



Self: Activities that work on the individual

Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

March – WEEK 1



Information

Manchester Community Hub

Address: 7 Watson Street, M3 4EE

Please Contact: 07834 764 900 or

07731 132 7221

The green sessions are to support you build a pro social outlook, work on building relationships and team building with peers at the hub.

Our Blue sessions focus on education training and employment to help you gain employment and upskill to move toward the job market.

Our yellow sessions support you to work on your self development and build a positive outlook

Monday 03/03/2025		Tuesday 04/03/2025		Wednesday 05/03/2025		Thursday 06/03/2025		Friday 07/03/2025	
CV Building 10am - 12pm	Anger Management 10am - 11am	Digital College 10am - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm		Meditation 9.30am - 11am
Hub Walk 11am - 1pm	Table Tennis 1pm - 2pm	Sound Scapes TiPP 1pm - 3pm	Skill Finder NCS 11am - 12pm	Moral Dilema's 12pm - 1pm	Job Search 10am - 12pm	Upskill/ course finder 11am - 1pm	Media TiPP 11am - 1pm	Job Coach	Digital College 11am - 2pm
Preparation for employment with lived experience course 11am - 1pm	Philosophy 1pm - 2pm	CV Building 2pm - 3pm	Careers planning in sports and fitness Course 11am - 1pm	Digital College 1pm - 4pm	Arts & Crafts 12pm - 2pm	Audio Book Club World Book Day Special 1pm - 2pm	Ping Pong 1pm - 2pm		Music and Society International Womens Day special 11am - 12pm
Thrive - Confidence Building 2pm - 3pm	Digital College 1pm - 4pm	Men Matter 1pm - 2pm	Disclosure Advice 3pm - 4pm	Music TIPP 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm	Interview Prep 2pm - 4pm	Thrive - Person of Worth and self esteem 2pm - 3pm		Hub Fun Day Quiz International Womens Day Special 1pm - 3pm





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	Monday 10/03/2025		Tuesday 11/03/2025		Wednesday 12/03/2025		Thursday 13/03/2025		Friday 14/03/2025	
	CV Building 10am - 12pm	Anger Management 10am - 11am	Digital College 10am - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Interview Prep 11am-12pm		Meditation 9.30am - 11am
	Hub Walk 11am - 1pm	Table Tennis 1pm- 2pm	Sound Scapes TiPP 1pm - 3pm	Skill Finder NCS 11am-12pm	Moral Dilema's 12pm - 1pm	Job Search 10am-12pm	Upskill/ course finder 11am - 1pm	Media TiPP 11am - 1pm	Job Coach	Digital College 11am - 12pm
	Introduction to Basic Cooking Skills Course 11am - 1pm	Philosophy 1pm - 2pm	CV Building 2pm - 3pm	Environmental Awareness Course 11am - 1pm	Digital College 1pm - 4pm	Arts & Crafts 12pm - 2pm	Newsroom 1pm - 2pm	Ping Pong 1pm- 2pm		Music and Society 11am - 12pm
	Thrive - Cycle of Change 2pm - 3pm	Digital College 1pm - 4pm	Men Matter 1pm - 2pm	Disclosure Advice 3pm - 4pm	Music Tipp 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thrive - Smart Goals 2pm - 3pm		Hub Fun Day Quiz 1pm - 3pm





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March - WEEK 3



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	Monday 17/03/2025		Tuesday 18/03/2025		Wednesday 19/03/2025		Thursday 20/03/2025		Friday 21/03/2025	
	CV Building 10am - 12pm	Anger Management 10am - 11am	Digital College 10am - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	CV Building 2pm - 3pm		Meditation 9.30am - 11am
	Hub Walk 11am - 1pm	Table Tennis 1pm - 2pm	Sound Scapes TiPP 1pm - 3pm	Skill Finder NCS 11am - 12pm	Moral Dilema's 12pm - 1pm	Job Search 10am - 12pm	Upskill course finder 11am - 1pm	Media TiPP 11am - 1pm	Job Coach	Digital College 11am - 12pm
	Food Safety and Storage Course 11am - 1pm	Philosophy 1pm - 2pm	CV Building 2pm - 3pm	Intro to Labouring course 11am - 1pm	Digital College 1pm - 4pm	Arts & Crafts 12pm - 2pm	Audio Book Club 1pm - 2pm	Ping Pong 1pm - 2pm		Music and Society 11am - 12pm
	Thrive - Stress Management 2pm - 3pm	Digital College 1pm - 4pm	Food Safety and Storage 12pm - 2pm	Disclosure Advice 3pm - 4pm	Music TIPP 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm	Job Search 2pm - 4pm	Thrive - Unconscious Bias 2pm - 3pm		Hub Fun Day Quiz 1pm - 3pm



This programme is delivered by HMPPS CFO



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March - WEEK 4



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Monday 24/03/2025		Tuesday 25/03/2025		Wednesday 26/03/2025		Thursday 27/03/2025		Friday 28/03/2025	
CV Building 10am - 12pm	Anger Management 10am - 11am	Digital College 10am - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Re-Think programme (CGL) 10am - 12pm	CBT Appointments 10am - 4pm Appointment only	Interview Prep 11am-12pm		Meditation 9.30am - 11am
Hub Walk 11am - 1pm	Table Tennis 1pm- 2pm	Sound Scapes TiPP 1pm - 3pm	Skill Finder NCS 11am-12pm	Moral Dilema's 12pm - 1pm	Job Search 10am-12pm	Upskill/ course finder 11am - 1pm	Media TiPP 11am - 1pm	Job Coach	Digital College 11am -2pm
Preparation for employment with lived experience course 11am - 1pm	Philosophy 1pm - 2pm	CV Building 2pm - 3pm	Careers planning in sports and fitness Course 11am - 1pm	Digital College 1pm - 4pm	Arts & Crafts 12pm - 2pm	Newsroom 1pm - 2pm	Ping Pong 1pm- 2pm		Music and Society 11am - 12pm
Thrive - Positive Relationships 2pm - 3pm	Digital College 1pm - 4pm	Men Matter 1pm - 2pm	Disclosure Advice 3pm - 4pm	Music TIPP 1.30pm - 3.30pm	Job Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thrive - Emotional Resilience 2pm - 3pm		Hub Fun Day Quiz 1pm - 3pm

