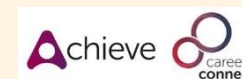




- Self: Activities that work on the individual
- Relationships: Activities that work with peers/families/friends
- Education Training and Employment activities

MAY – 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 05/05/2025	Tuesday 06/05/2025		Wednesday 07/05/2025		Thursday 08/05/2025		Friday 09/05/2025
<p>Hub Closed Early May Bank Holiday</p> 	CBT Appointments 10am - 4pm Appointment only	Event Training Course 9am - 4pm	Re-Think programme (CGL) 10am - 12pm	Event Training Course 9am - 4pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Meditation 9.30am - 11am 
	Hub Walk 11am - 1pm 	Enviromental awareness course 12pm - 1pm	Moral Dilema's 12pm - 1pm	Careers planning in sport and fitness course 12pm - 1pm	 Media TiPP 11am - 1pm	Introduction to Basic Cooking Skills 12pm - 1pm	Music and Society 11am - 12pm 
	Arts & Crafts 1pm - 3pm 	Self Employment Support 2pm - 3pm	 Table Tennis 1.30 pm - 2.30pm	Intro to Labouring course 2pm - 3pm	Newsroom 1pm - 2pm 	Digital Support 1pm - 2pm	Hub Fun Day Focus Group Quiz 1pm - 3pm
	 Table Tennis 2pm - 3pm	Disclosure Advice 3pm - 4pm	Music TIPP 1.30pm - 3.30pm 	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 	CV Writing 3pm - 4pm	

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

MAY – WEEK 2



Information

Manchester Community Hub

Address: 7 Watson Street, M3 4EE




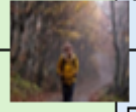












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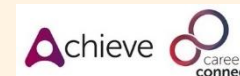
Monday 12/05/2025		Tuesday 13/05/2025		Wednesday 14/05/2025		Thursday 16/05/2025		Friday 17/05/2025	
Anger Management 11am - 12pm 	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only 	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Mental Health Awareness Week - Meditation 9.30am - 11am 	Job Club
Mental Health Awareness Week Men Matter 12pm - 1pm 	Preparation for employment with lived experience 1pm - 2pm	Mental Health Awareness Week - Hub Walk 11am - 1pm 	Enviromental awareness course 12pm - 1pm	Moral Dilema's 12pm - 1pm 	Careers planning in sport and fitness course 12pm - 1pm	Media TiPP 11am - 1pm 	Introduction to Basic Cooking Skills 12pm - 1pm	Mental Health Awareness Week - Music and Society 11am - 12pm 	
Philosophy 1pm - 2pm 	Food safety and storage course 2pm - 3pm	Mental Health Awareness Week Arts & Crafts 1pm - 3pm 	Self Employment Support 2pm -3pm	Table Tennis 1.30 pm - 2.30pm 	Intro to Labouring course 2pm - 3pm	Newsroom 1pm - 2pm	Digital Support 1pm - 2pm	Mental Health Awareness Week - Hub Fun Day Quiz 1pm - 3pm 	
Thrive - Confidence Building 2pm - 3pm 	Digital College 3pm - 4pm	Table Tennis 2pm - 3pm 	Disclosure Advice 3pm - 4pm	Mental Health Awareness Week - Music TIPP 1.30pm - 3.30pm 	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 	CV Writing 3pm - 4pm		





- Self: Activities that work on the individual
- Relationships: Activities that work with peers/families/friends
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MAY - WEEK 3



Information

Manchester Community Hub

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

Monday		Tuesday		Wednesday		Thursday		Friday	
19/05/2025		20/05/2025		21/05/2025		22/05/2025		23/05/2025	
Anger Management 11am - 12pm 	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only 	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 10am - 4pm Appointment only	Digital College 10am - 1pm	Meditation 9.30am - 11am 	Job Club
Men Matter 12pm - 1pm 	Preparation for employment with lived experience 1pm - 2pm	 Hub Walk 11am - 1pm 	Enviromental awareness course 12pm - 1pm	Moral Dilema's 12pm - 1pm 	Careers planning in sport and fitness course 12pm - 1pm	Media TiPP 11am - 1pm 	Introduction to Basic Cooking Skills 12pm - 1pm	Music and Society 11am - 12pm 	
Philosophy 1pm - 2pm 	Food safety and storage course 2pm - 3pm	Arts & Crafts 1pm - 3pm	Self Employment Support 2pm -3pm	Table Tennis 1.30 pm - 2.30pm 	Intro to Labouring course 2pm 3pm	Newsroom 1pm - 2pm	Digital Support 1pm - 2pm	Hub Fun Day Quiz 1pm - 3pm	
Thrive - Confidence Building 2pm - 3pm	Digital College 3pm - 4pm	 Table Tennis 2pm - 3pm	Disclosure Advice 3pm - 4pm	Music Tipp 1.30pm - 3.30pm	Job Search 2am-4pm	Thrive - Person of Worth and self esteem 2pm - 3pm 	CV Writing 3pm - 4pm		



This programme is delivered by HMPPS CFO



- Self: Activities that work on the individual
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MAY – WEEK 4



Information

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**Hub Closed
Spring Bank Holiday**



Monday	Tuesday		Wednesday		Thursday		Friday	
26/05/2025	27/05/2025		28/05/2025		29/05/2025		30/05/2025	
<div>Hub Closed Spring Bank Holiday</div> 	<div>CBT Appointments 10am - 4pm Appointment only</div> 	<div>Skill Finder NCS 11am-12pm</div>	<div>Re-Think programme (CGL) 10am - 12pm</div>	<div>Digital College 10pm - 1pm</div>	<div>CBT Appointments 10am - 4pm Appointment only</div>	<div>Digital College 10am - 1pm</div> 	<div>Job Club</div>	
	<div>Hub Walk 11am - 1pm</div> 	<div>Enviromental awareness course 12pm - 1pm</div>	<div>Moral Dilema's 12pm - 1pm</div> 	<div>Careers planning in sport and fitness course 12pm - 1pm</div>	<div>Media TiPP 11am - 1pm</div> 	<div>Introduction to Basic Cooking Skills 12pm - 1pm</div>		<div>Music and Society 11am - 12pm</div> 
	<div>Arts & Crafts 1pm - 3pm</div> 	<div>Self Employment Support 2pm -3pm</div>	<div>Table Tennis 1.30 pm - 2.30pm</div> 	<div>Intro to Labouring course 2pm 3pm</div>	<div>Newsroom 1pm - 2pm</div> 	<div>Digital Support 1pm - 2pm</div>		<div>Hub Fun Day Quiz 1pm - 3pm</div>
	<div>Table Tennis 2pm - 3pm</div>	<div>Disclosure Advice 3pm - 4pm</div>	<div>Music Tipp 1.30pm - 3.30pm</div>	<div>Job Search 2am-4pm</div>	<div>Thrive - Person of Worth and self esteem 2pm - 3pm</div>	<div>CV Writing 3pm - 4pm</div>		

