## individual

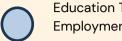
Self: Activities that work on the







Relationships: Activities that work with peers/families/friends



**Education Training and Employment activities** 

<u>Information</u>	Monday 02/06/2025		Tuesday 03/06/2025		Wednesday 04/06/2025		Thursday 05/06/2025		Friday 06/06/2025		
Manchester Community Hub	02/00/20	02/00/2020		00/00/2020		04/00/2020		03/00/2023		00/00/2020	
Address: 7 Watson Street, M3 4EE	Anger	CV Building	CBT Appointments	Skill Finder	Re-Think	Digital	CBT Appointments	Digital	Meditation		
Please Contact: 07834 764 900 or	Management 11am - 12pm	10am - 12pm		NCS 11am-12pm	programme (CGL) 10am - 12pm	College 10pm - 1pm	10am - 4pm Appointment only	College 10am - 1pm	9.30am - 11am		
07731 132 7221			nppolitimorit or lly		iodiii izpiii		A S				
The green sessions are to support you		Preparation		<b>.</b>		Careers	P 25	Introduction			
build a pro social outlook, work on	Men Matter	for employment		Enviromental awareness	Moral Dilema's	planning in sport and	Media TiPP	to Basic Cooking	Music and Society	1	
building relationships and team buildin	12pm - 1pm	with lived experience	11am - 1pm	course 12pm - 1pm	12pm - 1pm	fitness course	11am - 1pm	Skills 12pm - 1pm	11am - 12pm	о Ь	
with peers at the hub.	MINE I	1pm - 2pm	16/230			12pm - 1pm		izpiii ipiii	N _	D	
Our Blue sessions focus on education		Food safety		Self	Α,	Intro to			.11	C	
training and employment to help you	Philosophy 1pm - 2pm	and storage	Offe Xol caffe	Employment Support		Labouring course 2pm	Newsroom 1pm - 2pm	Digital Support		и Ь	
gain employment and upskill to move	(pin 2pin	2pm - 3pm		2pm -3pm	1.00 pm 2.00pm	3pm	Δ	1pm - 2pm	Hub Fun Day Focus Group		
toward the job market.					<b>1</b>				Quiz 1pm - 3pm		
Our yellow sessions support you to wor	Thrive -	Digital	<b>7.</b>	Disclosure	Music		Thrive - Person of				
on your self development and build a	Confidence Building	College 3pm - 4pm	Table Tennis 2pm - 3pm	Advice 3pm - 4pm	Tipp 1.30pm - 3.30pm	Job Search 2am-4pm	Worth and self esteem	CV Writing 3pm - 4pm			
positive outlook	2pm - 3pm	opin - 4pin		opini- 4pini	.ээртг-э.ээртг		2pm - 3pm				



### Self: Activities that work on the individual

# JUNE - WEEK 2





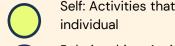


Relationships: Activities that work with peers/families/friends

Education Training and Employment activities

Information	Monda		Tuesda		Wednes	day	Thursd	nu.	Friday	
<u>iiiioiiiiatioii</u>	09/06/2		10/06/2025		11/06/2025		Thursday 12/06/2025		13/06/2025	
Manchester Community Hub	09/00/2023		10/00/2020		11/00/2023		12/00/2023		10/00/2020	
Address: 7 Watson Street, M3 4EE	Anger		CBT	Skill Finder	Re-Think	Digital	CBT	Digital		
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	Meditation 9.30am - 11am	
07731 132 7221	•		Appointment only		10am - 12pm		Appointment only		•	
The green sessions are to support you		Preparation				Careers		1. 1.	4	
build a pro social outlook work on	Men Matter	for employment		Enviromental awareness	Moral Dilema's	planning in sport and	Media	Introduction to Basic	Music and Society	
building relationships and team building		with lived experience	11am - 1pm	course 12pm - 1pm	12pm - 1pm	fitness	TiPP 11am - 1pm	Cooking Skills	11am - 12pm	J
with peers at the hub.	Mary II	1pm - 2pm	16/850	izpin - ipin		12pm - 1pm	4	12pm - 1pm	N .	Ь
Our Blue sessions focus on education	( è		AXM		,		12 20			C
training and employment to help you	Philosophy	Food safety and storage	Arts & Crafts 1pm - 3pm	Self Employment		Intro to Labouring	Newsroom	Digital Support		u b
gain employment and upskill to move	1pm - 2pm	course 2pm - 3pm	ірін- эрін	Support 2pm -3pm	1.30 pm - 2.30pm	course 2pm 3pm	1pm - 2pm	1pm - 2pm		ا
toward the job market.									Hub Fun Day	
Our yellow sessions support you to work			٨,		7 9		Their Days (	1.	Quiz 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

### JUNE - WEEK 3







Relationships: Activities that work with peers/families/friends

**Education Training and Employment activities** 

### 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.

toward the job market.

Our Blue sessions focus on education training and employment to help you gain employment and upskill to move

Our yellow sessions support you to work

on your self development and build a

positive outlook

	Monday 16/06/2025		Tuesday 17/06/2025		Wednes 18/06/2		Thursd 19/06/2		Friday 20/06/2025	
	Anger Management 11am - 12pm	CV Building 10am - 12pm		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	
ing	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	Ј о Ь
) <del>?</del>	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	С – а Ф
ork a	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	1pm - 3pm	

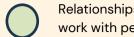


### Self: Activities that work on the individual

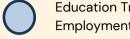
Relationships: Activities that

### Achieve Career connect





work with peers/families/friends



**Education Training and Employment activities** 

Information William Tolling										
<u>Information</u>	Monday		Tuesday		Wednesday		Thursday		Friday	
Manchester Community Hub	23/06/2025		23/06/2025		24/06/2025		25/06/2025		26/06/2025	
Mulichesiel Collinollily Hob										
Address: 7 Watson Street, M3 4EE	Anger	CV Building	CBT	Skill Finder	Re-Think	Digital	CBT	Digital	Meditation	
Please Contact: 07834 764 900 or	Management 11am - 12pm	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		loam - izpin		Appointment only			
The green sessions are to support you	<u> </u>	Preparation	ê	F		Careers		Introduction		
build a pro social outlook work on		for employment		Enviromental awareness	Moral Dilema's	planning in sport and	Media TiPP	to Basic Cooking	Music and Society	J
building relationships and team building	12pm - 1pm	with lived experience	11am - 1pm	course 12pm - 1pm	12pm - 1pm	fitness	11am - 1pm	Skills 12pm - 1pm	11am - 12pm	о Б
with peers at the hub.		1pm - 2pm				12pm - 1pm			<b>-</b>	٦
Our Blue sessions focus on education	Disc.	Food safety		Self	•	Intro to		Digital	ل ل	Ī
training and employment to help you	Philosophy 1pm - 2pm	and storage course	Arts & Crafts 1pm - 3pm	Employment Support		Labouring course 2pm	Newsroom 1pm - 2pm	Support 1pm - 2pm		Ь
gain employment and upskill to move	<b>a</b>	2pm - 3pm		2pm -3pm		3pm		ipin - zpin	Hub Fun Day	
toward the job market.	7.		▶.		<b>^</b>		7.		Quiz 1pm - 3pm	
Our yellow sessions support you to work	Thrive - Confidence	Digital	Table Tennis	Disclosure	Music	Job Search	Thrive - Person of Worth and self	CV Writing		
on your self development and build a	Building 2pm - 3pm	College 3pm - 4pm	2pm - 3pm	Advice 3pm - 4pm	Tipp 1.30pm - 3.30pm	2am-4pm	esteem 2pm - 3pm	3pm - 4pm		
positive outlook										

JUNE - WEEK 4

