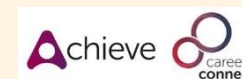




- Self: Activities that work on the individual
- Relationships: Activities that work with peers/families/friends
- Education Training and Employment activities

June – 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		Tuesday		Wednesday		Thursday		Friday	
02/06/2025		03/06/2025		04/06/2025		05/06/2025		06/06/2025	
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 	J o b C l u b
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 Focus Group 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		

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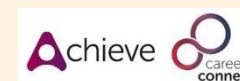
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- Self: Activities that work on the individual
- Relationships: Activities that work with peers/families/friends
- Education Training and Employment activities

JUNE - WEEK 2



Information

Manchester Community Hub

Address: 7 Watson Street, M3 4EE


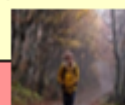

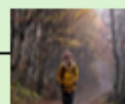










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Our yellow sessions support you to work on your self development and build a positive outlook

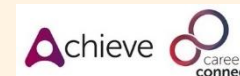
Monday 09/06/2025		Tuesday 10/06/2025		Wednesday 11/06/2025		Thursday 12/06/2025		Friday 13/06/2025	
Anger Management 11am - 12pm 	CV Building 10am - 12pm	CBT Appointments 10am - 4pm Appointment only 	Skill Finder NCS 11am-12pm	Re-Think programme (CGL) 10am - 12pm	Digital College 10pm - 1pm	CBT Appointments 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		
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	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

JUNE - WEEK 3



Information

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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	
16/06/2025		17/06/2025		18/06/2025		19/06/2025		20/06/2025	
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
- Relationships: Activities that work with peers/families/friends
- Education Training and Employment activities

JUNE - WEEK 4



Information

Manchester Community Hub

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Monday 23/06/2025		Tuesday 23/06/2025		Wednesday 24/06/2025		Thursday 25/06/2025		Friday 26/06/2025	
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		

