



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



Women's Only Activities

Information

Address: 20 Queen Street,
FY1 1PD.

Contact: 07741380813

1-1 sessions including - job search, cv writing, debt support, accommodation support.

Group Sessions – Cooking, Anger Management, Volunteering, etc.




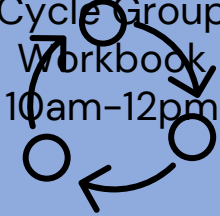





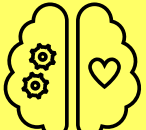






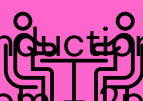
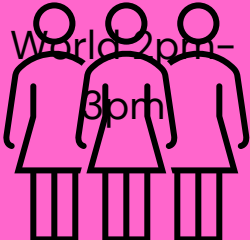


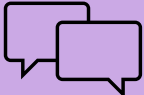











Wellbeing – Mental Health Groups, Book Club, Coffee & Chat.



This programme is delivered by HMPPS CFO

April – WEEK 1



Monday 3 ^{1st} March		Tuesday 1 st April		Wednesday 2 nd April		Thursday 3 rd April		Friday 4 th April	
Participant Inductions 9.30am – 11am 	Life Skills Group Workbook 10am – 12pm 	Drop in Session 9.30am – 11am 	Breaking the Cycle Group Workbook 10am – 12pm 	Participant Inductions 9.30am – 11am 	'Doing Good, to be Good' Volunteer Workshop/Information 10am – 11am 	1-to-1 Support 9.30am – 11pm 	'Doing Good, to be Good' Volunteer Workshop/Information 10am – 11am 	Participant Inductions 9.30am – 11am 	CBT – APT Only 
Book Club 10am – 12pm 		1-to-1 Support 11am – 12pm 		CV Writing 11am – 12pm 		Housing Support 11am – 12pm 		Intro to Basic Cooking 11am – 12pm 	CBT – APT Only 
Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm	
Women only Inductions 1pm – 2pm 	Women's World 2pm – 3pm 	Job Club 2pm – 4pm 	Meditation 1pm – 3pm 	Job interview Prep 1pm to 3pm 	Managing Anger 2pm – 3.30pm 	Participant Inductions 1pm – 3pm 	Managing Money Workshop 1pm – 3pm 	Art Therapy 1pm to 3pm 	CBT – APT Only 
Coffee & Chat 1pm – 4.30pm 		Intro to Basic Cooking 2pm to 4.30pm 		Now That's What I Call Music 3pm – 4.30pm 		Mindful Techniques 3pm – 4.30pm 		Ping Pong 3pm – 4pm 	CBT – APT Only 

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April - WEEK 2



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FY1 1PD.

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1-1 sessions including - job search, cv
writing, debt support, accommodation
support.

Group Sessions – Cooking, Anger
Management, Volunteering, etc.

Wellbeing – Mental Health Groups, Book
Club, Coffee & Chat.



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Monday 7 th April		Tuesday 8 th April		Wednesday 9 th April		Thursday 10 th April		Friday 11 th April	
Participant Inductions 9.30am – 11am 	Understand the Media 10am-11am 	Drop in Session 9.30am – 11am 	Understand Social Media 10am-11am 	Participant Inductions 9.30am – 11am 	Active Lives 10am-11am 	1-to-1 Support 9.30am-11pm 	Intro to Employment 10am-11am 	Participant Inductions 9.30am – 11am 	CBT –APT Only
Book Club 10am-12pm 		1-to-1 Support 11am – 12pm 		Me 2.0 11am-12pm 		Housing Support 11am-12pm 		Me 2.0 11am-12pm 	CBT –APT Only
Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm	
Women only Inductions 1pm-2pm 	Women's World 3.30pm-4.30pm 	Job Club 2pm-4pm 	Men's Mental Health Group 2.30pm-4.30pm 	Job interview Prep 1pm to 3pm 	Mock Interviews 1pm – 3pm 	Participant Inductions 1pm – 3pm 	Intro to Employment 1pm-3pm 	Hub Quiz 1pm to 3pm 	CBT –APT Only
CV Preparation 2pm-3pm 		Moral Dilemmas 2pm to 3pm 		Now That's What I Call Music 3pm – 4.30pm 		Mindful Techniques 3pm – 4.30pm 		Ping Pong 3pm – 4pm 	CBT –APT Only

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April - WEEK 3



Information

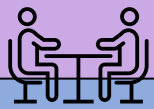










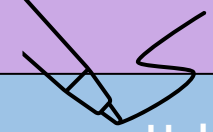






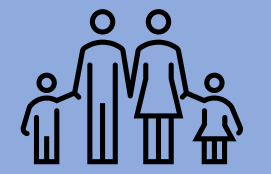
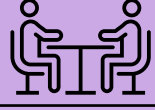
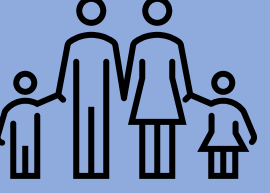




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1-1 sessions including - job search, cv writing, debt support, accommodation support.

Group Sessions – Cooking, Anger Management, Volunteering, etc.

Wellbeing – Mental Health Groups, Book Club, Coffee & Chat.

Monday 14 th April		Tuesday 15 th April		Wednesday 16 th April		Thursday 17 th April		Friday 18 th April
Participant Inductions 9.30am – 11am 	Inductions 10am -12pm	Drop in Session 9.30am – 11am 	Life skills workbook none accredited course 10am-1pm 	Participant Inductions 9.30am – 11am 	Mindfulness & Wellbeing 10am-12pm 	1-to-1 Support 9.30am– 11pm 	EASTER BAKE OFF!!! 10am-12pm 	<div>Hub closed</div> <div> Happy Easter</div>
Book Club 10am-12pm 		TIPP – Drama Group 11am – 1pm 		CV Writing 11am – 12pm 		Housing Support 11am-12pm 		
Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		
Women only Inductions 1pm – 2pm 	'Doing Good, To Be Good' Volunteer Workshop/ Information 2pm-3pm 	Job Club 2pm – 4pm 	Skills for coping with anger 1pm-3pm 	Job interview Prep 1pm to 3pm 	Family & Me 2pm – 3pm 	Participant Inductions 1pm – 3pm 	Family & Me 2pm -3pm 	
Book Club 3pm – 4.30pm 		Disclosure Advice 2pm to 4.30pm 		Now That's What I Call Music 3pm – 4.30pm 		Mindful Techniques 3pm – 4.30pm 		



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April – WEEK 4



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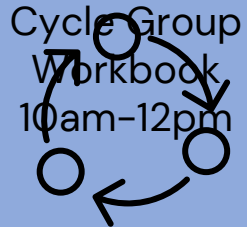











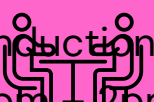
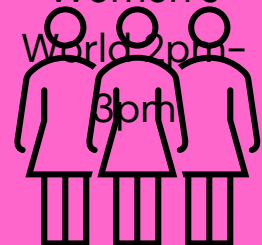

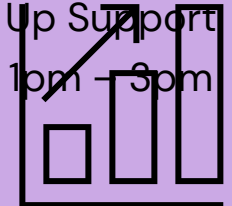
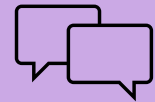


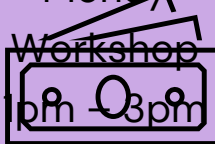







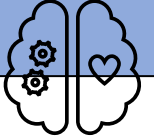
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Monday 21 st April	Tuesday 22 nd April		Wednesday 23 rd April		Thursday 24 th April		Friday 25 th April	
<div>Hub closed</div> <div>Happy Easter</div>	Drop in Session 9.30am – 11am 	<div>Building a Stronger Relationship 11am – 12pm</div>	Participant Inductions 9.30am – 11am 	<div>Job Ready 10am – 11pm</div>	1-to-1 Support 9.30am – 11pm 	<div>Music Therapy 10am – 12pm</div>	Participant Inductions 9.30am – 11am 	<div>CBT –<i>APT</i> Only</div>
	TIPP – Drama Group 11am – 12pm 		CV Writing 11am – 12pm 		Housing Support 11am – 12pm 		Debt Advice 11am – 12pm 	<div>CBT –<i>APT</i> Only</div>
	Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm	
	<div>Job Club 2pm – 3pm</div>	<div>Earth day 1pm – 2pm</div>	<div>Job interview Prep 1pm – 3pm</div>	<div>Feelings of Hope and Self Efficacy 1pm – 2pm</div>	<div>Participant Inductions 1pm – 3pm</div>	<div>Job Ready 2pm – 3pm</div>	<div>Art Therapy 1pm to 3pm</div>	<div>CBT –<i>APT</i> Only</div>
	<div>Philosophy 2pm to 4.30pm</div>		<div>Now That’s What I Call Music 3pm – 4.30pm</div>		<div>Mindful Techniques 3pm – 4.30pm</div>		<div>ETE Hub Awards 3pm – 4pm</div>	<div>CBT –<i>APT</i> Only</div>

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April – WEEK 5



Monday 28 th April		Tuesday 29 th April		Wednesday 30 th April		Thursday 1 st May		Friday 2 nd May	
Participant Inductions 9.30am – 11am 	Life Skills Group Workbook 10am – 12pm 	Drop in Session 9.30am – 11am 	Breaking the Cycle Group Workbook 10am–12pm 	Participant Inductions 9.30am – 11am 	'Doing Good, to be Good' Volunteer Workshop/ Information 10am – 11am 	1-to-1 Support 9.30am– 11pm 	'Doing Good, to be Good' Volunteer Workshop/ Information 10am–11am 	Participant Inductions 9.30am – 11am 	CBT – <i>APT</i> Only 
Book Club 10am–12pm 		TIPP Drama Group 11am – 12pm 		CV Writing 11am – 12pm 		Housing Support 11am–12pm 		Interview Preparation 11 am – 12pm	CBT – <i>APT</i> Only 
Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm		Hub Closed 12pm – 1pm	
Women only Inductions 1pm – 2pm 	Women's World 2pm – 3pm 	Job Club 2pm – 4pm 	Business Start-Up Support 1pm – 3pm 	Job interview Prep 1pm to 3pm 	Stop food waste day 2pm– 3.30pm 	Participant Inductions 1pm – 3pm 	Managing Money Workshop 1pm – 3pm 	Art Therapy 1pm to 3pm 	CBT – <i>APT</i> Only 
Coffee & Chat 1pm – 4.30pm 		Intro to Basic Cooking 2pm to 4.30pm 		Now That's What I Call Music 3pm – 4.30pm 		Mindful Techniques 3pm – 4.30pm 		Ping Pong 3pm – 4pm 	CBT – <i>APT</i> Only 

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