

August 2026

Hull

CFO Activity Hub

The Hub is open Monday to Friday.

Wednesday and Friday are for 1:1s and drop ins.

07570 245 620

CFOEvolution@growthco.uk

Hull CFO Activity Hub, Norwich House,
Scope Office, 1 Saville Street, HU1 3ES

-  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

Monday

All day
1:1 support

Access to online fully funded courses: see leaflet for top courses! These include CSCS, Food Hygiene and starting your own business courses with Mia
 **10am - 12pm**

Sports and Exercise
Health, Nutrition, healthy living and fitness
 **10am - 11am**

Equality, Inclusion Support
Understand how to promote fairness, respect diversity, and provide effective support so everyone can participate and succeed. with Jamie
1pm - 3pm


Tuesday

All day
1:1 support

Housing support
advice and guidance managing accommodation issues, with Mia
 **10am - 12pm**

Job support, & Applications
1:1 appointments to create a CV, Disclosure letter and apply for live vacancies with Jamie
 **10am - 12pm**

Parenting/Ace Course

A course focusing on childhood trauma and relationship building with Noshin.
5 week course - Join anytime!
 **1pm - 3pm**

Thursday

All day
1:1 support

Cooking On A Budget
Looking at diet, nutrition, money saving tips! with Mark
 **10:30am - 12:30pm**

Arts and Crafts
Sustainability and recycling whilst being creative
 **10:30 - 12pm**

Money Management & Benefit Advice. Learn to budget, money management and better off calculations with Jamie
 **1pm - 3pm**

Man plan
Awareness, coping strategies, resilience and support for mental wellbeing. with Mark
 **1pm - 3pm**

Open Monday to Friday. Open Monday, Tuesday and Thursday for activities and 1:1 appointments 9:30am till 4pm

Hull CFO Activity Hub

Support available via your dedicated support worker:

- Obtaining ID
- Accommodation
- Finance/benefit/Debt
- Obtaining RTW docs
- 1:1 Employment support

Financial support available to help you get into work!

Drop-in Session available for 1:1 Support Monday to Friday

Reception contact number:
07570 245 620

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WHATS ON: EDI EVENTS

Celebrate, learn and connect this month

Monday 24th August 2026 Join us to raise awareness, promote respect, and support inclusion for all beliefs and faiths.

Vocational courses available

Our **2-day CSCS course** is running again this month.

Monday 24th and Tuesday 25th
August
9.30-16.00

All paper based, you are able to complete the H&S course and the CSCS test here.

Fully Funded!

Next course booked for October

CBT

Access to Cognitive Behavioural Therapy with a therapist, on a 1:1 basis to receive support around your wellbeing, thoughts and processes and trauma.

Accessing ID

Support to apply for right to work documents, when trying to find employment:

- Birth Certificate
- Citizen Card

Accessing Food Banks

Whatever your circumstance, we understand that with the rising cost of living things are hard. We can support you to access Food Banks in your local area.

Digital College

Access to online fully funded courses:

- Food Hygiene
- Foundation in Sales and Marketing
- Fire Safety
- An Introduction to Peer Mentoring
- Introducing the Role of a Security Guard
- ESOL English for the Workplace
- Asbestos Awareness
- COSH
- Safeguarding
- Hospitality Customer Service
- Money Sense
- Planning to start your own business
- CSCS

Access to hundreds of courses, fully funded with access to IT equipment once approved by your Probation Practitioner

The CFO Activity Hubs are a safe space. Whether you have a form you don't understand, you need support on 1:1 basis or you want to reduce your social isolation, we are here to help!