



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

# FEBRUARY – WEEK 1



Monday 3rd		Tuesday 4th	Wednesday 5th	Thursday 6th	Friday 7th
1-1 Support Session <b>Appt only</b> 9:30 - 11 	Resolving Differences 9:30 - 11 	Intro to Basic Cooking Skills 9:30 - 12 	Accessing Mental Health Support 9:30 - 10:30 	Enrolment Clinic 9:30 - 12 	1-1 Support Session <b>Appt only</b> 9:30 - 12 
Enrolment Clinic 11 - 12 	Personal Journaling 11 - 12 		Budgeting Session 10:30 - 12 	Self-Care Session 10 - 11 	Attitudes Towards Others 10 - 11 
<b>HUB CLOSED</b> 12-1		<b>HUB LUNCH CLUB</b> 12-1	<b>HUB CLOSED</b> 12-1	<b>HUB CLOSED</b> 12-1	<b>HUB CLOSED</b> 12-1
Housing Support 1 - 3 	National Homemade Soup Day Cooking Session 1 - 3 	Disclosure Session 1 - 3 	Basic Literacy & Numeracy Session 1 - 2:30 	<b>HUB CLOSED</b> 1 - 2	
CV Support 3 - 4:30 	Accessing Health Support 3 - 4:30 	Mindfulness Techniques 3 - 4:30 	In Work Support 2:30 - 4:30 	National Safer Internet Day Education & Advice Session 2 - 3:30 	
					Sports - Ping Pong 3:30 - 4:30 

**Address:**

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

**Contact Information:**

07775 096192 (Gabriella & Nadya)  
07384 119231 (Saj & Zubeir)

**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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# FEBRUARY – WEEK 2



Monday 10th		Tuesday 11th	Wednesday 12th	Thursday 13th	Friday 14th
<p>Women's Only 1-1 Enrolment Clinic 9:30 - 10:30</p>	<p>Women's Only Sexual Health Support 9:30 - 10:30</p>	<p>Relationship Support &amp; Advice 9:30 - 11</p>	<p>Disclosure Session 10 - 12</p>	<p>1-1 Support Session <b>Appt only</b> 9:30 - 11</p>	<p>Optimism &amp; Self-Worth 9:30 - 11</p>
<p>Women's Only 1-1 Support Session 10:30 - 12</p>	<p>Women's Only Relationship Support &amp; Advice 10:30 - 12</p>	<p>Stress Relief Strategies 11 - 12</p>	<p>HUB CLOSED 12-1</p>	<p>Enrolment Clinic 11 - 12</p>	<p>Sports - Foosball 11 - 12</p>
<p>HUB CLOSED 12-1</p>		<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>
<p>Intro to Health &amp; Safety at Work 1 - 4:30</p>	<p>Job Search Session 1 - 2:30</p>	<p>Intro into Labouring 1 - 3</p>	<p>Emotional Resilience 1 - 2</p>	<p>1-1 Support Session <b>Appt only</b> 9:30 - 11</p>	<p>Accessing Sexual Health Support 9:30 - 10:30</p>
<p>Employability Skills 2:30 - 4:30</p>	<p>CV Support 3 - 4:30</p>	<p>National Black Love Day Education &amp; Activities Session 2 - 4:30</p>	<p>Valentine's Day Card &amp; Paper Bouquet Crafts 2 - 3:30</p>	<p>Future Focus 10:30 - 12</p>	<p>Reflective Practices 3:30 - 4:30</p>

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# FEBRUARY – WEEK 3



Monday 17th		Tuesday 18th		Wednesday 19th		Thursday 20th		Friday 21st	
Independent Living 9:30 – 10:30  		Motivation Workshop 9:30 – 10:30  		Women's Only Housing Support 9:30 – 11  		Interview Prep 9:30 – 10:30  		Substance Misuse Awareness Session 9:30 – 12  	
Relationship Support & Advice 10:30 – 12  		Budgeting Session 10:30 – 12  		Women's Only Accessing Health Support 11 – 12  		Mock Interview Session 10:30 – 12  			
<b>HUB CLOSED</b> 12-1		<b>HUB CLOSED</b> 12-1		<b>HUB CLOSED</b> 12-1		<b>HUB CLOSED</b> 12:1		<b>HUB CLOSED</b> 12-1	
Enrolment Clinic 1 – 3  	Literacy & Numeracy Assessment 1 – 3  	Disclosure Session 1 – 3  		Drop In Session 1 – 3  	Accessing Mainstream Services 1 – 3  	 Support Finding Volunteer Work 1 – 2  		<b>HUB CLOSED</b> 1 – 2	
CV Support 3 – 4:30  		Accessing a Bank Account 3 – 4:30  		Debt Advice 3 – 4:30  		Benefit Support (PIP) 2 – 4:30  		 Basic IT Skills 2 – 3 	
								Application Support 3 – 4:30  	

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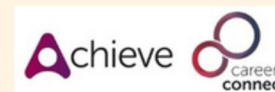


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# FEBRUARY - WEEK 4



Monday 24th		Tuesday 25th		Wednesday 26th		Thursday 27th		Friday 28th	
Enrolment Clinic 9:30 - 12 	Obtaining National Insurance 9:30 - 11 	Anger Management 9:30 - 11  	Accessing Health Support 9:30 - 10:30 	Obtaining ID 9:30 - 10:30 	Women's Only Enrolment Clinic 9:30am - 11 	Women's Only Obtaining ID 9:30 - 10:30 	Future Focus 10:30 - 12 	Women's Only Motivation Workshop 10:30 - 12 	
	Healthy Living Techniques 11 - 12 				Mindfulness Techniques 11 - 12 	Accessing Benefit Support 10:30 - 12 		HUB CLOSED 12-1	
HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1	
Basic Literacy & Numeracy Session 1 - 2:30 	1-1 Support Session <b>Appt only</b> 1 - 2 	Personal Journaling 1 - 2 	CV Support 1 - 2:30 	Intro to Customer Service 1 - 3 	HUB CLOSED 1 - 2				
	Understanding Discrimination and Prejudice 2:30 - 4:30 				Disclosure Session 2 - 4:30 	Job Search Session 2:30 - 4:30 	Employability Skills 3 - 4:30 	Accessing a Bank Account 2 - 3:30 	
Sports - Ping Pong 3:30 - 4:30 									

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