Self: Activities that work on the individual

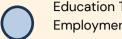
## MAY – WEEK 1







Relationships: Activities that work with peers/families/friends



**Education Training and Employment activities** 

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<u>Information</u>	Monday	Tuesday		Wednesday		Thursday		Friday	
	05/05/2025	06/05/2025		07/05/2025		08/05/2025		09/05/2025	
Manchester Community Hub									
Address: 7 Watson Street, M3 4EE		CBT Appointments	Event Training	Re-Think programme	Event Training	CBT Appointments	Digital	Meditation	
Please Contact: 07834 764 900 or		10am - 4pm Appointment only	Course 9am - 4pm	(CGL) 10am - 12pm	Course 9am - 4pm	10am - 4pm Appointment only	College 10am - 1pm	9.30am - 11am	
07731 132 7221		Tippon killor k or ny	oun ipin	103111 125111	odin ipin	A S			
The green sessions are to support you			Em visconostal		Careers		Introduction		
build a pro social outlook, work on		Hub Walk	Enviromental awareness	Moral Dilema's	planning in sport and	Media TiPP	to Basic Cooking	Music and Society	J
building relationships and team building		11am - 1pm	course 12pm - 1pm	12pm - 1pm	fitness course	11am - 1pm	Skills 12pm - 1pm	11am - 12pm	о Ь
with peers at the hub.	Hub Closed	16/830			12pm - 1pm			<u></u>	
Our Blue sessions focus on education	Early May Bank Holiday		Self	$\lambda$ .	Intro to				l
training and employment to help you		Arts & Crafts 1pm - 3pm	Employment	Table Tennis 1.30 pm - 2.30pm	Labouring course 2pm	Newsroom 1pm - 2pm	Digital Support		u b
gain employment and upskill to move			Support 2pm -3pm	1.30 pm - 2.30pm	3pm	рш-грш С	1pm - 2pm	Hub Fun Day Focus Group	
toward the job market.								Quiz 1pm - 3pm	
Our yellow sessions support you to work		λ.	Disclosure	Music 5	1	Thrive - Person of		, and a special	
on your self development and build a		Table Tennis 2pm - 3pm	Advice	Tipp	Job Search 2am-4pm	Worth and self esteem	CV Writing 3pm - 4pm		
positive outlook			3pm - 4pm	1.30pm - 3.30pm		2pm - 3pm			



## Self: Activities that work on the individual

MAY – WEEK 2







Relationships: Activities that work with peers/families/friends



Education Training and Employment activities

<u>Information</u>	Monday		Tuesday		Wednesday		Thursday		Friday	
	12/05/2025		13/05/2025		14/05/2025		16/05/2025		17/05/2025	
Manchester Community Hub										
Address: 7 Watson Street, M3 4EE	Anger	CV Dollates	CBT	Skill Finder	Re-Think	Digital	CBT	Digital	Mental Health	
Please Contact: 07834 764 900 or	Management 11am - 12pm	CV Building 10am - 12pm	10am - 4pm	NCS 11am-12pm	programme (CGL)	College 10pm - 1pm	Appointments 10am - 4pm	College 10am - 1pm	Awareness Week - Meditation	
07731 132 7221	*		Appointment only	·	10am - 12pm		Appointment only	·	9.30am - 11am	
The green sessions are to support you		Preparation				Careers		Introduction		
build a pro social outlook work on	Mental Health Awareness Week -	for employment	Mental Health Awareness Week -	Enviromental awareness	Moral Dilema's	planning in sport and	Media TiPP	to Basic Cooking	Mental Health Awareness Week	
building relationships and team building	Men Matter 12pm - 1pm	with lived experience	Hub Walk 11am - 1pm	course 12pm - 1pm	12pm - 1pm	fitness course	11am - 1pm	Skills	Music and Society 11am - 12pm	0
with peers at the hub.		1pm - 2pm	1000			12pm - 1pm	403	12pm - 1pm	N .	Ь
Our Blue sessions focus on education		- 1 c.	Mental Health	0.14					•	C
training and employment to help you	Philosophy	Food safety and storage		Self Employment	Table Tennis	Intro to Labouring	Newsroom	Digital Support		и Б
gain employment and upskill to move	1pm - 2pm	course 2pm - 3pm	1pm - 3pm	Support 2pm -3pm	1.30 pm - 2.30pm	course 2pm 3pm	1pm - 2pm	1pm - 2pm	kdowtol I looks	
toward the job market.									Mental Health Awareness Week -	
Our yellow sessions support you to work	Thrive -		7.		Mental Health		Thrive - Person of	•	Hub Fun Day Quiz	
on your self development and build a	Confidence	Digital College	Table Tennis	Disclosure Advice	Awarness Week - Music	Job Search	Worth and self	CV Writing	1pm - 3pm	
positive outlook	Building 2pm - 3pm	3pm - 4pm	2pm - 3pm	3pm - 4pm	Tipp 1.30pm - 3.30pm	2am-4pm	esteem 2pm - 3pm	3pm - 4pm		



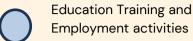
Self: Activities that work on the individual

MAY – WEEK 3





Relationships: Activities that work with peers/families/friends



<u>Information</u>	Monday 19/05/2025		Tuesday 20/05/2025		Wednesday 21/05/2025		Thursday 22/05/2025		Friday 23/05/2025	
Manchester Community Hub										
Address: 7 Watson Street, M3 4EE	Anger	CV Dolland	CBT	Skill Finder	Re-Think	Digital	CBT	Digital	Meditation	
Please Contact: 07834 764 900 or	Management 11am - 12pm	CV Building 10am - 12pm	' '	NCS 11am-12pm	programme (CGL) 10am - 12pm	College 10pm - 1pm	Appointments 10am - 4pm Appointment only	College 10am - 1pm	9.30am - 11am	
07731 132 7221	*		Appointment only		10a111 - 12p111		Appointment only			
The green sessions are to support you		Preparation	( è	F		Careers		Introduction		
build a pro social outlook work on	Men Matter	for employment with lived		Enviromental awareness	Moral Dilema's	planning in sport and fitness	Media TiPP	to Basic Cooking	Music and Society 11am - 12pm	J
building relationships and team building	12pm - 1pm	experience	11am - 1pm	course 12pm - 1pm	12pm - 1pm	course	11am - 1pm	Skills	· '	0
with peers at the hub.		1pm - 2pm	10/80	, ,		12pm - 1pm	43	12pm - 1pm	N_	Ь
Our Blue sessions focus on education			PA STATE		<b>/</b> *.					C
training and employment to help you	Philosophy	Food safety and storage		Self Employment	Table Tennis	Intro to Labouring	Newsroom	Digital Comment		u b
gain employment and upskill to move	1pm - 2pm	course 2pm - 3pm	1pm - 3pm	Support 2pm -3pm	1.30 pm - 2.30pm	course 2pm 3pm	1pm - 2pm	Support 1pm - 2pm		
toward the job market.	0				<b>J</b>				Hub Fun Day Quiz	
Our yellow sessions support you to work	-1. <b>-</b>		Α.		رزر				1pm - 3pm	
on your self development and build a	Thrive - Confidence	Digital College	Table Tennis	Disclosure Advice	Music Tipp	Job Search	Thrive - Person of Worth and self	CV Writing		
positive outlook	Building 2pm - 3pm	3pm - 4pm	2pm - 3pm	3pm - 4pm	1.30pm - 3.30pm	2am-4pm	esteem 2pm - 3pm	3pm - 4pm		



## Self: Activities that work on the individual

MAY – WEEK 4





Relationships: Activities that work with peers/families/friends

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Education Training and Employment activities

<u>Information</u>	Monday 26/05/2025	Tuesday 27/05/2025		Wednesday 28/05/2025		Thursday 29/05/2025		Friday 30/05/2025	
Manchester Community Hub	20/00/2020	2770072	020	2010012	020	25/00/2	020	00/00/20	720
Address: 7 Watson Street, M3 4EE		CBT Appointments	Skill Finder	Re-Think programme	Digital	CBT Appointments	Digital	Meditation	
Please Contact: 07834 764 900 or		10am - 4pm	NCS 11am-12pm	(ČGL)	College 10pm - 1pm	10am - 4pm	College 10am - 1pm	9.30am - 11am	
07731 132 7221		Appointment only	nam lepm	10am - 12pm	10001111	Appointment only	ioani ipini		
The green sessions are to support you		( )			Careers		1t		
build a pro social outlook work on		Hub Walk	Enviromental awareness	Moral Dilema's	planning in sport and	Media TiPP	Introduction to Basic Cooking	Music and Society	
building relationships and team building		11am - 1pm	course 12pm - 1pm	12pm - 1pm	fitness course	11am - 1pm	Skills	11am - 12pm	J 0
with peers at the hub.	Hub Closed	Million			12pm - 1pm		12pm - 1pm		Ь
Our Blue sessions focus on education	Spring Bank Holiday	14 7 T		<b>/</b>				ر ر	C
training and employment to help you		Arts & Crafts 1pm - 3pm	Self Employment Support	Table Tennis 1.30 pm - 2.30pm	Intro to Labouring course 2pm	Newsroom 1pm - 2pm	Digital Support		u b
gain employment and upskill to move	Maria III	ipini - spini	2pm -3pm	1.30 pm - 2.30pm	3pm	ірін - грін	1pm - 2pm		
toward the job market.						<u> </u>		Hub Fun Day Quiz	
Our yellow sessions support you to work	Carlotte Company	•				Thrive - Person of	•	1pm - 3pm	
on your self development and build a		Table Tennis 2pm - 3pm	Disclosure Advice	Music Tipp	Job Search 2am-4pm	Worth and self esteem	CV Writing 3pm - 4pm		
positive outlook		25111 05111	3pm - 4pm	1.30pm - 3.30pm	Zum Tpm	2pm - 3pm	эрт эрт		
positive outlook			3pm - 4pm	1.30pm - 3.30pm		2pm - 3pm			

