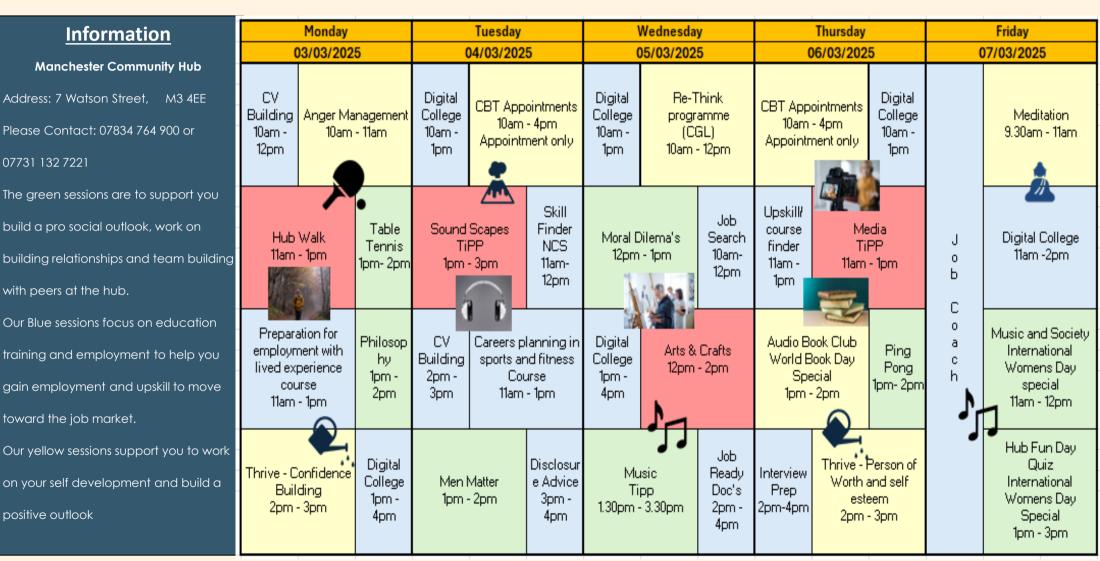
Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

<u>March – WEEK 1</u>

The Growth Company





Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

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March – WEEK 2



Information		Monday			Tuesday			Wednesda	v		Thursday		Friday		
<u>Information</u>	10/03/2025			11/03/2025			12/03/2025			13/03/2025			14/03/2025		
anchester Community Hub		10/00/202	•	11/00/2020			12/00/2020			13/03/2023			14/00/2020		
: 7 Watson Street, M3 4EE	CV Building	Angerbás		Digital College	CBT App	ointments	Digital College		Think	CBT Appo	pintments	Interview		Meditation	
Contact: 07834 764 900 or	10am -	Anger Management 10am - 11am		10am -		- 4pm	10am -		amme GL)	10am - 4pm		Prep 11am-		9.30am - 11am	
32 7221	12pm			1pm		nent only	1pm 10am -		- 12pm	Appointment only		12pm		٠	
en sessions are to support you			•											<u> </u>	
oro social outlook work on	Hub Walk		Table Tennis		Scapes	Skill Finder NCS 11am-	Moral Dilema's 12pm - 1pm		Job Search	Upskill/ course finder	Media TiPP		J	Digital College	
relationships and team building	11am	11am - 1pm			iPP - 3pm				10am-		- 1pm	11am - 12pm			
ers at the hub.						12pm			l 12pm	1pm			ь С		
e sessions focus on education	44.1	1		A.			~		1				0		
and employment to help you	Introduction to Basic Cooking Skills		hy	Building		nmental ss Course	Digital College	Arts & Crafts 12pm - 2pm		News		I Popa	a C	Music and Society	
ployment and upskill to move		urse - 1pm	1pm - 2pm	2pm - 3pm		- 1pm	1pm - 4pm	12pm	2pm	1pm - 2pm		1pm-2pm	h	11am - 12pm	
the job market.	nam		2pm	opm			-ipin	1						√ _	
ow sessions support you to work									Job						
self development and build a	Thrive - Cycle of Change 2pm - 3pm		Digital College	Ment		Disclosur e Advice		isic PP	Beady Doc's	Job Search		- Smart oals		Hub Fun Day Quiz	
outlook			1pm - 4pm	1pm - 2pm		3pm - 4pm		- 3.30pm	2pm - 4pm	2pm-4pm		i - 3pm		1pm - 3pm	



Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

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March - WEEK 3



Information	Monda		Tuesday			Wednesday				Thursday	Friday		
	17/03/2	025	18/03/2025			19/03/2025			2	20/03/2025	21/03/2025		
Manchester Community Hub													
Address: 7 Watson Street, M3 4EE	CV Building Anger	Management	Digital College		ointments	Digital College		'hink amme	CBT App	I Bullaina I		Meditation	
Please Contact: 07834 764 900 or		ım - 11am	10am - 1pm	10am - 4pm Appointment only		10am - 1pm	(ĈGL) 10am - 12pm		10am - 4pm Appointment only 3pm			9.30am - 11am	
07731 132 7221													
The green sessions are to support you					Skill			I_L	Upskill	19 - V.		_	
build a pro social outlook work on	Hub Walk	Table Tennis		l Scapes iPP	Finder NCS	Moral D		Job Search	course finder	Media TiPP	J	Digital College	
building relationships and team building	11am - 1pm	1pm-2pm	1pm - 3pm		11am- 12pm	12pm - 1pm		10am- 12pm	11am - 1pm	11am - 1pm	о Б	11am - 12pm	
with peers at the hub.				\frown	. <u> </u>					No. of Concession, Name	С		
Our Blue sessions focus on education		Philosop	cv			⊠⁄A Digital				No.	o a	10	
training and employment to help you	Food Safety and Storage Course	bu	Building 2pm -) cou	Labouring ourse	College 1pm -	Arts & 12pm	Crafts - 2pm	Audio B Inm -	2pm Pong	c h	Music and Society 11am - 12pm	
gain employment and upskill to move	11am - 1pm	n - 1pm - 2pm -		3pm 11am - 1p		1pm 4pm			1114	1pm-2pm			
toward the job market.							1						
Our yellow sessions support you to work		Digital			Dicelos			Job					
on your self development and build a	Thrive - Stress Management	College		ifety and rage	Disclosur e Advice		usic PP	Ready Doc's	Job Search	Thrive - Unconcious Bias	;	Hub Fun Day Quiz	
positive outlook	2pm - 3pm	1pm - 4pm	12pm - 2pm		3pm - 4pm	1.30pm - 3.30pm		2pm - 4pm	2pm-4pm	2pm - 3pm		1pm - 3pm	



Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

March – WEEK 4



Information	Mond		Tuesday		Wednesday			Thursday			Friday			
Manchester Community Hub	24/03/2025		25/03/2025				26/03/2025			27/03/2025			28/03/2025	
Address: 7 Watson Street, M3 4EE		Management am - 11am	Digital College 10am -		ointments - 4pm	Digital College 10am -	progr	Think amme		ointments - 4pm	Interview Prep 11am-		Meditation 9.30am - 11am	
Please Contact: 07834 764 900 or	10am - 10 12pm	am - Ham	iuam - 1pm	Appoint	ment only	iuam - 1pm		GL) - 12pm	Appointr	nent only	11am- 12pm		9.30am - Ham	
07731 132 7221				2				An 3						
The green sessions are to support you		Y •			Skill				Upskill/					
build a pro social outlook work on	Hub Walk	Table			Sound Scapes Finder TiPP NCS		Job Moral Dilema's Search		course Media finder TiPP			J	Digital College	
building relationships and team building	11am - 1pm	Tennis 1pm-2pm		- 3pm 11am-		12pm - 1pm 10am- 12pm			11am -	11am - 1pm		o b	11am -2pm	
with peers at the hub.	A		12pm		12pm			1pm						
Our Blue sessions focus on education	Preparation for	Dhilesen				Digital College 1pm - 4pm			Newsroom			0		
training and employment to help you	employment wit lived experience	a l ny	Building								Ping Pong	a c h	Music and Society	
gain employment and upskill to move	course 11am - 1pm	1pm - 2pm			urse - 1pm			·	ipm ·	1pm - 2pm 1pm - 2p		n	11am - 12pm	
toward the job market.					1			1					- T_	
Our yellow sessions support you to work	•	Digital			Disclosur			Job						
on your self development and build a	Thrive - Positiv Relationships	College		Men Matter 1pm - 2pm		Mu Mu	usic PP	Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thrive - Er Resilie			Hub Fun Day Quiz	
positive outlook	2pm - 3pm	1pm - 4pm	ipm	- 2pm	2pm 3pm - 4pm		- 3.30pm			2pm - 3			1pm - 3pm	

