



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

Weekly Activities



Monday	Tuesday	Wednesday	Thursday	Friday
 Life Skills 10:30 – 12:30 	 Baking 10:30 – 12:30 	 Cooking 10:30 – 12:30 	 Gardening 10:30 – 12:30 	 Sewing 10:30 – 12:30 
 Men in Mind 10:30 – 12:30 	1-2-1 support appointments are available every day	 Music 10:30 – 12:30 	CBT therapy available 	 Ramblers 10:30 – 12:30 
Drop-In 12:00 – 2:30	Drop-In 12:00 – 2:30	Drop-In 12:00 – 2:30	Drop-In 12:00 – 2:30	Drop-In 12:00 – 2:30
 Community Work Coach 10:30 – 3:30	 Arts and Crafts 1:30 – 3:30 	 Fine Art 1:30 – 3:30 	 Sports 12:30 – 2:00 	Monthly sustainable living group 
 ETE 1:30 – 3:30 	Keep an eye out for monthly activities – Women's Day LGBTQ+ groups EDI Events	 EDI 1:30 – 3:30 	 Digital Literacy 1:30 – 3:30 	1-2-1 support appointments are available every day

Information

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The daily Drop-In sessions are designed to allow freedom for participants to choose an activity they would like to do, e.g., use a laptop, play a game, read a book, talk to a support worker. We also offer it as a 'Warm Hub' for participants who may just want to stop by for a brew and relax.



This programme is delivered by HMPPS CFO