



- Self: Activities that work on the individual
- Relationships: Activities that work with peers/families/friends
- Education Training and Employment activities

# April – WEEK 1



## Information

### Manchester Community Hub













Address: 7 Watson Street, M3 4EE

Please Contact: 07834 764 900 or  
07731 132 7221

The green sessions are to support you build a pro social outlook, work on building relationships and team building with peers at the hub.

Our Blue sessions focus on education training and employment to help you gain employment and upskill to move toward the job market.

Our yellow sessions support you to work on your self development and build a positive outlook

Monday 31/03/2025		Tuesday 01/04/2025		Wednesday 02/04/2025		Thursday 03/04/2025		Friday 04/04/2025	
Anger Management 11am - 12pm	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Meditation 9.30am - 11am	Job Club
Men Matter 12pm - 1pm 	Preparation for employment with lived experience	Hub Walk 11am - 1pm 	Enviromental awareness course	Moral Dilema's 12pm - 1pm	Careers planning in sport and fitness course	Media TiPP 11am - 1pm 	Introduction to Basic Cooking Skills	Music and Society 11am - 12pm 	
Philosophy 1pm - 2pm 	Food safety and storage course	Arts & Crafts 1pm - 3pm	Self Employment Support	Table Tennis 1.30 pm - 2.30pm 	Intro to Labouring course	Newsroom 1pm - 2pm 	Digital Support 12pm - 1pm	Eid Party!! Hub Fun Day Focus Group Quiz 1pm - 3pm 	
Thrive - Confidence Building 2pm - 3pm 	Digital College 1pm - 4pm	Table Tennis 2pm - 3pm 	Disclosure Advice 3pm - 4pm	Music Tipp 1.30pm - 3.30pm 	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 	CV Writing 3pm - 4pm		





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# April – WEEK 2



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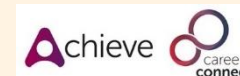
Monday		Tuesday		Wednesday		Thursday		Friday	
07/04/2025		08/04/2025		09/04/2025		10/04/2025		11/04/2025	
Anger Management 11am - 12pm 	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only 	Digital College 10am - 1pm	Meditation 9.30am - 11am 	Job Club
Men Matter 12pm - 1pm 	Preparation for employment with lived experience	Hub Walk 11am - 1pm	Enviromental awareness course	Moral Dilema's 12pm - 1pm 	Careers planning in sport and fitness course	Media TiPP 11am - 1pm	Introduction to Basic Cooking Skills	Music and Society 11am - 12pm 	
Philosophy 1pm - 2pm	Food safety and storage course	Arts & Crafts 1pm - 3pm	Self Employment Support	Table Tennis 1.30 pm - 2.30pm 	Intro to Labouring course	Newsroom 1pm - 2pm	Digital Support 12pm - 1pm	Hub Fun Day Quiz 1pm - 3pm	
Thrive - Confidence Building 2pm - 3pm 	Digital College 1pm - 4pm	Table Tennis 2pm - 3pm	Disclosure Advice 3pm - 4pm	Music Tipp 1.30pm - 3.30pm	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 	CV Writing 3pm - 4pm		





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# April - WEEK 3



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Monday 14/04/2025		Tuesday 15/04/2025		Wednesday 16/04/2025		Thursday 17/04/2025		Friday 18/04/2025
Anger Management 11am - 12pm 	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only 	Digital College 10am - 1pm	<p><b>Closed</b></p> <p></p>
Men Matter 12pm - 1pm 	Preparation for employment with lived experience	Hub Walk 11am - 1pm 	Enviromental awareness course	Moral Dilema's 12pm - 1pm 	Careers planning in sport and fitness course	Media TiPP 11am - 1pm	Introduction to Basic Cooking Skills	
Philosophy 1pm - 2pm 	Food safety and storage course	Easter Arts & Crafts 1pm - 3pm 	Self Employment Support	Table Tennis 1.30 pm - 2.30pm 	Intro to Labouring course	Newsroom 1pm - 2pm	Job Club 1pm - 4pm	
Thrive - Confidence Building 2pm - 3pm	Digital College 1pm - 4pm	Table Tennis 2pm - 3pm	Disclosure Advice 3pm - 4pm	Music Tipp 1.30pm - 3.30pm 	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 		

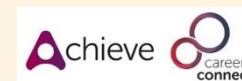


This programme is delivered by HMPPS CFO



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# April – WEEK 4



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Monday 21/04/2025	Tuesday 22/04/2025		Wednesday 23/04/2025		Thursday 24/04/2025		Friday 25/04/2025
  <b>Closed</b>	CBT Appointments 10am - 4pm Appointment only	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Meditation 9.30am - 11am
	Hub Walk 11am - 1pm	Enviromental awareness course	Earth Day Moral Dilema's 12pm - 1pm	Careers planning in sport and fitness course	 Media TIPP 11am - 1pm	Introduction to Basic Cooking Skills	Music and Society 11am - 12pm
	 Earth Day Arts & Crafts 1pm - 3pm	Self Employment Support	 Table Tennis 1.30 pm - 2.30pm	Intro to Labouring course	Newsroom 1pm - 2pm	Digital Support 12pm - 1pm	 Hub Fun Day Quiz 1pm - 3pm
	Table Tennis 2pm - 3pm	Disclosure Advice 3pm - 4pm	 Music TIPP 1.30pm - 3.30pm	Job Search 2am-4pm	 Thrive - Person of Worth and self esteem 2pm - 3pm	CV Writing 3pm - 4pm	

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