

October - WEEK 1





















- ▲ 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

**Address: Second Floor,
Tannery Court, Tanners
Lane, Warrington
WA2 7NA
Tel: 07586115855**

‘Future Focus Climbing Life’s mountain’ – An opportunity to set goals and break the goals down into smaller steps with your SW.

‘Handling emotions’ is an opportunity to better understand your emotions and how to gain control of your response to strong emotions.

‘Healthy communication’- A session that will guide you in communicating healthily in your relationships.

Mon 30 th Sep	Tues 1 st Oct	Wed 2 nd	Thurs 3 rd	Fri 4 th
▲ Breakfast Club Accommodation Support 9.30-11am 	▲ Money Worries 9.30-11am 	● Breakfast Club- Healthy Communication 9.30-11am 	▲ CV Support 9.30am-11am 	▲ Coffee & Chat – Gratitude Journaling 9.30-11am 
▲ Hub Grub Budgeting- <i>Independent living</i> 11-1pm 	■ Community Clean Up Hub Walk 11-12pm 	● Handling Change 11-12pm 	▲ WOMENS ONLY Accommodation Support 11-12pm 	▲ Future Focus Climbing Life’s mountain 11-12pm 
● 1-1 Sessions with SW Handling emotions 12-1pm 	▲ IOM- Life Skills 12.30-1pm 	▲ Men’s Mindfulness- Creative Lego 12-1pm 	■ Get creative - Decorate the hub with diamond Art 12-1pm 	● Teamwork Hub Quiz 12-1pm 
Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm
▲ Job Search 2-4pm 	■ Mindfulness Art Sketching Skills 2-4pm 	▲ Independent Living Accessing services Support 2-4pm 	▲ Employment support 1-1 APPNT ONLY 	■ Support worker 1-1 session 2-4pm 



October - WEEK 2



Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



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'Outdoor Gym' - Attend an hours session of an outdoor gym with a support worker.




Repair Shop - a workshop giving you the sewing skills fix up your clothes; small holes, seam repairs, missing buttons.



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Mon 7th	Tues 8th	Wed 9th	Thurs 10th	Fri 11th
 <p>Breakfast Men's ONLY Health & Wellbeing 9.30-11am</p> 	  <p>Problem Solving Boardgames 9.30-11am</p>  <p>MONOPOLY</p>	 <p>Veterans Enrolment Clinic/Breakfast Club 9.30-11am</p> 	 <p>Job Search Support 9.30-11pm</p> 	 <p>Coffee & Chat-Accommodation Support 9:30-11am</p> 
 <p>Physical Health Outdoor gym 11-12pm</p> 	 <p>Hub walk Litter Pick 11-12pm</p> 	 <p>Hub Grub Budgeting-Independent living 11-1pm</p> 	 <p>WOMENS ONLY Celebrating you-Jewellery making 11-12pm</p> 	 <p>Handling Emotions 11-12pm</p> 
 <p>CV Support 12-1pm</p> 	 <p>IOM - Emotional resilience 12-1pm</p> 	 <p>1-1 Support worker 12-1pm Mental health check-in</p> 	 <p>WOMENS ONLY Employment Support 12-1pm Employment Aspirations, CV Writing, Job Searching</p>	 <p>Hub Quiz 12-1pm</p> 
<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>
 <p>Yoga/Meditation 2-3pm</p>  <p>Hub Closed - staff meeting 3-5pm</p>	 <p>Life skills - Repair shop (sewing) 2-4pm</p> 	 <p>Intro to Employment 2-4pm <i>Aspirations, CV Writing, Job searching, Interview Prep</i></p>	  <p>Paint Skills-Decorate the hub-Mindfulness 2-4pm</p> 	 <p>Enrolment Clinic 2-4pm</p> 

October - WEEK 3

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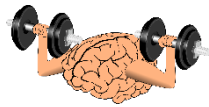

























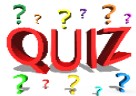

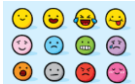






'Job Club' - Support around overcoming challenges faced obtaining work and in employment.

'Positive Pebble Art- Create positive messages on pebbles and deliver them to locations in the local community.




'Access to services'- Get support with how and where to access specific services catered to your individual needs.






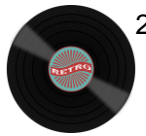



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Mon 14th	Tues 15th	Wed 16th	Thurs 17th	Fri 18th
 Breakfast Club- Goal Setting 9:30-11am 	 Problem Solving- Brain Teasers 9.30-11am 	 Breakfast Club- Tech Safe 9.30-11am 	 Money Worries- Debt Support 9.30-11am 	 Coffee & Chat - Accommodation Support 9.30-11am 
 Hub Grub Budgeting- Independent living 11-1pm 	 Job Search 11-12pm 	 Handling Change 11-12pm 	 WOMENS ONLY Mindfulness 11-12pm 	 Community Clean Up 2-4pm Hub Walk 
 1-1 Support worker Check-in 12-1pm 	 IOM Life Skills 12-1pm 	 Men's Only Health & Wellbeing 12-1pm 	 WOMENS ONLY Baking 12-1pm 	 Hub Quiz 12-1pm 
<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>	<p>Hub closed 1-2pm</p>
 Handling Emotions Positive Pebble Art 2-4pm 	 Problem Solving Boardgames 11-12pm 	 Intro to Employment 2-4pm <i>Employment Aspirations, CV Writing, Job searching, Interview Prep</i>	 Access to Services 2-3pm Job Club 3-4pm	 Enrolment Clinic 2-4pm 

October – WEEK 4

-  Self: Activities that work on the individual
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Mon 21 st Oct	Tues 22 nd Oct	Wed 23 rd	Thurs 24 th	Fri 25 th
 Breakfast Club Accommodation Support 9.30-11am 	 Money Worries 9.30-11am 	 Breakfast Club- Healthy Communication 9.30-11am 	  10-1pm RSVP to attend	 Coffee & Chat – Gratitude Journaling 9.30-11am 
 Hub Grub Budgeting- <i>Independent living</i> 11-1pm 	 Community Clean Up Hub Walk 11-12pm 	 Growth mindset 11-12pm 		 Future Focus Climbing Life's mountain 11-12pm 
 1-1 Sessions with  SW Mental Health Support 12-1pm 	 IOM- Life Skills 12.30-1pm 	 Mindfulness Model Making 12-1pm 		 Team work Hub Quiz 12-1pm 
Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm
 Job Search 2-4pm 	 Motivational – LP Artwork – Decorate the Hub 2-4pm 	 Independent Living Accessing services Support 2-4pm 	 Employment support 1-1 APPNT ONLY 2-4pm 	 Support worker 1-1 session 2-4pm 

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‘Future Focus
Climbing Life’s mountain’ – An
opportunity to set goals and break the
goals down into smaller steps with your
SW.




‘Growth Mindset’ –Challenge your
thinking habits; a session that will
support you in turning negative thinking
into positive thinking..

‘Healthy communication’- A session that
will guide you in communicating
healthily in your relationships.



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October - WEEK 5

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Mon 28th	Tues 29th	Wed 30th	Thurs 31st	Fri 1st Nov
 Coffee & Chat- Accommodation Support 9:30-11am 	  Problem Solving Boardgames 9.30-11am 	 Breakfast Men's ONLY Health & Wellbeing 9.30-11am 	 Job Search Support 9.30-11pm 	 Get creative - Decorate the hub with diamond Art 9.30-11pm 
 Physical Health Outdoor gym 11-12pm 	 Hub walk Litter Pick 11-12pm 	 Hub Grub Budgeting- Independent living 11-1pm 	 WOMENS ONLY Celebrating you- Jewellery making 11-12pm 	 Handling Emotions 11-12pm 
 CV Support 12-1pm 	 IOM - Emotional resilience 12-1pm 	 Mental health check in Halloween themed Artwork 12-1pm 	 WOMENS ONLY Employment Support 12-1pm Employment Aspirations, CV Writing, Job Searching	 Hub Quiz 12-1pm 
Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm
 Yoga/Meditation 2-3pm  Hub Closed - staff meeting 3-5pm	 Life skills - Repair shop (sewing) 2-4pm 	 Intro to Employment 2-4pm <i>Aspirations, CV Writing, Job searching, Interview Prep</i>	  Paint Skills- Mindfulness 2-4pm 	 Enrolment Clinic 2-4pm 