











-  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

Manchester CFO Activity Hub



July Week 1

		Wednesday 1st	Thursday 2nd	Friday 3rd
		Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support
		Scaffolding Course 10am-3pm with Fulcrum Day 3 of 5: CISRS COTS (Operative Training Scheme) Booked only  Unpaid Work 9am-12pm Manchester probation UPW group and induction into hub. Booked only	Scaffolding Course 10am-3pm with Fulcrum Day 4 of 5: Short practical and meeting with scaffolding employers to help access employment. Booked only  Music 11am-1pm with Holly Play guitar, drums, keyboard etc 	Scaffolding Course 10am-3pm with Fulcrum Day 5 of 5: final day  Hub Monopoly 11am-1pm Do you think you can run your own housing empire? Want to take a Chance on yourself? Whether you Go for Mayfair or Old Kent Road, you could end up on Top (Hat!) 
			Young Adults Only 1pm-4:30pm Anger Management 1:30pm-2:30pm with Support Workers If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked) 	Board Games 11am-1pm If Monopoly doesn't take your fancy, feel free to check out our other games, like Battleship, Connect 4, Scrabble etc.  Hub Quiz 1pm-3pm with our Peer Mentor Put your obscure knowledge to good use with some friendly competition
		Please note the hub will be closed to male participants during this time	Hub Induction meet the team and enrol 1-4:30pm	Digital College drop in Browse our catalog of online ETE courses

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:
CFO Evolution Referrals – HMPPS Creating Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities



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

Manchester CFO Activity Hub

July Week 2



This programme is funded by HMPPS CFO

	Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support
	<p>Digital College 10am-12pm <i>Self Lead</i> Explore the range of courses available through our online learning platform.</p>  <p>Men Matter 10am-11am Male only safe space to discuss mental health and men's wellbeing</p> 	<p>Career Compass 10am-12pm <i>Struggling to find your sense of direction when it comes to employment? Get advice from our staff</i></p>  <p>Hub Walk 11am-12pm Come for a stroll and a chat around Manchester's city centre</p> 	<p>Unpaid Work 9am-12pm <i>with Probation</i></p> <p>Manchester probation Unpaid Work group and induction into hub. Booked only</p> 	<p>Job Search & CV Preparation 10am-12pm <i>how to navigate the the job market. Get support from search to interview and beyond. A one stop shop to help you find employment</i></p>  <p>Music 11am-1pm <i>with Holly</i> Play guitar, drums, keyboard etc</p> 	<p>Come Dine With Me Media 10:30-11:30 <i>Do you have a talent for video editing? Or maybe you want to learn more about Canva. We could use your skills to create our CDWM video!</i></p> 
	<p>Debate Club 12pm-1pm <i>Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?</i></p>  <p>Creative Writing 1:30pm-2:30pm <i>with our Peer Mentor</i> Unlock your creative side with fun writing prompts, learning new creative devices and discuss your favourite stories</p> 	<p>Arts and crafts 12pm-2pm <i>Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</i></p> 	<p>Women's Only Support 12pm-4pm <i>with Support Workers</i></p> <p><i>A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you .</i></p> 	<p>Young Adults Only 1pm-4:30pm</p> <p>Anger Management 1:30pm-2:30pm <i>with Support Workers</i></p> <p><i>If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)</i></p> 	<p>Music & Society 11:30am-12:30pm <i>Ever wondered the story behind your favourite song? Or how music has influenced us? This group lets you learn and share song suggestions</i></p>  <p>Hub Quiz 1pm-3pm <i>with our Peer Mentor</i> Put your obscure knowledge to good use with some friendly competition</p> 
	Hub Induction meet the team and enrol 1pm-4:30pm	CBT with Aisha – Appointments only 10am-4pm	Please note the hub will be closed to male participants during this time	CBT with Aisha – Appointments only 10am-4pm	Hub Induction meet the team and enrol 1pm-4:30pm

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:
CFO Evolution Referrals – HMPPS Creating
Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities



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

Manchester CFO Activity Hub

July Week 3



This programme is funded by HMPPS CFO

Monday 13th

Hub open from 9:30 for breakfast and drop in support

Digital College
10am-12pm

Self Lead
Explore the range of courses available through our online learning platform.



Men Matter
10am-11am

Male only safe space to discuss mental health and men's wellbeing



Tuesday 14th

Hub open from 9:30 for breakfast and drop in support

Career Compass
10am-12pm

Struggling to find your sense of direction when it comes to employment? Get advice from our staff



Hub Walk
11am-12pm

Come for a stroll and a chat around Manchester's city centre



Wednesday 15th

Hub open from 9:30 for breakfast and drop in support

Women's Only Support

12pm-1:30pm
with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.

Please note the hub will be closed to male participants during this time



Thursday 16th

Hub open from 9:30 for breakfast and drop in support

Job Search & CV Preparation
10am-12pm

how to navigate the the job market. Get support from search to interview and beyond.
A one stop shop to help you find employment



Music
11am-1pm
with Holly

Play guitar, drums, keyboard etc



Friday 17th

Hub open from 9:30 for breakfast and drop in support

Come Dine With Me
Media

10:30-11:30

Do you have a talent for video editing? Or maybe you want to learn more about Canva. We could use your skills to create our CDWM video!



Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:
CFO Evolution Referrals – HMPPS Creating Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Debate Club
12pm-1pm

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?



Creative Writing
1:30pm-2:30pm

with our Peer Mentor
Unlock your creative side with fun writing prompts, learning new creative devices and discuss your favourite stories



Arts and crafts
12pm-2pm

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



Referrals and Signposting
1:30pm-2:30pm

We at CFO try to cover as much as we can in our community hubs, but there are so many amazing services around Manchester. We want to fill any gaps our service may be missing by ensuring we signpost to specialist services and offer alternatives for times when we are closed

Young Adults Only
1pm-4:30pm

Anger Management
1:30pm-2:30pm
with Support Workers

If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)



Music & Society
11:30am-12:30pm

Ever wondered the story behind your favourite song? Or how music has influenced us? This group lets you learn and share song suggestions



Hub Quiz
1pm-3pm

with our Peer Mentor
Put your obscure knowledge to good use with some friendly competition




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

CBT with Aisha –
Appointments only
10am-4pm

Unpaid Work
9am - 12pm
Appointments Only

CBT with Aisha –
Appointments only
10am-4pm






Hub Forum
3 - 4

-  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

Manchester CFO Activity Hub

July Week 4



	Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support	Hub open from 9:30 for breakfast and drop in support
	<p>Digital College 10am-12pm <i>Self Lead</i> Explore the range of courses available through our online learning platform.</p>  <p>Men Matter 10am-11am Male only safe space to discuss mental health and men's wellbeing</p> 	<p>Career Compass 10am-12pm <i>Struggling to find your sense of direction when it comes to employment? Get advice from our staff</i></p>  <p>Hub Walk 11am-12pm Come for a stroll and a chat around Manchester's city centre</p> 	<p>Women's Only Support 12pm-1:30pm <i>with Support Workers</i></p> <p><i>A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.</i></p> <p>Please note the hub will be closed to male participants during this time</p> 	<p>Job Search & CV Preparation 10am-12pm <i>how to navigate the the job market. Get support from search to interview and beyond.</i> <i>A one stop shop to help you find employment</i></p>  <p>Music 11am-1pm <i>with Holly</i> Play guitar, drums, keyboard etc</p> 	<p>Progress and Action Planning Drop In From 10am</p> <p><i>We care about your progress both in the hub and out. SWs will review the action plans you made at the start of your journey</i></p>
	<p>Debate Club 12pm-1pm <i>Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?</i></p>  <p>Creative Writing 1:30pm-2:30pm <i>with our Peer Mentor</i> <i>Unlock your creative side with fun writing prompts, learning new creative devices and discuss your favourite stories</i></p> 	<p>Arts and crafts 12pm-2pm</p> <p><i>Come get creative with a mixture of different craft projects from painting to printing to sewing and building.</i></p> 	<p>Progress & Action Planning Drop In From 1.30</p> <p><i>For our regular and long term participants or anyone who has disengaged, we want to catch up with you and ensure your needs are being met. Please let your SW know if you are coming so they can make time to check in with you and look at your progress</i></p>	<p>Young Adults Only 1pm-4:30pm</p> <p>Anger Management 1:30pm-2:30pm <i>with Support Workers</i></p> <p><i>If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)</i></p> 	<p>Music & Society 11:30am-12:30pm <i>Ever wondered the story behind your favourite song? Or how music has influenced us? This group lets you learn and share song suggestions</i></p>  <p>Hub Quiz 1pm-3pm <i>with our Peer Mentor</i> <i>Put your obscure knowledge to good use with some friendly competition</i></p> 
	Hub Induction meet the team and enrol 1pm-4:30pm	CBT with Aisha – Appointments only 10am-4pm	Unpaid Work 9am - 12pm Appointments Only	CBT with Aisha – Appointments only 10am-4pm	Hub Induction meet the team and enrol 1pm-4:30pm

Information

Manchester Activity Hub is located at:
7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:
CFO Evolution Referrals – HMPPS Creating
Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities

Manchester CFO Activity Hub

July Week 5



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

Monday 27th

Tuesday 28th

Wednesday 29th

Thursday 30th

Friday 31st

Hub open from 9:30 for breakfast and drop in support

Hub open from 9:30 for breakfast and drop in support

Hub open from 9:30 for breakfast and drop in support

Hub open from 9:30 for breakfast and drop in support

Hub open from 9:30 for breakfast and drop in support

Digital College
10am-12pm
Self Lead

Explore the range of courses available through our online learning platform.



Men Matter
10am-11am

Male only safe space to discuss mental health and men's wellbeing



CSCS Green Card
2 Day Course
All Day

Get trained to work on a construction site, in this accessible, accelerated course. Please book with SW



Hub Walk
11am-12pm

Come for a stroll and a chat around Manchester's city centre



CSCS Green Card
2 Day Course
All Day

Get trained to work on a construction site, in this accessible, accelerated course. Please book with SW



Job Search & CV Preparation
10am-12pm

how to navigate the the job market. Get support from search to interview and beyond. A one stop shop to help you find employment



Music
11am-1pm
with Holly

Play guitar, drums, keyboard etc



Come Dine With Me Media

10:30-11:30

Do you have a talent for video editing? Or maybe you want to learn more about Canva. We could use your skills to create our CDWM video!



Debate Club
12pm-1pm

Are you passionate about your beliefs? Or maybe you want to open your mind to new perspectives?



Creative Writing
1:30pm-2:30pm

with our Peer Mentor
Unlock your creative side with fun writing prompts, learning new creative devices and discuss your favourite stories



Arts and crafts
12pm-2pm

Come get creative with a mixture of different craft projects from painting to printing to sewing and building.



Women's Only Support
12pm-4pm
with Support Workers

A safe and exclusive space. After our women's group, stay and chat with SWs about how the hub can help you.

Please note the hub will be closed to male participants during this time



Young Adults Only
1pm-4:30pm

Anger Management
1:30pm-2:30pm
with Support Workers

If you are struggling to manage your emotions, come learn about your triggers and develop helpful coping skills (this is a group session and further 121 support can be booked)

Music & Society
11:30am-12:30pm

Ever wondered the story behind your favourite song? Or how music has influenced us? This group lets you learn and share song suggestions



Hub Quiz
1pm-3pm

with our Peer Mentor
Put your obscure knowledge to good use with some friendly competition

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

CBT with Aisha
Appointments only
10am-4pm

Unpaid Work
9am - 12pm
Appointments Only

CBT with Aisha
Appointments only
10am-4pm

Hub Forum
3 - 4

Information

Manchester Activity Hub is located at:

7 Watson Street,
Manchester. M3 4EE

Tel: 07502 271 710

Open 9:30am – 5pm Monday – Friday

Referral link:

CFO Evolution Referrals – HMPPS Creating Future Opportunities

The hub also offers regular CBT sessions, training opportunities, funding for courses and PPE, toiletries, food and clothes.

Enrolments are needed to engage in any activities