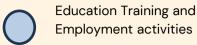
Self: Activities that work on the individual

Relationships: Activities that work with peers/families/friends



January - WEEK 1





Information

Manchester Community Hub

Address: 7 Watson Street, M3 4EE

Contact: 07714767113

The green sessions are to support you

build a pro social outlook, work on

building relationships and team building

with peers at the hub.

Our Blue sessions focus on education

training and employment to help you

gain employment and upskill to move

toward the job market.

Our yellow sessions support you to work

on your self development and build a

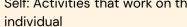
positive outlook

Monday	Tuesday	Wednesday	Thursday		Friday		
30/12/2024	31/12/2024	01/01/2025	02/01/202	5	03/01/2025		
Closed	Closed 2025	Closed	Meditation 9.30am - 11am Upskill/ course finder 11am - 1pm Audio Book Club 1pm - 2pm	Digital College 10am - 1pm edia PP 0 b C 0 a Ping Pong 1pm-2pm h	Meditation 9.30am - 11am Digital College 11am -2pm Music and Society 11am - 12pm Hub Fun Day Quiz 1pm - 3pm		

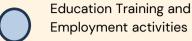


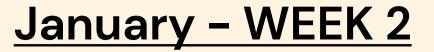


Self: Activities that work on the



Relationships: Activities that work with peers/families/friends









Information		Monday			Tuesday		١	Vednesda	ıy	Thursday			Friday	
Manchester Community Hub	0	06/01/2025		07/01/2025			08/01/2025		09/01/2025		10/01/2025			
Address: 7 Watson Street, M3 4EE Contact: 07714767113	CV Building 10am - 12pm	Medit 9.30am		Cognetive Behaviour Therapy 10am - 4pm	9.30am	tation ı - 11am	Digital College 10am - 1pm	(C 10am	programme CGL) - 12pm	Medit 9.30am		Interview Prep 11am- 12pm		Meditation 9.30am - 11am
The green sessions are to support you build a pro social outlook work on building relationships and team building with peers at the hub.	Introduction cou 11am	rse	Ping Pong 1pm- 2pm	sports ar	olanning in nd fitness - 1pm	Interview Prep 11am- 12pm	Moral C 12pm	ilema's - 1pm	Job Search 10am- 12pm	Upskill/ course finder 11am - 1pm	Me Til 11am		p o J	Digital College 11pm - 12pm
Our Blue sessions focus on education training and employment to help you gain employment and upskill to move	Skill Finder NCS 1pm-2pm	Philos 1pm -		CV Building 2pm - 3pm		Walk - 1pm	Digital College 1pm - 4pm		ew Year Arts 1 - 2pm	Audio Bo 1pm		Ping Pong 1pm- 2pm	C o a c h	Music and Society 11am - 12pm
toward the job market. Our yellow sessions support you to work on your self development and build a positive outlook	Thri 2pm -		Digital College 1pm - 4pm		Matter - 2pm	Disclosure Advice 3pm - 4pm	1.30nm	sic 3.30pm	Job Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thr 2pm -	rive - 3pm		Hub Fun Day Quiz 1pm - 3pm



Self: Activities that work on the individual

January - WEEK 3







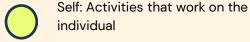
Relationships: Activities that work with peers/families/friends



Education Training and Employment activities

<u>Information</u>	Monday 13/01/2025			Tuesday 14/01/2025			Wednesday 15/01/2025			Thursday 16/01/2025			Friday 17/01/2025	
Manchester Community Hub		5/01/2020		14/01/2020			15/51/2525		10/01/2023		1770172020			
Address: 7 Watson Street,	CV Building	Medit	tation	Digital	Madi	tation	Digital	Re-Think p	orogramme	Madi	tation	CV Building		Meditation
M3 4EE	10am - 12pm	9.30am		College 10am - 1pm	9.30an	1 - 11am	College 10am - 1pm	,	GL) - 12pm	9.30am		2pm - 3pm		9.30am - 11am
Contact: 07714767113		4			•			-46						
The green sessions are to support		2			M					-				
you build a pro social outlook work	Prepara employmen		Ping Pong	Anger Mai	nagement	Interview Prep	Moral D	ilema's	Job Search 10am-	Upskill/ course		edia DD	J	Digital College
on building relationships and team		ence course 1pm-2pm		11am - 12pm		11am- 12pm	12pm - 1pm		12pm	finder 11am - 1pm	11am	TiPP 11am - 1pm	o b	11pm - 12pm
building with peers at the hub.	114111	To the same	PRES			125111				114111 19111			С	
Our Blue sessions focus on											0 0		0	
education training and	Skill Finder NCS	Philos	sophy	CV Building	Hub	Walk	Digital College			Audio B	ook Club	Ping Pong	a c	Music and Society
employment to help you gain	1pm-2pm	1pm -	- 2pm	2pm - 3pm	11am	ı - 1pm	1pm - 4pm		ew Year Arts	1pm	- 2pm	1pm-2pm	h	11am - 12pm
employment and upskill to move								12pm	- 2pm		-			
toward the job market.	•	I												
Our yellow sessions support you to	Thri		Digital College	Food Safety	_	Disclosure Advice	Mu		Job Ready Doc's	Job Search		rive		Hub Fun Day Quiz
work on your self development and	2pm -	3pm	1pm - 4pm	12pm	- 2pm	3pm - 4pm	1.30pm -	· 3.30pm	2pm - 4pm	2pm-4pm	2pm	- 3pm		1pm - 3pm
build a positive outlook														





January - WEEK 4







Relationships: Activities that work with peers/families/friends



M3 4FF

Education Training and Employment activities

Information

Address: 7 Watson Street.

Contact: 07714767113

The green sessions are to support

you build a pro social outlook work

on building relationships and team

building with peers at the hub.

employment to help you gain

employment and upskill to move

Our yellow sessions support you to

Our Blue sessions focus on

education training and

toward the job market.

build a positive outlook

Friday Monday Tuesday Wednesday Thursday 22/01/2025 20/01/2025 21/01/2025 23/01/2025 24/01/2025 **Manchester Community Hub** Interview CV Building Digital Digital Re-Think programme Meditation Prep Meditation Meditaion Meditation 10am -College College (CGL) 9.30am - 11am 9.30am - 11am 9.30am - 11am 11am-9.30am - 11am 12pm 10am - 1pm 10am - 1pm 10am - 12pm 12pm Interview Upskill/ Introduction to labouring Understanding Diversity Job Search Media Ping Pong Prep Moral Dilema's course Digital College TiPP course in society 10am-1pm-2pm 11am-12pm - 1pm finder 11am -2pm 11am - 1pm 12pm - 1pm 12pm 11am - 1pm 12pm 11am - 1pm Skill Finder Digital Audio Book Club Ping Pong Philosophy CV Building Hub Walk Music and Society NCS College 1pm - 2pm 2pm - 3pm 11am - 1pm 1pm - 2pm 1pm-2pm 11am - 12pm 1pm-2pm 1pm - 4pm Chinese New Year Arts 12pm - 2pm Digital Disclosure Job Ready Hub Fun Day Thrive Men Matter Music Job Search Thrive College Advice Doc's Quiz 2pm - 3pm 1.30pm - 3.30pm 2pm-4pm 2pm - 3pm 1pm - 2pm 1pm - 4pm 3pm - 4pm 2pm - 4pm 1pm - 3pm work on your self development and



Self: Activities that work on the individual

January - WEEK 5







Relationships: Activities that work with peers/families/friends



Education Training and Employment activities

<u>Information</u>	Monday			Tuesday				Vednesday		Thursday			Friday	
Manchester Community Hub	27	7/01/2025		28/01/2025			29/01/2025		30/01/2025		5	31/01/2025		
Address: 7 Watson Street,	CV Building			Digital			Digital	Re-Think p	rogramme					
M3 4EE	10am - 12pm	Meditai 9.30am - 1		College 10am - 1pm	Medi 9.30am	ation - 11am	College 10am - 1pm	(Co	GL) - 12pm	Medit 9.30am		CV Building 2pm - 3pm		Meditation 9.30am - 11am
Contact: 07714767113					_			_						
The green sessions are to support		-			M									
you build a pro social outlook work	Preparation employment v		Ping Pong	Anger Mar	nagement	Interview Prep	Moral D	ilema's	Job Search	Upskill/ course		edia	J	(Ryital College
on building relationships and team	experience 11am - 1	course 1	1pm-2pm	11am -	_	11am- 12pm	12pm		10am- 12pm	finder 11am - 1pm	11am	PP - 1pm	o b o	11am -2pm
building with peers at the hub.	220111 2	100				22911				2pm				
Our Blue sessions focus on			•					T. as	and the same of th	Ó	Ď		с •	
education training and	Skill Finder NCS	Philosop		CV Building	Hub	Walk	Digital College	Chinaga	Nam Year	Audio Bo		Ping Pong	a C	Music and Society
employment to help you gain	1pm-2pm	1pm - 2	2pm	2pm - 3pm	11am	- 1pm	1pm - 4pm	Chinese I Celeb		1pm ·	· 2pm	1pm-2pm	h	11am - 12pm
employment and upskill to move					W.			12pm	- 2pm					
toward the job market.											3			
Our yellow sessions support you to	Thrive		Digital College	Creative		Disclosure Advice	Mu		Job Ready Doc's	Job Search		rive		Hub Fun Day Quiz
work on your self development and	2pm - 3	inm l	lpm - 4pm	12pm	- 2pm	3pm - 4pm	1.30pm -	3.30pm	2pm - 4pm	2pm-4pm	2pm	- 3pm		1pm - 3pm
build a positive outlook														

