



Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

JANUARY - WEEK 1



Address:
First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:
07775 096192 (Gabriella & Nadya)
07384 119231 (Saj & Zubeir)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.

Monday 30th	Tuesday 31st	Wednesday 1st	Thursday 2nd	Friday 3rd
HUB CLOSED	<p>New Year's Eve</p> <p>HUB CLOSED</p>	<p>2025 Happy New Year</p> <p>HUB CLOSED</p>	Enrolment Clinic 10-12 	1-1 Support Session Appt only 10-12
			HUB CLOSED 12-1	HUB CLOSED 12-1
			1-1 Support Session Appt only 1-4 	HUB TEAM MEETING CLOSED FOR THE AFTERNOON





Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

JANUARY - WEEK 2



Address:
First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD


























Contact Information:
07775 096192 (Gabriella & Nadya)
07384 119231 (Saj & Zubeir)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.

Monday 6th	Tuesday 7th	Wednesday 8th National Career Coach Day	Thursday 9th	Friday 10th
Housing Support 10-12 	Women's Only Enrolment Clinic 10-12 	Employability Skills 10-11 	Coffee & Chat 10-11 	CBT Therapy 10-12 
				 
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Coffee & Chat 1-2:30 	Intro to Basic Cooking Skills 1-3 	Job Interview Prep 1-2 	Enrolment Clinic 1-4 	STAFF TRAINING CLOSED FOR THE AFTERNOON
 	 			
Relationship Support & Advice 2:30-4 	Hub Quiz 3-4 	Mock Interview Session 2-4 		



This programme is delivered by HMPPS CFO



Self: Activities that work on the individual







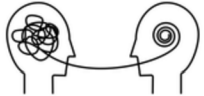









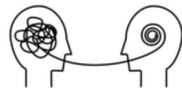
Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

JANUARY - WEEK 3



Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th
<p>Women's Only 1-1 Support Session Appt only 10-12</p> 	<p>Enrolment Clinic 10-11</p> 	<p>Coffee & Chat 10-11</p> 	<p>Enrolment Clinic 10-11</p> 	<p>CBT Therapy 10-12</p> 
	<p>Budgeting Session 11-12</p> 	<p>Job Search Session 11-12</p> 	<p>Benefit Support 11-12</p> 	
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12:1	HUB CLOSED 12-1
<p>Disclosure Session 1-3</p> 	<p>Intro to Customer Service 1-4</p> 	<p>Drop In Session 1-3</p> 	<p><i>National Religious Freedom Day</i> Education & Activities Session 1-4</p> 	
<p>Mindfulness Techniques 3-4</p> 		<p>1-1 Support Session Appt only 3-4</p> 		<p>CBT Therapy 2-4</p> 

Address:
First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:
07775 096192 (Gabiella & Nadya)
07384 119231 (Saj & Zubeir)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.





Self: Activities that work on the individual








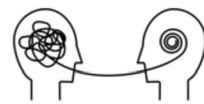




















Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

JANUARY - WEEK 4



Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th
 <p>Coffee & Chat 10-11</p> 	 <p>CV Support 10-11</p> 	<p>Intro to Health & Safety at Work 10-12</p> 	<p>Women's Only Accessing Health Support 10-11</p>	<p>CBT Therapy 10-12:30</p> 
 <p>Stress Relief Strategies 11-12</p> 	 <p>Job Search Session 11-12</p> 		<p>Women's Only CV Support 11-12</p>	
<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>	<p>HUB CLOSED 12-1</p>
<p>Enrolment Clinic 1-4</p> 	 <p>Creating a 2025 Vision Board Session 1-2:30</p> 	 <p>National Blonde Brownie Day Baking Session 1-2:30</p> 	<p>Disclosure Session 1-4</p> 	<p>HUB CLOSED 1-2</p>
	 <p>Budgeting Session 3-4</p> 	 <p>1-1 Support Session Appt only 3-4</p> 		 <p>Women's Only CBT Therapy 2-4</p> 

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

07775 096192 (Gabiella & Nadya)
07384 119231 (Saj & Zubeir)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.



This programme is delivered by HMPPS CFO



Self: Activities that work on the individual






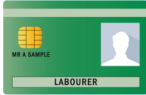
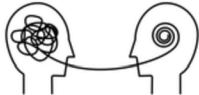









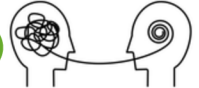
Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

JANUARY - WEEK 5



Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st
Enrolment Clinic 10-11  ▲	Hub Walk 10-12  ●	Intro into Labouring 10-1  ●	Accrington College CSCS Information Session 10-1  ●	CBT Therapy 10-12  ●
1-1 Support Session Appt only 11-12  ▲	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Disclosure Session 1-3  ▲	Housing Support 1-3  ▲	Women's Only Benefit Support 1-2:30  ▲	CV Support 1-2  ▲	HUB CLOSED 1-2
Hub Quiz 3-4  ●	Therapeutic Art Session 3-4  ▲	Women's Only Relationship Support & Advice 2:30-4  ▲	Enrolment Clinic 2-4  ▲	CBT Therapy 1-4  ●

Address:

First Floor Offices, Crabtree Street,
Furthergate Industrial Estate,
Blackburn, BB1 3BD

Contact Information:

07775 096192 (Gabiella & Nadya)
07384 119231 (Saj & Zubeir)

Enrolments are needed to do any of the activities.

Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

They are appointment only!

We offer group sessions such as Hub Walks around Corporation Park, Coffee & Chat Sessions, a Hub Quiz, various Arts and Craft sessions, and Cooking Sessions. Employment activities included Interview Prep, Completing Application Forms or just simply support with Job Searching/Training.

