

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

JUNE – 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 during coffee
and a chat giving you the
opportunity to express your
opinions and suggestions to
improve the service.



This programme is delivered by HMPPS CFO

V1.0

Monday		Tuesday		Wednesday		Thursday		Friday	
02/06/2025		03/06/2025		04/06/2025		05/06/2025		06/06/2025	
Creative Arts Tupp 10:30am-1:30pm 		Arts & Crafts 10am - 11am 	Self Employment Support 10am-11am	Optimism and Self- worth 10am-11pm 	Skill Finder NCS 10am-11am	CBT - By Appointment Only 10am - 4pm 	In work Support Session 10am-11am	Coffee and a chat 10am-11am 	J o b C l u b
	Intro to Labouring course 10am 12pm	Support Finding Volunteer work 11am - 12pm 	Job Search 11am-12pm	Basic Literacy/ Numeracy Assessment 11am-12pm 	CV Building 11am - 12pm		Disclosure to employers 11am-12pm	Mindfulness Meditaion 11am-12pm 	
	Intro to Employment 1pm - 2pm	Reflective Practices 1pm-2pm 	Preparation for employment with lived experience course 1pm-4pm	Support with Applications 1pm-2pm 	Digital college 12pm-4pm		Industry specific cards 1pm-2pm	Womens only Afternoon - CV Building and Disclosure to Employers 1pm-4pm	
Healthcare Engagement 2pm-3pm 	Self employment support 2pm- 4pm	Table Tennis 3pm - 4pm 		Securing a Bank Account 2pm-3pm 			CV Building 3pm - 4pm		

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JUNE – WEEK 2



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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, 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.

Additionally, A men matter
group will be run by one of the
male support workers discussing
men’s mental health struggles.

Monday		Tuesday		Wednesday		Thursday		Friday	
09/06/2025		10/06/2025		11/06/2025		12/06/2025		13/06/2025	
<div>Creative Arts Tipp 10:30am-1:30pm</div>	<div>Disclosure Advice 10am - 11am</div>	<div>Accessing Mainstream services 10am-11am</div>	<div>1:1 Session with Employment advisor (APT ONLY) 10am-3pm</div>	<div>Healthcare Engagement 10am-11am</div>	<div>Job Search 10am-11am</div>	<div>CBT - By Appointment Only 10am - 4pm</div>	<div>Intro to Employment 10am - 11am</div>	<div>HUB QUIZ 10am - 11am</div> <div>?</div>	<div>Job Club</div>
	<div>CV Building 11am - 12pm</div>	<div>Attitudes and Life Skills 11am - 12pm</div>		<div>Men Matter 11am-12pm</div>	<div>Mock Interviews 11am - 12pm</div>		<div>In Work support session 11am-12pm</div>	<div>Mental Health Support 11am-12pm</div>	
	<div>Preparation for employment with lived experience 1pm-4pm</div>	<div>Arts & Crafts 1pm - 3pm</div>		<div>Basic ICT Workshop 1pm-2pm</div>	<div>Food Safety and Storage Course 1pm-2pm</div>		<div>Industry specific cards 1pm-2pm</div>	<div>Womens only Afternoon Hub Crafts 1pm-4pm</div>	
<div>Building Resiliance Confidence Building 2pm - 3pm</div>		<div>Disability Support (Understanding PIP) 2pm-3pm</div>		<div>Hub Grub - Baking Session 2pm-4pm</div>	<div>Didgital College 2pm-4pm</div>		<div>Didgital College 2pm-4pm</div>		

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JUNE – WEEK 3

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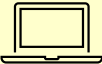












Enrolments are needed to
do any of the sessions.

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.



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Monday 16/06/2025		Tuesday 17/06/2025		Wednesday 18/06/2025		Thursday 19/06/2025		Friday 20/06/2025	
	Disclosure Advice 10am - 11am	Basic ICT Workshop 10am-11am 	Enviromental awareness course 10am-12pm	Coffee and a chat 10am-11am 	Digital College 10am - 1pm	CBT - By Appointment Only 10am - 4pm 	Self Employment Support 10am-11am	Arts & Crafts 10am - 11am 	J o b C l u b
	CV Building 11am - 12pm	Basic Literacy/ Numeracy Assessment 11am-12pm 		Mindfulness Meditaion 11am-12pm 			In Work support session 11am-12pm	Securing a Bank Account 11am-12pm 	
	Preparation for employment with lived experience 1pm-4pm	Support Finding Volunteer work 1pm - 2pm 	Skill Finder NCS 1pm-2pm	Money Management 1pm-2pm 	Intro to Employment 1pm-2pm		Careers planning in sports and fitness Course 1pm-4pm	Womens only Afternoon Managing Money 1pm-4pm 	
Money Management 2pm-3pm 		Table Tennis 2pm - 3pm 	Industry Specific Cards 2pm-4pm	Disability Support (Understanding PIP) 2pm-3pm 	Job Search 2pm-4pm				

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JUNE – WEEK 4



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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
the Creative art group run by
Tipp– Please let your support
worker know if you would like to
sign up for any of these.



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Monday 23/06/2025		Tuesday 24/06/2025		Wednesday 25/06/2025		Thursday 26/06/2025		Friday 27/06/2025	
Creative Arts Tupp 10:30am-1:30pm 	Skill Finder NCS 10am-11pm	Managing Emotions 10-11am 	1:1 session with Employment advisor (APT ONLY) 10am- 3pm	Securing a Bank Account 10am-11am 	Disclosure advice 10am - 11am	CBT - By Appointment Only 10am - 4pm 	Intro to Employment 10am - 11am	Meditation 10am - 11am 	J o b C l u b
	In work Support Session 11am-12pm	Creative Writing 11am-12pm 		Basic ICT Workshop 11am-12pm 	CV Building 11am - 12pm		Mock Interviews 11am - 12pm	Music and Society 11am - 12pm 	
	Digital College 2pm-4pm	Accessing Mainstream services 2pm-3pm 		Completing Applications 1pm-2pm 	Introduction to Basic Cooking Skills Course 1pm-3pm		Industry specific cards 1pm-2pm	Womens only Afternoon - Securing a bank account 1pm-2pm 	
Reflective Practices 2pm-3pm 		Basic Literacy/ Numeracy Assessment 3pm-4pm 		Table Tennis 2pm - 3pm 		Digital College 2pm-4pm	Womens only Afternoon - support accessing services 2pm-4pm 		