with Donna 1:30-3:30 Learn to play instruments and song writing.

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LIVERPOOL CFO ACTIVITY HUB JUNE – WEEK 5



Monday 29/06/2026	Tuesday 30/06/2026	Wednesday 01/07/2026	Thursday 02/07/2026	Friday 03/07/2026
Hub open from 9.30 for breakfast and drop in support	Hub open from 9.30 for breakfast and drop in support	JULY TIMETABLE	JULY TIMETABLE	JULY TIMETABLE
<p>Hub Club - focus group with peer mentors 10:30-12:00 Discuss hub activities and help us shape future activities.</p> 	<p>Art therapy with Julia and Matt 10:00-11:30 Engage in creative activities to express emotions, reduce stress and promote wellbeing.</p> <p>Digital College (self-led) 10:30-4:00 Gain new knowledge and qualification through online courses, including CSCS.</p> 			
<p>CV writing session with Ian 1:00-3:00 Learn how to write your CV, what is important to know about CVs and how a good CV can support your employment opportunities.</p> <p>Hub induction (Meet the team and enroll!) 1pm -4pm</p> 	<p>Recovery Group with Julia 11:30-12:30 Receive group support to start and maintain drug/alcohol recovery.</p> <p>Lego Nostalgia with peer mentor Matt 1:00-3:00 learn skills such as problem solving, focus, task management.</p> 			

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Creating Future Opportunities

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