



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

MARCH - WEEK 1



Monday 3 rd	Tuesday 4 th	Wednesday 5 th	Thursday 6 th	Friday 7 th
Coffee & breakfast 9:30-10 	PANCAKE DAY – Cook and chat 9:30-10 	Coffee & breakfast 9:30-10 	Coffee & breakfast 9:30-10 	Coffee & catch up 9:30-10
Money management 10-11 	Arts and Crafts – Painting 10-11 	Accessing Healthcare 10-11 	Intro to cooking skills 1 [course] 10-12 	Industry Specific Cards 10-11
Accessing Mainstream services 11-12 	Accommodation Support 11-12 	Job search 11-12 	Future focus 11-12 	
Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1
Coping with Stress 1-3 	CV building and disclosures 1-3 	Intro to employment 1-3 	Cook with us (life skills) 1-3 	Women's only – enrolment clinic 1-2
Attitudes and Life Skills 3-4:30 	Employment Session 3-4:30 	Future Focus 3-4:30 	Managing emotions 3-4:30 	Women's only – INTERNATIONAL WOMENS DAY- Optimism and self worth 2-4

Information

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

Contact: 07850 955413 (AMY)
07712 511792 (Aisha)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, managing emotions, 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 morning chats, Arts and crafts, yoga. This month is LGBTQ+ Awareness so we will be doing a session looking at this and a few fun activity's such as arts/ Crafts and a quiz!!

Employment activities included interview prep, completing forms or just simply support with job searching/training these can be done as 1-1 sessions.



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MARCH - WEEK 2



Monday 10 th	Tuesday 11 th	Wednesday 12 th	Thursday 13 th	Friday 14 th
Coffee & breakfast 9:30-10	Coffee & breakfast 9:30-10	Coffee & catch up 9:30-10	Coffee & catch up 9:30-10	Coffee & breakfast 9:30-10
Art and Crafts – Dimond Art 10-11	Intro to Health and Safety in the workplace 1 [COURSE] 10-12	Mental Wellbeing 10-11	Art Therapy 10-11	Intro to employment 10-11
Employment support 11-12		Accommodation Support 11-12	Securing a Bank account 11-12	Support with Applications 11-12
Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1
CSCS Support 1-3	Optimism and self Worth 1-3	Healthcare engagement 1-3	Intro to cooking 2 [Course] 1-3	Women's only Enrolments 1-3
Support with job search 3-4:30	Support finding Volunteer work 3-4:30	Employment support 3-4:30	Reflective practices 3-4:30	Women's only – Mental health workshop 3-4

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They are appointment only

We offer group sessions such morning chats, Arts and crafts and story writing.

Employment activities included interview prep, completing forms or just simply support with job searching/training these can be done as 1-1 sessions.



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MARCH - WEEK 3



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Contact: 07850 955413 (*AMY*)
07712 511792 (*Aisha*)

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Our 1:1 activities include; Housing, Employment, managing emotions, 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 morning chats, Arts and crafts, ping pong. This month is Black history month so we will be doing a session looking at this and a few fun activity's such as arts/ Crafts!!

Employment activities included interview prep, completing forms or just simply support with job searching/training these can be done as 1-1 sessions.

Monday 17 th	Tuesday 18 th	Wednesday 19 th	Thursday 20 th	Friday 21 st
Coffee & catch up 9:30-10 	Coffee & Breakfast 9:30-10 	Coffee & catch up 9:30-10 	Coffee & breakfast 9:30-10 	Coffee & catch up 9:30-10
Completing applications 10-11 	Creative writing 10-11 	Job Search 10-11 	Intro to employment 10-11 	Mental Wellbeing 10-11
CV building and disclosure 11-12 	Mental health support 11-12 	Future focus 11-12 	Attitudes and Life skills 11-12* 	Intro to laboring 2 [Course] 11-12
Hub Closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1
Disability support (Understanding PIP) 1-3 	Money management 1-3 	Intro to Labouring 1 [Course] 1-3 	Basic Literacy/Numeracy Assessment 1-3 	Women's only Enrolments 1-3
Accessing Mainstream services 3-4:30 	Building resilience and confidence 3-4:30 	Sports – Ping Pong 3-4:30 	Mock Interviews 3-4:30 	Women's Only Accessing healthcare 3-4



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MARCH – WEEK 4



Monday 24 TH	Tuesday 25 TH	Wednesday 26 TH	Thursday 27 TH	Friday 28 TH
Coffee & catch up 9:30-10 	Coffee & breakfast 9:30-10 	Coffee & catch up 9:30-10 	Coffee & breakfast 9:30-10 	Coffee & catch up 9:30-10
Support with industry specific cards 10-11 	Basic ICT skills 10-11 	Completing application 10-11 	Coping with stress 10-12 	Health engagement 10-11
Job search 11-12 	CSCS support 11-12 	Support with job search 11-12 	ICT Skills 11-12 	Employment support 11-12
Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1
Completing Applications 1-3 	Intro to health and Safety 2 [course] 1-3 	Setting up a bank account 1-3 	Intro to employment 1-2 	Women's only - Enrolment 1-3
Money Management 2-4:30 	CV/Disclosure support 2-4:30 	Attitudes and life skills 3-4:30 	Disability support (Understanding PIP) 2-4:30 	Women's only - Optimism and self worth 3-4

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We offer group sessions such morning chats, Arts and crafts, yoga.

Employment activities included interview prep, completing forms or just simply support with job searching/training these can be done as 1-1 sessions.



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