



Self: Activities that work on the individual

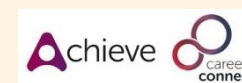


Relationships: Activities that work with peers/families/friends



Education Training and Employment activities

December – WEEK 1



Information

Manchester Community Hub

Address: 7 Watson Street, M3 4EE

Contact: 07714767113

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 02/12/2024		Tuesday 03/12/2024		Wednesday 04/12/2024		Thursday 05/12/2024		Friday 06/12/2024	
CV Building 10am - 12pm	Meditaion 9.30am - 11am 	Cognitive behaviour Therapy 10am - 4pm	Meditaion 9.30am - 11am 	Digital College 9.30 am - 12pm	Re-Think programme (CGL) 10am - 12pm 	Meditaion 9.30am - 11am 	Cognitive Behaviour Therapy 10am - 4pm	Job Coach	Meditaion 9.30am - 11am
Creative Arts TiPP 11am - 1pm 	Ping Pong 1pm- 2pm	Anger Management 11am - 12pm 	Interview Prep 11am-12pm	Moral Dilema's 12pm - 1pm	Job Search 10am-12pm	Upskill/ course finder 11am - 1pm	Drama TiPP 11am - 1pm 		Digital College 1pm - 3pm
Skill Finder NCS 1pm- 2pm	Philosophy 1pm - 2pm 	CV Building 2pm - 3pm	Hub Walk 11am - 1pm 	Digital College 1pm - 4pm	Cooking on a budget 12pm - 2pm 	Audio Book Club 1pm - 2pm	Ping Pong 1pm- 2pm		Music and Society 11am - 12pm
Thrive 2pm - 3pm	Digital College 1pm - 4pm 	Men Matter 1pm - 2pm 	Disclosure Advice 3pm - 4pm 	Music 1.30pm - 3.30pm 	Job Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thrive 2pm - 3pm		Hub Fun Day Quiz 1pm - 3pm





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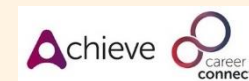


Relationships: Activities that work with peers/families/friends



Education Training and Employment activities

December - WEEK 2



Information

Manchester Community Hub

Address: 7 Watson Street,
M3 4EE

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Monday 09/12/2024		Tuesday 10/12/2024		Wednesday 11/12/2024		Thursday 12/12/2024		Friday 13/12/2024	
CV Building 10am - 12pm	Meditation 9.30am - 11am 	Cognitive behaviour Therapy 10am - 4pm	Meditaion 9.30am - 11am 	Digital College 9.30 am - 12pm	Re-Think programme (CGL) 10am - 12pm	Meditation 9.30am - 11am 	Cognitive Behaviour Therapy 10am - 4pm	Meditaion 9.30am - 11am 	
Creative Arts TiPP 11am - 1pm	Ping Pong 1pm - 2pm	Anger Management 11am - 12pm 	Interview Prep 11am-12pm	Moral Dillema's 12pm - 1pm	Job Search 10am-12pm	Upskill/ course finder 11am - 1pm	Drama TiPP 11am - 1pm	Digital College 1pm - 3pm	
Skill Finder NCS 1pm- 2pm	Philosophy 1pm - 2pm 	CV Building 2pm - 3pm	Hub Walk 11am - 1pm 	Digital College 1pm - 4pm	Cooking on a budget 12pm - 2pm 	Audio Book Club 1pm - 2pm	Ping Pong 1pm- 2pm	Music and Society 11am - 12pm 	
Thrive 2pm - 3pm	Digital College 1pm - 4pm 	Men Matter 1pm - 2pm 	Disclosure Advice 3pm - 4pm	Music 1.30pm - 3.30pm 	Job Ready Doc's 2pm - 4pm	Job Search 2pm-4pm	Thrive 2pm - 3pm	Hub Fun Day Quiz 1pm - 3pm 	





Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



Education Training and Employment activities

December - WEEK 3



Monday 16/12/2024		Tuesday 17/12/2024		Wednesday 18/12/2024		Thursday 19/12/2024		Friday 20/12/2024	
CV Building 10am - 12pm	Meditation 9.30am - 11am 	Cognitive behaviour Therapy 10am - 4pm	Meditaion 9.30am - 11am 	Digital College 9.30 am - 12pm	Re-Think programme (CGL) 10am - 12pm	Meditation 9.30am - 11am 	Cognitive Behaviour Therapy 10am - 4pm	Meditaion 9.30am - 11am 	Meditaion 9.30am - 11am
Creative Arts TiPP 11am - 1pm	Ping Pong 1pm - 2pm	Anger Management 11am - 12pm 	Interview Prep 11am-12pm	 Christmas Party 		Upskill/ course finder 11am - 1pm	Drama TiPP 11am - 1pm 	Job Coach	Digital College 1pm - 3pm
Skill Finder NCS 1pm- 2pm	Philosophy 1pm - 2pm 	CV Building 2pm - 3pm	Hub Walk 11am - 1pm 			Audio Book Club 1pm - 2pm	Ping Pong 1pm - 2pm 		Music and Society 11am - 12pm
Thrive 2pm - 3pm	Digital College 1pm - 4pm 	Men Matter 1pm - 2pm 	Disclosure Advice 3pm - 4pm 			Job Search 2pm-4pm 	Thrive 2pm - 3pm		Hub Fun Day Quiz 1pm - 3pm

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



This programme is delivered by HMPPS CFO

-  Self: Activities that work on the individual
-  Relationships: Activities that work with peers/families/friends
-  Education Training and Employment activities

December - WEEK 4



Information

Manchester Community Hub
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Monday 23/12/2024		Tuesday 24/12/2024		Wednesday 25/12/2024	Thursday 26/12/2024	Friday 27/12/2024
 CV Building 10am - 12pm	 Meditation 9.30am - 11am	 Cognitive behaviour Therapy 10am - 4pm	 Meditaion 9.30am - 11am	 CLOSED!! "Merry Christmas and a Happy New Year from all at Manchester CFO Activity Hub" 		
 Christmas Arts TiPP 11am - 1pm	 Ping Pong 1pm- 2pm	  Guess That Tune Xmas special 11am - 1pm				
 Skill Finder NCS 1pm- 2pm	  Christmas Philosophy 1pm - 2pm	  Cathedral Christmas Hub Walk 1am - 3pm				
 Thrive 2pm - 3pm	 Digital College 1pm - 4pm	  Men Matter Christmas Care Plans 3pm - 4pm				

