

- SELF - Activities that work on the individual
- SOCIETY - Activities contributing to the community outside of the CFO Activity Hub
- RELATIONSHIPS - Activities that work with peers
- ETE

APRIL - WEEK 1



Information

Address: – Urban Exchange,
Theatre Street/Mount
Street, Preston, PR1 8BQ

Contact: 07850 955413
(AMY)

Enrolments are needed to
do any of the sessions.

Group Activity's this week
include Arts and Crafts, Table
tennis and Creative arts which
will be run by an external
provider – Please let your
support worker know if you
would like to sign up for any of
these.

Each Month we will be running a
Hub focus group giving you the
opportunity to express your
opinions and suggestions to
improve the service.



Monday 31/03/2025		Tuesday 01/04/2025		Wednesday 02/04/2025		Thursday 03/04/2025		Friday 04/04/2025	
Creative Arts Tupp 10:30am-1:30pm 	Digital college 10am-12pm	Arts & Crafts 10am - 11am 	Self Employment Support 10am-11am	Support with Applications 10am-11am 	Skill Finder NCS 10am-11am	CBT - By Appointment Only 10am - 4pm 	Intro to Employment 10am - 11am	Hub Focus Group 10am-11am 	Job Club
		Table Tennis 11am - 12pm 	Job Search 11am-12pm	Securing a Bank Account 11am-12pm 	CV Building 11am - 12pm		Mock Interviews 11am - 12pm	Eid Party!! Hub Fun Day Quiz 10am-12pm 	
	Intro to Employment 1pm - 2pm	Reflective Practices 1pm-2pm 	Preparation for employment with lived experience course 1pm-4pm	Optimism and Self- worth 1pm-2pm 	Intro to Labouring course 1pm 4pm		Industry specific cards 1pm-2pm	Womens only Afternoon - CV Building and Disclosure to Employers 1pm-4pm 	
Healthcare Engagement 2pm-3pm 	Skill Finder NCS 2pm-4pm	Support Finding Volunteer work 2pm - 3pm 		Basic Literacy/ Numeracy Assessment 2pm-3pm 		Digital College 2pm-4pm			

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APRIL - WEEK 2



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(AMY)

Enrolments are needed to
do any of the sessions.

Group Activity's this week
include Arts and Crafts, Music
and society, And a baking
session (we advise you join the
food safety course prior) and
Creative arts which will be run
by an external provider – Please
let your support worker know if
you would like to sign up for any
of these.



This programme is delivered by HMPPS CFO

Monday 07/04/2025		Tuesday 08/04/2025		Wednesday 09/04/2025		Thursday 10/04/2025		Friday 11/04/2025	
Creative Arts Tupp 10:30am-1:30pm 	Disclosure Advice 10am - 11am	Accessing Mainstream services 10am-11am 	Intro to Labouring course 10am-12pm	Mental Health Support 10am-11am 	Intro to Employment 10am - 11am	CBT - By Appointment Only 10am - 4pm 	In work Support Session 10am-11am	Meditation 10am - 11am 	J o b C l u b
	CV Building 11am - 12pm	Attitudes and Life Skills 11am - 12pm 		Healthcare Engagement 2pm-3pm 			Mock Interviews 11am - 12pm	Disclosure to employers 11am-12pm	
	Preparation for employment with lived experience 1pm-4pm	Arts & Crafts 1pm - 3pm 	Self Employment Support 1pm-2pm	Basic ICT Workshop 1pm-2pm 	Food Safety and Storage Course 1pm-2pm		Industry specific cards 1pm-2pm	Womens only Afternoon Managing Money 1pm-4pm 	
Building Resilience Confidence Building 2pm - 3pm 	Disability Support (Understanding PIP) 2pm-3pm 	Job Search 2pm - 4pm	Hub Grub - Baking Session 2pm-4pm 	Didgital College 2pm-4pm	CV Building 3pm - 4pm				

APRIL - WEEK 3

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Information





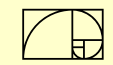







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Contact: 07850 955413
(AMY)

Enrolments are needed to do any of the sessions.

Group Activity's this week include Arts and Crafts, Table tennis and Creative arts which will be run by an external provider – Please let your support worker know if you would like to sign up for any of these.

The Hub will be closed Friday 18th

	Monday 14/04/2025	Tuesday 15/04/2025	Wednesday 16/04/2025	Thursday 17/04/2025	Friday 18/04/2025		
Creative Arts Tupp 10:30am-1:30pm 	Disclosure Advice 10am - 11am	Basic ICT Workshop 10am-11am 	Arts & Crafts 10am - 11am 	Self Employment Support 10am-11am	HUB CLOSED 		
	CV Building 11am - 12pm	Basic Literacy/ Numeracy Assessment 11am-12pm 	Enviromental awareness course 10am-12pm	Securing a Bank Account 11am-12pm 		Digital College 10am - 1pm	In Work support session 11am-12pm
	Preparation for employment with lived experience 1pm-4pm	Money Management 1pm-2pm 	Skill Finder NCS 1pm-2pm	Disability Support (Understanding PIP) 1pm-2pm 		Intro to Employment 1pm-2pm	Careers planning in sports and fitness Course 1pm-4pm
Money Management 2pm-3pm 	Table Tennis 2pm - 3pm 	Industry Specific Cards 2pm-4pm	Support Finding Volunteer work 2pm - 3pm 	Job Search 2pm-4pm			
				CBT - By Appointment Only 10am - 4pm 			



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APRIL - WEEK 4



Information

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Contact: 07850 955413
(AMY)

Enrolments are needed to
do any of the sessions.

Group Activity's this week
include Creative Writing, Table
tennis, Music and society and
we will be running sessions for
Eathday including arts and crafts
environmental awareness as
well as moral dilemma's.– Please
let your support worker know if
you would like to sign up for any
of these.

The Hub Will be closed Monday 21st

Monday 21/04/2025	Tuesday 22/04/2025	Wednesday 23/04/2025	Thursday 24/04/2025	Friday 25/04/2025	
<p>HUB CLOSED</p> <p></p>	<p>Managing Emotions 10-11am</p>	<p>Securing a Bank Account 11am-12pm</p>	<p>Intro to Employment 10am - 11am</p>	<p>Meditation 10am - 11am</p>	
	<p>Environmental awareness course 10am - 12pm</p>	<p>Basic ICT Workshop 10am-11am</p>	<p>CV Building 11am - 12pm</p>	<p>Music and Society 11am - 12pm</p>	
	<p>Earth Day Arts & Crafts 1pm - 3pm</p>	<p>Self Employment Support 1pm-2pm</p>	<p>Completing Applications 1pm-2pm</p>	<p>Industry specific cards 1pm-2pm</p>	<p>Womens only Afternoon - Securing a bank account 1pm-4pm</p>
	<p>Earth Day Moral Dilema's 3pm - 4pm</p>	<p>Digital College 3pm - 4pm</p>	<p>Table Tennis 2pm - 3pm</p>	<p>CBT - By Appointment Only 10am - 4pm</p>	<p>Mock Interviews 11am - 12pm</p>
			<p>Didigital College 2pm-4pm</p>		

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