



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
























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.

Monday	Tuesday	Wednesday	Thursday	Friday
 Gardening 10:30 – 12:30 	 CBT (Fortnightly) 	 Cooking 10:30 – 12:30 	 Song Appreciation Society 10:30 – 12:30 	 Ramblers 10:30 – 12:30 
Drop-In 12:30 – 1:30	Drop-In 12:30 – 1:30	Drop-In 12:30 – 1:30	Drop-In 12:30 – 1:30	Drop-In 12:30 – 1:30
 Men in Mind 1:30 – 3:30 	Monthly rotation of activities Female Only Space (Fortnightly) 	 Arts & Crafts 1:30 – 3:30 	 Sports 12:30 – 2:00 	Education, Training and Employment support available 
One-to-One support appointments are available every day 	Baking and Life Skills Mindfulness and Crafts projects		 Digital Literacy 1:30 – 3:30 	



This programme is delivered by HMPPS CFO