



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

APRIL - WEEK 1



Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

07775 096192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 31st	Tuesday 1st		Wednesday 2nd		Thursday 3rd	Friday 4th
Interview Prep 9:30 - 10:30 	Enrolment Clinic 10 - 12 	CBT Appt only 10 - 12 	Obtaining ID 9:30 - 11 	Digital College 9:20 - 12 	Disclosure 10 - 12 	Future Focus 9:30 - 10:30
Mock Interview Session 10:30 - 12 			Stress Relief Strategies 11 - 12 			CV Support 10:30 - 12
HUB CLOSED 12-1	HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1	HUB CLOSED 12-1
Motivation Workshop 1 - 2 	1-1 Support Session Appt only 1 - 2 	Sports - Pool 1 - 2 	CBT Therapy Appt only 1-2 	Pizza Making Session 1 - 3 	Women's Only Chocolate Muffin Baking Session 1 - 2:30 	HUB CLOSED 1 - 2
TIPP Drama Music Arts 2 - 4 	Employability Skills 2 - 4 	CBT Therapy Appt only 2 - 4 	Job Search Session 3 - 4 	Intro to Customer Service 1 - 4 	Women's Only CV Support Session 2:30 - 4 	Therapeutic Art 2 - 3
						Puzzle Building 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

APRIL - WEEK 2



Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

07775 096192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 7th		Tuesday 8th		Wednesday 9th	Thursday 10th	Friday 11th
Enrolment Clinic 9:30 -12 	Unpaid Work Support 9:20 - 11 	Exploring Positive Relationships with Social Media 9:30 - 12 	CBT Therapy Appt only 10 - 12 	Disclosure 9:30 - 11 	1-1 Support Session Appt Only 9:30 - 12 	Enrolment Clinic 9:30 - 12
	Personal Journaling 11 - 12 				Accessing a Bank Account 9:30 - 10:30 	Budgeting Session 9:30 - 11
HUB CLOSED 12-1		HUB LUNCH CLUB 12-1		HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Confidence Building 1 - 2 	Job Search Session 1 - 2:30 	CBT Therapy Appt only 1 - 4 	Independent Living Skills 1 - 2:30 	CV Support 2:30 - 4 	Women's Only Intro to Basic Cooking Skills 1 - 4 	In Work Support 1 - 2:30
	TiPP Drama Music Arts 2 - 4 					Digital College 2:30 - 4



Self: Activities that work on the individual

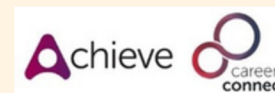


Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

APRIL - WEEK 3



Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

07775 096192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.










































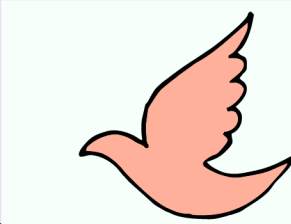


Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO

Monday 14th		Tuesday 15th		Wednesday 16th		Thursday 17th		Friday 18th	
Addiction Support 9:30 – 11   		World Art Day Arts & Crafts Session 9:20 – 12   		CBT Therapy Appt only 10 – 12   		Intro to Labouring 9:30 – 12  		Women's Only Disclosure Session 9:30 – 11   	
Employability Skills 11 – 12  		HUB CLOSED 12–1		HUB CLOSED 12–1		HUB CLOSED 12–1		Women's Only Accessing Mainstream Services 11 – 12  	
Enrolment Clinic 1 – 4  		Mindfulness Techniques 1 – 2:30  		Support with RAR Days 1 – 3   		Drop In Session 1 – 3  		Job Search Session 1 – 2:30  	
TIPP Drama Music Arts 2 – 4   		Stress Relief Strategies 3 – 4  		CBT Therapy Appt only 1 – 4   		Housing Support 2:30 – 4  		CV Support 1 – 2:30  	
								Good Friday HUB CLOSED   	



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

APRIL - WEEK 4



Monday 21st	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
 <p>Easter Monday HUB CLOSED</p>	Enrolment Clinic 9:30 - 12 	Application Support 9:30 - 11 	Women's Only Relationship Advice & Support 9:30 - 10:30 	1-1 Support Session Appt Only 9:30 - 12 
	Digital College 9:30 - 12 	Debt Advice 11 - 12 	Women's Only Job Search Session 10:30 - 12 	Problem Solving Techniques 9:30 - 10:30 
	CBT Appt only 10 - 12 	HUB CLOSED 12-1	HUB CLOSED 12-1	Employability Skills 10:30 - 12 
	Easter Cake Bake & Decorating 1 - 3 	CV Support 1 - 2:30 	World Book Day Creative Writing Course 1 - 4 	Healthy Living Techniques 1 - 2:30 
	CBT Therapy Appt only 1 - 4 	Unpaid Work Support 2:30 - 4 	Disclosure 2:30 - 4 	
	Obtaining ID 3 - 4 	Enrolment Clinic 2:30 - 4 		

Address:
First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:
07775 096192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO



Self: Activities that work on the individual

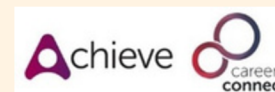




















































Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

APRIL - WEEK 5



Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 1st
Accessing Health Support 9:30 - 10:30  	Literacy & Numeracy Assessment 9:30 - 11  	Budgeting Session 9:30 - 11  	Disclosure 9:30 - 11  	Support with RAR Days 9:30 - 11    
Future Focus 10:30 - 12  	Reflective Practices 11 - 12  	CBT Appt only 10 - 12  	1-1 Support Session Appt only 11 - 12  	Mindfulness Yoga 11 - 12   
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Intro to Health & Safety at Work 1 - 4   	Relationship Advice & Support 1 - 2:30  	Women's Only Digital College 1 - 3  	In Work Support 1 - 2:30   	CV Support 1 - 2  
TIPP Drama Music Arts 2 - 4   	Housing Support 2:30 - 4  	Women's Only Optimism & Self-Worth 3 - 4  	Job Search Session 2:30 - 4  	Sports - Pool, Foosball & Ping Pong 2 - 3   
				ETE Awards & Hub Quiz 3 - 4   

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO