



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

Preston CFO Activity Hub

October - Week 1



PRESTON CFO ACTIVITY HUB

Address:

Urban Exchange,
Theatre/Mount Street, PR1 8BQ

Contact Information:

07850 955413 (Amy)
07467 740540 (Jasmine)
07384 548064 (Liam)

Opening Times:

09:30 - 16:00
Monday - Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.

Monday 5th

9.30-10:30 for breakfast
and drop in support



NCS Skill Finder
10:30-12:00

Discover your skills and careers assessment. Answer questions about things you like to do or are good at. You'll see what motivates you based on your answers."



Money Management
1 - 3

"Learn now to better manage your finances by completing a money management booklet"



Message your Support
worker for One on
One support: 1-4



Tuesday 6th

9.30-10:30 for breakfast
and drop in support



Debt Advice
10 - 11

"Support making referrals to debt service to support managing and paying off debts and finding out how to dot his"



Men Matter
13:00-14:30
with Peer Mentor

"Come down and talk about the issues men face within their social, wellbeing, and mental health"



CBT with Better Health
10:00-16:00
Appointment Only

Wednesday 7th

9.30-10:30 for breakfast
and drop in support



TIPP Art Project
11:00-13:00

A relaxed weekly art session using hands-on creative activities to support positive mental health, encourage mindfulness and give you a sense of achievement while making something you can be proud of.



Beginners Employment
Group
13:00-15:00
with Amy

"If you aren't sure where to start with gaining employment, message your support worker and join our beginners employment group"



Message your Support
worker for One on
One support: 1-4

Thursday 8th

9.30-10:30 for breakfast
and drop in support



Employment Support
10:00 - 12:00
with Liam

"gain Support with managing and spending your money through smart choices"



Debate Club
1 - 3
with Amy

'Respectfully sharing opinions on different topics. Develop communication, active listening, critical thinking, confidence in expressing ideas while considering alternative viewpoints.'



Message your Support
worker for One on
One support: 1-4

Friday 9th

9.30-10:30 for breakfast
and drop in support



Hub Games
10:30-12:00
with Emma

"Join us for Hub Games; quick classics, easy fun, and good vibes all round."



Women's Only
Afternoon: Meditation
13:00-14:00
with Jasmine

"Join us for guided meditation to reduce stress and anxiety"



Message your Support
worker for One on
One support: 1-4

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Preston CFO Activity Hub

October - Week 2



**PRESTON CFO
ACTIVITY HUB**

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Contact Information:
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07384 548064 (Liam)

Opening Times:
09:30 - 16:00
Monday - Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.

Monday 12th	Tuesday 13th	Wednesday 14th	Thursday 15th	Friday 16th
9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 	9.30-10:30 for breakfast and drop in support 
CV Writing/disclosure & Cover Letters 13:00 - 15:00 "support for those who need help writing and tailoring CVs or Cover Letters to specific jobs and looking at how to disclosure to employers"   	Training and Courses 10:30-12:00 "sign up to digital college and search for suitable training courses to boost skills for employability"   	TIPP Art Project 11:00-13:00 A relaxed weekly art session using hands-on creative activities to support positive mental health, encourage mindfulness and give you a sense of achievement while making something you can be proud of.   	Employment Support 10:00 - 12:00 with Liam "gain Support with managing and spending your money through smart choices"    	Baking 10:30-12:00 with Jasmine "learn how to create your favourite sweet treats on a budget"   
Meditation 13:00-14:00 with Emma "Guided meditation session focused on relaxation, mindfulness, and stress reduction."   	Ping Pong & Pool 13:00-14:30 With Peer Mentor With Peer Mentor "Release that competitive streak and join us for some some lively games of Ping Pong and Pool"   	Beginners Employment Group 13:00-15:00 with Amy "If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"    	Creative Writing 13:00 - 15:00 with Jasmine Explore self-expression through storytelling, poetry, and reflectivewriting. Using imagination and building literacy skills   	Women's Only Drop in support 13:00 - 16:00 with Amy "Drop in support: for any queries or struggles you may have"   
Message your Support worker for One on One support: 1-4 	CBT with Better Health 10:00-16:00 Appointment Only 	Message your Support worker for One on One support: 1-4 	Message your Support worker for One on One support: 1-4 	Women's Only Drop In Support 1-4 

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Preston CFO Activity Hub

October - Week 3



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Contact Information:

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07384 548064 (Liam)

Opening Times:

09:30 - 16:00
Monday - Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.

Monday 19th	Tuesday 20th	Wednesday 21st	Thursday 22nd	Friday 23rd
 9.30-10:30 for breakfast and drop in support	 9.30-10:30 for breakfast and drop in support	 9.30-10:30 for breakfast and drop in support	 9.30-10:30 for breakfast and drop in support	 "WEAR IT PINK" for Breast Cancer Awareness day
Benefit Checker 13:00-15:00 <i>"gain support in leaning what benefits you may entitled to and support in applying for these"</i> 	Debt Advice 10 - 11 <i>"Support making referrals to debt service to suport managing and paying off debts and finding out how to dot his"</i> 	TIPP Art Project 11:00-13:00 <i>A relaxed weekly art session using hands-on creative activities to support positive mental health, encourage mindfulness and give you a sense of achievement while making something you can be proud of.</i> 	Employment Support 10:30-11:30 with Liam <i>"Continue your employment journey by searching for the latest jobs. Learn key interview skills, CV Writing, Disclosure and much more"</i> 	Hub Games 10:30-12:00 with Emma <i>"Join us for Hub Games; quick classics, easy fun, and good vibes all round."</i> 
Veteran Support 13:00 - 14:00 with Jasmine <i>Joine fellow veterans for conversation, peer support, and opportunitieis to improve wellbeing in a relaxed and friendly enviroiment</i> 	Men Matter 13:00-14:30 with Peer Mentor <i>"Come down and talk about the issues men face within their social, welbeing, and mental health"</i> 	Beginners Employment Group 13:00-15:00 with Amy <i>"If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group"</i> 	Debate Club 1 - 3 with Amy <i>'Respectfully sharing opinions on different topics. Develop communication, active listening, critical thinking, confidence in expressing ideas while considering alternative viewpoints.'</i> 	Women's Only Afternoon: Meditation 13:00-14:00 with Jasmine <i>"Join us for guided meditation to reduce stress and anxiety"</i> 
 Message your Support worker for One on One support: 1-4	 CBT with Better Health 10:00-16:00 Appointment Only	 Message your Support worker for One on One support: 1-4	 Message your Support worker for One on One support: 1-4	 Women's Only Drop In Support 1-4

- ▲ Self: Activities that work on the individual
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Preston CFO Activity Hub

October - Week 4



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Opening Times:

09:30 - 16:00
Monday - Friday

If you ever need a cuppa or a chat, pop in and speak to your support worker.

Monday 26th	Tuesday 27th	Wednesday 28th	Thursday 29th	Friday 30th
9.30-10:30 for breakfast and drop in support ▲	9.30-10:30 for breakfast and drop in support ▲	9.30-10:30 for breakfast and drop in support ▲	9.30-10:30 for breakfast and drop in support ▲	9.30-10:30 for breakfast and drop in support ▲
CV Writing/disclosure & Cover Letters 13:00 - 15:00 "support for those who need help writing and tailoring CVs or Cover Letters to specific jobs and looking at how to disclosure to employers" ▲ ■	Training and Courses 10:30-12:00 "sign up to digital college and search for suitable training courses to boost skills for employability" ▲ ■ 	TIPP Art Project 11:00-13:00 A relaxed weekly art session using hands-on creative activities to support positive mental health, encourage mindfulness and give you a sense of achievement while making something you can be proud of. ▲ ● 	Employment Support 10:00 - 12:00 with Liam "gain Support with managing and spending your money through smart choices" ▲ ● ■ 	Halloween Festivities 10:30-15:00  "Join us for a Pre Halloween Day full of creativity and fun." We'll be cooking spooky-themed treats in the morning and diving into Halloween arts and crafts in the afternoon. It's a relaxed, hands-on session that mixes seasonal creativity with social time, giving everyone a chance to make, chat and enjoy the festive vibes together" ▲ ● 
Meditation 13:00-14:00 with Emma "Guided meditation session focused on relaxation, mindfulness, and stress reduction." ▲ ● 	Ping Pong & Pool 13:00-14:30 With Peer Mentor With Peer Mentor "Release that competitive streak and join us for some some lively games of Ping Pong and Pool" ▲ ● 	Beginners Employment Group 13:00-15:00 with Amy "If you aren't sure where to start with gaining employment, message your support worker and join out beginners employment group" ▲ ■ 	Creative Writing 13:00 - 15:00 with Jasmine Explore self-expression through storytelling, poetry, and reflective writing. Using imagination and building literacy skills ▲ ● ■ 	
Message your Support worker for One on One support: 1-4 ▲	CBT with Better Health 10:00-16:00 Appointment Only ▲	Hub Forum 14:00-15:30 ▲	Message your Support worker for One on One support: 1-4 ▲	Message your Support worker for One on One support: 1-4 ▲