



Self: Activities that work on the individual

Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

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 30/12/2024	Tuesday 31/12/2024	Wednesday 01/01/2025	Thursday 02/01/2025	Friday 03/01/2025		
<p>Closed</p> 	<p>Closed</p>	<p>Closed</p>	Meditation 9.30am - 11am	Digital College 10am - 1pm		
			Upskill/ course finder 11am - 1pm	 Media TIPP 11am - 1pm	J o b C o o r d i n a t i o n	Meditation 9.30am - 11am 
			 Audio Book Club 1pm - 2pm	Ping Pong 1pm- 2pm		Digital College 11am -2pm 
			Job Search 2pm-4pm	 Thrive 2pm - 3pm		Music and Society 11am - 12pm 
			Hub Fun Day Quiz 1pm - 3pm 			





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January - WEEK 2



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M3 4EE

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Our yellow sessions support you to work on your self development and build a positive outlook

Monday 06/01/2025		Tuesday 07/01/2025		Wednesday 08/01/2025		Thursday 09/01/2025		Friday 10/01/2025	
CV Building 10am - 12pm	Meditation 9.30am - 11am 	Cognitive Behaviour Therapy 10am - 4pm	Meditation 9.30am - 11am	Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm 	Meditation 9.30am - 11am 	Interview Prep 11am-12pm	Meditation 9.30am - 11am	
Introduction to labouring course 11am - 1pm 	Ping Pong 1pm - 2pm	Careers planning in sports and fitness 12pm - 1pm	Interview Prep 11am-12pm	Moral Dilema's 12pm - 1pm	Job Search 10am-12pm	Upskill/ course finder 11am - 1pm	Media TIPP 11am - 1pm	J o b C o a c h	Digital College 11pm - 12pm 
Skill Finder NCS 1pm - 2pm	Philosophy 1pm - 2pm	CV Building 2pm - 3pm	Hub Walk 11am - 1pm 	Digital College 1pm - 4pm	Chinese New Year Arts 12pm - 2pm 	Audio Book Club 1pm - 2pm 	Ping Pong 1pm - 2pm	Music and Society 11am - 12pm	
Thrive 2pm - 3pm 	Digital College 1pm - 4pm	Men Matter 1pm - 2pm	Disclosure Advice 3pm - 4pm	Music 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thrive 2pm - 3pm 	Hub Fun Day Quiz 1pm - 3pm	





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Education Training and Employment activities

January - WEEK 3



Information

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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 13/01/2025		Tuesday 14/01/2025		Wednesday 15/01/2025		Thursday 16/01/2025		Friday 17/01/2025		
CV Building 10am - 12pm	Meditation 9.30am - 11am		Digital College 10am - 1pm	Meditation 9.30am - 11am		Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm		Meditation 9.30am - 11am	CV Building 2pm - 3pm	Meditation 9.30am - 11am
Preparation for employment with lived experience course 11am - 1pm	Ping Pong 1pm - 2pm		Anger Management 11am - 12pm		Interview Prep 11am - 12pm	Moral Dilema's 12pm - 1pm	Job Search 10am - 12pm		Upskill/ course finder 11am - 1pm	Media TIPP 11am - 1pm	Digital College 11pm - 12pm
Skill Finder NCS 1pm - 2pm	Philosophy 1pm - 2pm		CV Building 2pm - 3pm	Hub Walk 11am - 1pm		Digital College 1pm - 4pm	Chinese New Year Arts 12pm - 2pm		Audio Book Club 1pm - 2pm	Ping Pong 1pm - 2pm	Music and Society 11am - 12pm
Thrive 2pm - 3pm	Digital College 1pm - 4pm		Food Safety and Storage 12pm - 2pm		Disclosure Advice 3pm - 4pm	Music 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm		Job Search 2pm - 4pm	Thrive 2pm - 3pm	Hub Fun Day Quiz 1pm - 3pm



This programme is delivered by HMPPS CFO



Self: Activities that work on the individual

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Education Training and Employment activities

January - WEEK 4



Information

Manchester Community Hub












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Our yellow sessions support you to work on your self development and build a positive outlook

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





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January - WEEK 5



Information

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Monday 27/01/2025		Tuesday 28/01/2025		Wednesday 29/01/2025		Thursday 30/01/2025		Friday 31/01/2025	
CV Building 10am - 12pm	Meditation 9.30am - 11am	Digital College 10am - 1pm	Meditation 9.30am - 11am	Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm	Meditation 9.30am - 11am	CV Building 2pm - 3pm		Meditation 9.30am - 11am
Preparation for employment with lived experience course 11am - 1pm	Ping Pong 1pm - 2pm	Anger Management 11am - 12pm	Interview Prep 11am - 12pm	Moral Dilema's 12pm - 1pm	Job Search 10am - 12pm	Upskill/course finder 11am - 1pm	Media TIPP 11am - 1pm	J o b C o a c h	Digital College 11am - 2pm
Skill Finder NCS 1pm - 2pm	Philosophy 1pm - 2pm	CV Building 2pm - 3pm	Hub Walk 11am - 1pm	Digital College 1pm - 4pm	Chinese New Year Celebration 12pm - 2pm	Audio Book Club 1pm - 2pm	Ping Pong 1pm - 2pm		Music and Society 11am - 12pm
Thrive 2pm - 3pm	Digital College 1pm - 4pm	Creative writing 12pm - 2pm	Disclosure Advice 3pm - 4pm	Music 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm	Job Search 2pm - 4pm	Thrive 2pm - 3pm		Hub Fun Day Quiz 1pm - 3pm

