



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

JUNE - WEEK 1



Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
 <p>Enrolment Clinic 9:30 - 11</p> 	 <p>1-1 Support Session Appt only 9:30 - 10:30</p> 	 <p>Disclosure 9:30 - 11</p> 	 <p>Future Focus 9:30 - 11</p> 	 <p>Unpaid Work Support 9:30 - 11</p> 
 <p>Reflective Practices 11 - 12</p> 	 <p>Budgeting Session 10:30 - 12</p> 	 <p>Self-Care 11 - 12</p> 	 <p>Enrolment Clinic 9:30 - 12</p> 	 <p>Motivation 11 - 12</p> 
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
 <p>Obtaining National Insurance 1 - 2</p> 	 <p>Women's Only CV Support 1 - 2:30</p> 	 <p>CBT Therapy Appt only 2 - 4</p> 	 <p>TiPP Art Session 1 - 3</p> 	 <p>Literacy & Numeracy Assessment 1 - 3</p> 
 <p>TiPP Drama Music 2 - 4</p> 	 <p>Women's Only Job Search 2:30 - 4</p> 	 <p>Personal Journaling 3 - 4</p> 	 <p>PRIDE Month: Awareness & Celebration 1 - 4</p> 	 <p>Hub Quiz 3 - 4</p> 

Address:
First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:
07775 096192 (Gabriella)
07384 119231 (Nadya)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, 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 as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



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JUNE - WEEK 2



Monday 9th	Tuesday 10th		Wednesday 11th	Thursday 12th	Friday 13th	
Creative Writing: Part 2 9:30 - 12 	Benefit Support 9:30 - 11 	CBT Appt only 10 - 12 	Women's Only Confidence Building 9:30 - 10:30 	CV Support 9:30 - 11 	Job Search 9:30 - 10:30 	Enrolment Clinic 9:30 - 12 
	Problem Solving Techniques 11 - 12 		Women's Only Relationship Advice & Support 10:30 - 12 	Future Focus 11 - 12 	Victim Awareness 10:30 - 12 	
HUB CLOSED 12-1	HUB CLOSED 12-1		HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	
Accessing a Bank Account 1-2 	Men's Health Month: Advice & Guidance 1 - 4 	CBT Therapy Appt only 1 - 4 	TiPP Art Session 1 - 3 	Digital College 1 - 4 	Stress Relief Strategies 1 - 2:30 	Burrito Cooking Session 1 - 3 
TiPP Drama Music 2 - 4 			Mock Interview 3 - 4 	Confidence Building 9:30 - 10:30 	Sports - Ping Pong 3 - 4 	

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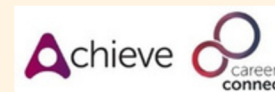



























































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JUNE - WEEK 3



Monday 16th	Tuesday 17th	Wednesday 18th	Thursday 19th	Friday 20th
<div>   </div> <p>Disclosure 9:30 - 11</p> 	<div>    </div> <p>In Work Support 9:30 - 11</p> 	<div>    </div> <p>CBT Appt only 10 - 12</p> 	<div>  </div> <p>Basic Literacy & Numeracy Skills 9:30 - 10:30</p> 	<div>  </div> <p>Women's Only Housing Support 9:30 - 11</p> 
<div>  </div> <p>Healthy Living Techniques 11 - 12</p> 	<div>  </div> <p>Employability Skills 11 - 12</p> 	<div>    </div> <p>Intro to Labouring 9:30 - 12</p> 	<div>  </div> <p>Enrolment Clinic 10:30 - 12</p> 	<div>   </div> <p>Women's Only Disclosure 11 - 12</p> 
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
<div>  </div> <p>1-1 Support Session Appt only 1 - 2</p> 	<div>  </div> <p>Reflective Practice 1 - 2</p> 	<div>    </div> <p>Digital College 1 - 4</p> 	<div>    </div> <p>TiPP Art Session 1 - 3</p> 	<div>   </div> <p>Living on a Budget Cooking Session 1 - 2:30</p> 
<div>   </div> <p>TiPP Drama Music 2 - 4</p> 	<div>  </div> <p>CBT Therapy Appt only 1 - 4</p> 	<div>  </div> <p>Budgeting Support 11 - 12</p> 	<div>    </div> <p>Black Lives Matter Month: Awareness & Celebration 1 - 4</p> 	<div>   </div> <p>Therapeutic Art 3 - 4</p> 

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JUNE - WEEK 4



Monday 23rd	Tuesday 24th	Wednesday 25th	Thursday 26th	Friday 27th
Women's Only Digital College 9:30 - 11 	CV Support 9:30 - 11  CBT Appt only 10 - 12 	A Sense of New & Pro-Social Identity 9:30 - 11 	1-1 Support Session Appt only 9:30 - 10:30  Future Focus 9:30 - 10:30 	Feelings of Hope & Self-Efficiency 9:30 - 11 
Women's Only Addiction Support 11 - 12 	Mindfulness Yoga 11 - 12  CBT Appt only 10 - 12 	Job Applications: Cover Letter Support 11 - 12 	Enrolment Clinic 10:30 - 12  Employability Skills 10:30 - 12 	Obtaining ID 11 - 12 
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Confidence Building 1 - 2 	Debt Advice 1- 2  CBT Therapy Appt only 2 - 4 	TiPP Art Session 1 - 3 	Obtaining ID 11 - 12 	Where to Start and an Introduction to Employability 1 - 4 
TiPP Drama Music 2 - 4 	National Upcycling Day Arts & Crafts 2 - 4 	Budgeting Support 3 - 4 	World Drug Day: Awareness Session 2 - 4 	

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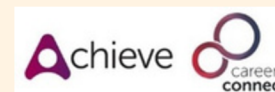
























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JUNE - WEEK 5



Monday 30th	Tuesday 1st		Wednesday 2nd	Thursday 3rd	Friday 4th
National Social Media Day: Internet Safety Awareness 9:30 - 12 	Unpaid Work Support 9:30 - 11 	CBT Appt only 10 - 12 	Enrolment Clinic 9:30 - 10:30 	Wellbeing Hub Walk 9:30 - 10:30 	Employability Skills 9:30 - 10:30 
Digital College 9:30 - 12 	1-1 Support Session Appt only 11 - 12 	Disclosure 10:30 - 12 	Strong Ties to Family & Pro-Social Personal Support 10:30 - 12 	Digital College 9:30 - 12 	Job Search & Application Support 10:30 - 12 
HUB CLOSED 12-1	HUB CLOSED 12-1		HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Personal Journaling 1 - 2 	Stress Relief Strategies 1 - 2:30 	CBT Therapy Appt only 2 - 4 	TiPP Art Session 1 - 3 	Women's Only Budgeting Session 1 - 3 	Intro to Customer Service 1 - 4 
TiPP Drama Music 2 - 4 	ETE Awards & Quiz 2:30 - 4 	Accessing Health Support 10:30 - 12 	Women's Only Future Focus 3 - 4 		

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