



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

**Address: Second Floor,  
Tannery Court, Tanners  
Lane, Warrington**

**WA2 7NA**

**Tel: 07586115855**

‘Future Focus  
Climbing Life’s mountain’ – An opportunity to set goals and break the goals down into smaller steps with your SW.

‘What would you do?’ This is a session that provides multiple scenarios ; the challenge being... what is the best thing to do in that situation?

































‘Non accredited course: Understanding diversity in society’ These sessions will help participant learn about new topics and engage in a course-like environment without the stress of exams.



This programme is delivered by HMPPS CFO

# WARRINGTON APRIL – WEEK 1



Mon 31st	Tues 1st	Wed 2nd	Thurs 3rd	Fri 4th
MARCH TIMETABLE	 Money Worries 9.30-10.30am 	 Breakfast Club- Healthy Communication 9.30-11am 	 Stand Guide 10am-12pm 	 Breakfast & Gratitude Journalling 9.30-10.30am 
	 CBT (invitation only) 10am-4pm	 Community Clean Up Hub Walk 11-12pm 	 Hub Grub - budgeting 09:30-11.30am 	 Non accredited course: Food safety and storage 10.30-12pm 
	 Job Club 11am - 12pm			
	 IOM- Life Skills (invitation only) 11am-1pm 	 Men's Mindfulness- Creative Lego 12-1pm 	 Could I be a mentor? Peer mentoring at the hub 11:30am-1pm 	 Teamwork Hub Quiz 12-1pm 
	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>
	 Get creative – Craft session 2-4pm 	 Independent Living Accessing services Support 2-4pm 	 WOMENS ONLY CV support 2-3pm Crafts: Diamond Art 3-4pm   Bike ride 2pm-4pm	 Support work 1-1 sessions 2-4pm 



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‘Resist and Persist’- Attend a session that can support you with your addictions; gambling, substances, food ect.






























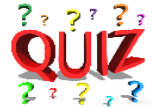











‘Film Club Review’ – Come along to the hub and watch a film. Reflect on the storyline and share underlying morals/lessons that can be learnt .



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# WARRINGTON APRIL – WEEK 2



Mon 7th	Tues 8th	Wed 9th	Thurs 10th	Fri 11th
 <p>Breakfast Men's ONLY Health &amp; Wellbeing 9.30-11am</p> 	 <p>Problem Solving Boardgames 9.30-11am</p>  <p><b>MONOPOLY</b></p>	 <p>Veterans Enrolment Clinic/Breakfast Club 10-11am</p> 	 <p>Stand Guide 10-12pm</p> 	 <p>Healthy living 9:30-10.30am</p> 
 <p>Physical Health Outdoor/indoor gym 11-12pm</p> 	 <p>CBT (invitation only) 10am-4pm</p> 	 <p>Gratitude Journaling 11-12pm</p> 	 <p>Hub Grub Budgeting- Independent living 09.30am-11am</p> 	 <p>Non accredited course: Food safety and storage 10.30-12pm</p> 
 <p>Brainteasers Crosswords/ Sudoku/wordsearch/ Arrow word 12-1pm</p> 	 <p>IOM- Life Skills (invitation only) Emotional resilience 11am-1pm</p> 	 <p>1-1 Support work 12-1pm Mental health check-in</p> 	 <p>Drama session with TIPP 11am-1pm</p> 	 <p>Teamwork Hub Quiz 12-1pm</p> 
<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>
 <p>Film Club 2pm-4pm</p> 	 <p>Disclosure Support 12-1pm</p> 	 <p>Hub newsletter 2pm-4pm</p> 	 <p>WOMENS ONLY Paint Skills 2-3 Employment Support 3-4pm</p>	 <p>Enrolment Clinic 2-4pm</p> 
 <p>Job Club and Digital college sessions 2pm - 3pm</p>			 <p>Bike Ride 2pm-4pm</p>	



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'Job Club' - Support around anything employment.

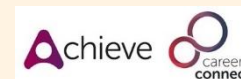
'Visual Art session' Explore different types of visual art, such as painting, printing, drama, etc.


































'Access to services'- Get support with how and where to access specific services catered to your individual needs.



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# WARRINGTON APRIL - WEEK 3



Mon 14th	Tues 15th	Wed 16th	Thurs 17th	Fri 18th
 Breakfast - Goal Setting 9:30-11am 	 Building relationships: Bingo 9.30-11am 	 Breakfast Club- Tech Safe 9.30-10.30am 	 Stand Guide 10am-12pm 	  BANK HOLIDAY  
 Physical Health Outdoor/indoor gym 11-12pm 	 CBT (invitation only) 10am-4pm   Introduction to Self-employment 11am- 12pm	 Music Memories 10.30-12pm 	 Wellbeing walk – noticing our surroundings and being present in the moment 2pm-4pm 	
 Gratitude Journaling 12-1pm 	 IOM- Life Skills (invitation only) 11am-1pm 	Men's Only Health & Wellbeing 12-1pm 	 Drama session with TIPP 11am-1pm 	
Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	
 Access to services 2pm-4pm	 Future Focus: Climbing life's mountain 2pm-4pm 	 Could I be a mentor? Peer mentoring 11.30-1pm 	 WOMENS ONLY Crafts: Baking 2-3pm Meditation 3-4pm	
 Job Club and Digital college sessions 11am - 12pm			 Bike Ride 2pm-4pm	



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‘Future Focus

Climbing Life’s mountain’ – An opportunity to set goals and break the goals down into smaller steps with your SW.

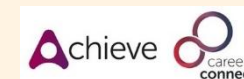
‘Growth Mindset’ –Challenge your thinking habits; a session that will support you in turning negative thinking into positive thinking..


























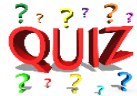









‘LP Artwork’ - A session that will encourage you to think of a motivational album and replicate the artwork on to canvas. Whilst re-creating your artwork listen to nostalgic music you grew up with.



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# WARRINGTON APRIL – WEEK 4



Mon 21st	Tues 22nd	Wed 23rd	Thurs 24th	Fri 25th
  <b>BANK HOLIDAY</b>  	 Money Worries 9.30-11am 	 Mindfulness Model making 10:00-11am 	 Stand Guide 10am-12pm 	 Communication skills 9.30-10.30am 
	 CBT (invitation only) 10am-4pm 	 Neurodiverse job search session 11AM - 12PM 	 Hub Grub Budgeting- <i>Independent living</i> 09:30-11:00am 	 Non accredited course: Food safety and storage 10.30-12pm 
	 IOM- Life Skills (invitation only) 11am-1pm 	 Hub Club 12pm-1pm 	 Drama session with TIPP 11am-1pm 	 Teamwork Hub Quiz 12-1pm 
	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>
	 1-1 Sessions with SW Mental Health Support 2pm-4pm 	 Gratitude Journaling 2pm-3pm   Music Memories 3pm-4pm	 WOMEN'S ONLY Positive Pebble Art 2-4pm   Bike Ride 2pm-4pm	 Support work – 1-1 sessions 2pm-4pm 





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‘Future Focus

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‘Growth Mindset’ –Challenge your thinking habits; a session that will support you in turning negative thinking into positive thinking..


























‘LP Artwork’- A session that will encourage you to think of a motivational album and replicate the artwork on to canvas. Whilst re-creating your artwork listen to nostalgic music you grew up with.



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# WARRINGTON APRIL – WEEK 5



Mon 28th	Tues 29th	Wed 30th	Thurs 1st	Fri 2nd
 <p>What would you do? 10-11am</p> 	 <p>Building relationships: Bingo 9.30-11am</p> 	 <p>Breakfast Club- Tech Safe 9.30-10.30am</p> 	MAY TIMETABLE	MAY TIMETABLE
 <p>Physical Health Outdoor/indoor gym 11-12pm</p> 	 <p>CBT (invitation only) 10am-4pm</p> 	 <p>Music Memories 10.30-12pm</p> 		
 <p>Resist &amp; Persist 12pm-1pm</p> 	 <p>IOM- Life Skills (invitation only) 11am-1pm</p> 	 <p>Men's Only Health &amp; Wellbeing 12-1pm</p> 		
Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm		
 <p>Craft session– LP Artwork 2pm-4pm</p> 	 <p>Future Focus: Climbing life's mountain 2pm-4pm</p> 	 <p>Could I be a mentor? Peer mentoring at the hub 11.30-1pm</p> 		
 <p>Job Club 2pm-3pm</p>				

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## APRIL Activities to look out for...



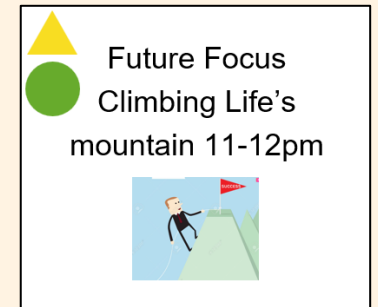
### **For support with this, access this>>>**

Get support with filling in forms.  
Passport/drivers licence/service registration  
forms(new doctors/ dental practice)



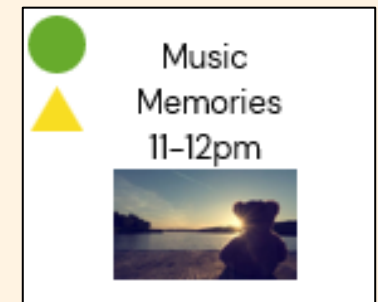
### **For support with this, access this>>>**

Get support breaking down those big goals,  
into smaller, more manageable steps.



### **For a chance to get nostalgic access this >>>**

This session will give you the opportunity to play / listen to music that  
takes you back to a good memory, feel free to share that memory too or  
just simply enjoy listening in company. Listening to music is such a good  
tool, whether it be meditative or calming.



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