



Self: Activities that work on the individual

















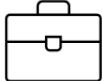

























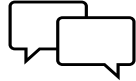






Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

December – WEEK 1



Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
Coffee and a chat   Mental health awareness 10-11 	Arts and Crafts   Christmas colouring 10-11   	Accessing support   APT only 10-11 	CBT – APT ONLY  	Employment support  10-11 
Housing Support  APT only 11-12 	Skill finder CSCS  11-12 	Job search Support  APT only 11-12 	CBT – APT ONLY  	Zumba dance   11-12 
Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1
Disclosure advice  1-2 	Interview preparation  1-3 	1-1 session  Managing emotions 1-3 	CBT – APT ONLY  	Women's only – enrolment clinic   1-2 
Employment activities  2-4 	1-1 support worker session  3-4 	CV support  APT only 3-4:30 	CBT – APT ONLY  	Women's only – employment session  2-4 

Information

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

Contact: 07850 955413 (AMY)

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, The hub quiz, Arts and crafts, yoga, as well as physical activity's such as Zumba.

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

5 CBT Sessions available with Hub Therapist.



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DECEMBER – WEEK 2



Information

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

Contact: 07850 955413 (Amy)

Enrolments are needed to do any of the activities.

Our 1:1 activities include accessing support, housing, employment, and Enrolments. Or you can arrange any specific support you may need with your support worker. This can be exemplified through writing disclosures to employment.

We offer group sessions such as mindfulness meditation, employment support such as writing a disclosure, support with bank account, board games and reflective practice. Accessing support helps you overcome any barrier you are facing while trying to get support.

5 CBT Sessions available with Hub Therapist.

Monday 9th	Tuesday 10th	Wednesday 11th	Thursday 12th	Friday 13th
Support worker 1-1 session 10-11 	Decorate the Hub – Christmas Tree 10-11 	Christmas Origami 10-11 	CBT – APT ONLY 	Coffee & Minced Pie Weekly journal 10-11
Skills Finder CSCS 11-12 	Upskill Course finder 11-12 	Support worker 1-1 session 11-12 	CBT – APT ONLY 	Securing a bank account 11-12
Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1	Hub closed 12-1
Mindfulness – Christmas crafts 1-3 	CV Building 1-3 	Employment Support 1-3 	CBT – APT ONLY 	Women's Only Employment support 1-3
Healthcare engagement 3-4:30 	Accessing support APT only 3-4:30 	Disclosures to employment 1-1 3-4:30 	CBT – APT ONLY 	Women's Only Board games 3-4



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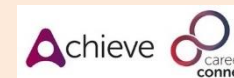


Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

DECEMBER – WEEK 3



Information

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

Contact: 07850 955413 (*Amy*)

Enrolments are needed to do any of the activities.

Our 1:1 activities include enrollments, completing applications, accessing support and interview prep.

We offer group sessions such as morning chats, Christmas Arts and Crafts ,Music games. 1-1 sessions such as mock job interviews, obtaining ID, future focus and enrollments.

Decorate the hub – creating posters and artwork to decorate our hub!

During music games you will analyzing the lyrics and discussing what you think they mean.

Volunteering – we can look at different volunteering options in the area you could apply for.

5 CBT Sessions available with Hub Therapist.

Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
Future Focus 10-11 	Self-employment support 10-11 	Christmas Quiz 10-11 	CBT – APT ONLY 	Christmas Bingo 10-11
Upskill course finder 11-12 	CV Building 11-12 	Obtaining ID 11-12 	CBT – APT ONLY 	Anger management 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 APT only 1-3 	Christmas crafts 1-3 	Job search 1-3 	CBT – APT ONLY 	Women's only Enrolments 1-3
Yoga/meditation 3-4:30 	Volunteering/Work experience 3-4:30 	Interview preparation APT only 3-4:30 	CBT – APT ONLY 	Women's Only Employability support 3-4



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DECEMBER – WEEK 4



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

Contact: 07850 955413 (*Amy*)










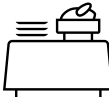






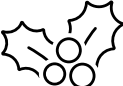



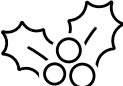
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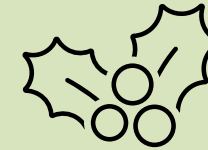
Our 1:1 activities include; Housing support, accessing services, cv writing, money worries, healthcare engagement, job search and Enrolments.

We offer group sessions such as morning chats, Arts and Crafts (diamond art), meal budgeting, cooking, music games, managing stress and the hub quiz!



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Monday 23rd	Tuesday 24th
Stress management  10-11  	Gingerbread decorating  10-11  
Mindfulness – modeling clay  11-12 	Christmas Buffet  11-12  
Hub closed 12-1	Hub closed 12-1
Housing support  APT only 1-2 	  Christmas games  1-2 
Mindfulness- Diamond art  2-4:30  	



HUB CLOSSES FOR CHRISTMAS

Tuesday 24th December

We re-open on

Thursday 2nd January

