



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

# Blackpool CFO Activity Hub- June

## Blackpool CFO Activity Hub

20 Queens Street Blackpool FY1  
1PD

Contacts:

**Christine: 07502299992**

**Leah W: 07501 627639**

9:30am – 4:30pm Monday – Friday

The Blackpool Hub can support participants with different courses and training to help toward employment opportunities. Where possible, the Hub can identify available funding and can provide funding directly. The Hub can also provide wellbeing packs and referrals to local food banks. In partnership with Better Health, the Hub also offers Cognitive Behavioural Therapy (CBT) which each participant is entitled to four one-hour sessions, with a possibility for extension of these sessions.

**Enrolments are needed to engage**

### Monday 1st

#### Breakfast Club and Catch Up

9:00-10:30, drop-in support!

#### Lift up Lounge

with Daran  
10 - 12:30pm  
Focus on building healthy habits that support physical and mental wellbeing



#### "Master Chef Cooking Lessons"

Leah S and Leah W  
Learn basic recipes for healthy nutritious meals  
1-3pm



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

### Tuesday 2nd

#### Breakfast Club and Catch Up

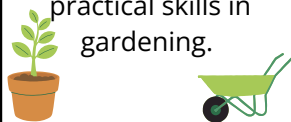
9:00-10:30, drop-in support!

#### Women's Only Debt and Money Management 10-12pm

Attend for support with managing any outstanding debts and income by completing money management action plans, ask Support Worker for information on other organisations and support available for debts

#### Planting Change 'Gardening Group'

With Christine  
1-3pm  
This therapeutic horticulture group session will help build social skills and gain practical skills in gardening.



Drop In Session  
1:30-4:30pm

### Wednesday 3rd

#### Breakfast Club and Catch Up

9:00-10:30, drop-in support!

#### Job Search 10-12:30

Attend the Hub for support in completing applications and finding suitable work



#### TIPP Blackpool Film Project with Kate.

1-3pm  
Join this fun creative process of working with an artist and filmmaker to design and help make your own film to promote the hub



CBT with Aisha-  
Appointments only  
10-3pm

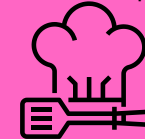
### Thursday 4th

#### Breakfast Club and Catch Up

9:00-10:30, drop-in support!

#### Women's Only "Master Chef Cooking Lessons"

Christine  
Learn basic recipes for healthy nutritious meals  
10:30-12:30pm



#### Interview Skills and Mock Interviews.

10-12:30pm  
Gain interview skills, how best to present yourself to an employer, and take part in mock interviews.



Hub Forum  
3-4:30pm

### Friday 5th

#### Breakfast Club and Catch Up

9:00-10:30, drop-in support!

#### Clean Breaks

'Creative Writing'  
With Leah W  
10:30 - 11:30am



#### Book Club 'The Next Chapter'

Weekly book club with Leah W  
1-2pm  
'Hub' Quiz and Social  
Take on the staff in our 'Hub' Quiz  
2-4pm



Through the Gate (TTG) 1-4pm



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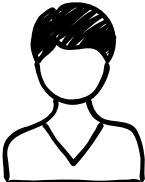







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**Enrolments are needed to engage**

Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
<p><b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!</p>	<p><b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!</p>
<p><b>Lift up Lounge</b> with Daran 10 - 12:30pm Focus on building healthy habits that support physical and mental wellbeing</p> 	<p><b>Women's Only Digital College</b> With Daran 10:30-11:30am Register with Digital College and search for suitable training courses to boost skills and employability</p> 	<p><b>Focus on Identity 10-11am</b> Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity</p> 	<p><b>Women's Wellness Circle 10:30-12:30pm</b> With Christine A group session focussing on emotional resilience, rebuilding confidence, and fostering community connection.</p> 	<p><b>Clean Breaks</b> 'Creative Writing' With Leah W 10:30 - 11:30am Learn how to express yourself and allow strong emotions to be turned into something remarkable</p> 
<p><b>Evolve Young Person's Employment</b> With Daran 1-3pm Attend the Youth session on interview preparation and interview skills</p> 	<p><b>Planting Change 'Gardening Group'</b> With Christine 1-3pm This therapeutic horticulture group session will help build social skills and gain practical skills in gardening.</p> 	<p><b>TIPP Blackpool Film Project with Kate. 1-3pm</b> Join this fun creative process of working with an artist and filmmaker to design and help make your own film to promote the hub</p> 	<p><b>TIPP Arts and Sculpture</b> With Archie 1-3pm Exploring themes of growth and repair - whilst bringing some arty joy to the Blackpool Hub.</p> 	<p><b>Book Club 'The Next Chapter'</b> Weekly book club with Leah W 1-2pm <b>'Hub' Quiz and Social</b> Take on the staff in our 'Hub' Quiz 2-4pm</p> 
<p>Hub Induction meet the team and enrol 1-4:30pm</p>	<p>Drop In Session 1:30-4:30pm</p>	<p>CBT with Aisha- Appointments only 10-3pm</p>	<p>Through the Gate (TTG) 1-4:30pm</p>	<p>Hub Forum 3-4pm</p>



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	Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!
	<b>Lift up Lounge</b> with Daran 10 - 12:30pm Focus on building healthy habits that support physical and mental wellbeing 	<b>Women's Only Accommodation Support and Advice</b> <b>10:30 - 12:30pm</b> Gain advice and support regarding your current accommodation and options available 	<b>What I'm Letting Go</b> With Leah S 10:30-12:30pm A symbolic art activity where participants create and then transform an image of something they want to release, supporting emotional processing and personal agency. 	<b>Women's Only "Master Chef Cooking Lessons"</b> Christine Learn basic recipes for healthy nutritious meals 10:30-12:30pm 	<b>Clean Breaks</b> 'Creative Writing' With Leah W Learn how to express yourself and allow strong emotions to be turned into something remarkable 10:30 - 11:30am 
	<b>"Master Chef Cooking Lessons"</b> Leah W and Leah S Learn basic recipes for healthy nutritious meals 1-3pm <b>Job Support</b>  2-4:30pm Support in learning about the difference between unspent and spent convictions and how to disclose to employers.	<b>Planting Change 'Gardening Group'</b> With Christine 1-3pm This therapeutic horticulture group session will help build social skills and gain practical skills in gardening. 	<b>TIPP Blackpool Film Project with Kate.</b> <b>1-3pm</b> Join this fun creative process of working with an artist and filmmaker to design and help make your own film to promote the hub 	<b>TIPP Arts and Sculpture</b> With Archie 1-3pm Exploring themes of growth and repair - whilst bringing some arty joy to the Blackpool Hub. 	<b>Book Club 'The Next Chapter'</b> Weekly book club with Leah W 1-2pm <b>'Hub' Quiz and Social</b> Take on the staff in our 'Hub' Quiz 2-4pm 
	Hub Induction Meet the team and Enrol 1-4pm	Meet the team and enrol 1-4pm	CBT with Aisha- Appointments only 10-3pm	Drop In Session 1:30-4pm	Through the Gate (TTG) 1-4pm

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	Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!
<b>Lift up Lounge</b> with Daran 10 - 12:30pm Focus on building healthy habits that support physical and mental wellbeing 	<b>Women's Only Sip and Stitch</b> 10:30-12:30pm Come and have a cup of tea and learn a new skill, whether it is stitching, crocheting. 	<b>The River of Release</b> With Leah 5:10:30-12:30pm A reflective art activity where participants create a river image and add small drawings or words representing what they want to let go of, symbolising these being carried away by the flowing water 	<b>Women's Only Prepare for Employment with Lived experience</b> Non-accredited course (Part 1) Prepare for employment by building job search skills, improving your cv, learning how to confidently discussing your background.	<b>Evolve Young Person's Employment</b> With Daran 10:30-12:30pm Attend the Youth session on interview preparation and interview skills 	
<b>Focus on Identity</b> 1-3pm Helping Ex-Veteran's separate their military identity from their offense and build a new, successful civilian identity <b>Job Search</b> 2-4:30pm Attend the Hub for support in completing applications and finding suitable work	<b>Planting Change 'Gardening Group'</b> With Christine 1-3pm This therapeutic horticulture group session will help build social skills and gain practical skills in gardening. 	<b>TIPP Blackpool Film Project with Kate.</b> 1-3pm Join this fun creative process of working with an artist and filmmaker to design and help make your own film to promote the hub 	<b>TIPP Arts and Sculpture</b> With Archie 1-3pm Exploring themes of growth and repair - whilst bringing some arty joy to the Blackpool Hub. 	<b>Disclosure Support</b> 1-2pm Support with understanding the difference between unspent and spent convictions <b>'Hub' Quiz and Social</b> Take on the staff in our 'Hub' Quiz 2-3pm	
<b>Drop In Session</b> 1:30-4pm	<b>Hub Induction Meet the team and Enrol</b> 1-4pm	<b>CBT with Aisha- Appointments only</b> 10-3pm	<b>Meet the team and enrol</b> 1-4pm	<b>Through the Gate (TTG)</b> 1-4pm	

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Monday 29th	Tuesday 30th			
<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!	<b>Breakfast Club and Catch Up</b> 9:00-10:30, drop-in support!			
<b>Lift up Lounge</b> with Daran 10 - 12:30pm Focus on building healthy habits that support physical and mental wellbeing 	<b>Women's Only</b> 10:30-12:30pm Interview skills and Mock Interviews Gain interview skills, how best to present yourself to an employer, and take part in mock interviews 			
<b>"Master Chef Cooking Lessons"</b> Leah W and Leah S Learn basic recipes for healthy nutritious meals 1-3pm 	<b>Planting Change 'Gardening Group'</b> With Christine 1-3pm This therapeutic horticulture group session will help build social skills and gain practical skills in gardening. 			
Hub Induction Meet the team and Enrol 1-4pm	Through the Gate (TTG) 1-4pm			