

SELF - Activities that work on the individual
SOCIETY - Activities contributing to the community outside of the CFO Activity Hub
RELATIONSHIPS - Activities that work with peers
ETE

MAY – WEEK 1



Information











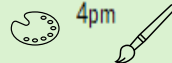
Address: – Urban Exchange,
Theatre Street/Mount
Street, Preston, PR1 8BQ

Contact: 07850 955413
(AMY)

Enrolments are needed to
do any of the sessions.

Group Activity's this week
include Arts and Crafts, Table
tennis and Creative arts which
will be run by an external
provider – Please let your
support worker know if you
would like to sign up for any of
these.

Each Month we will be running a
Hub focus group giving you the
opportunity to express your
opinions and suggestions to
improve the service.

Monday		Tuesday		Wednesday		Thursday		Friday	
28/04/2025		29/04/2025		30/04/2025		01/05/2025		02/05/2025	
<div>Creative Arts Tipp 10:30am-1:30pm</div> <div></div>	Digital college 10am-12pm	<div>Healthcare Engagement 10am-11am</div> <div></div>	<div>1:1 with employment advisor - By Appointment Only 10am-4pm</div>	<div>Meditation 10am-11am</div> <div></div>	Skill Finder NCS 10am-11am	<div>CBT - By Appointment Only 10am - 4pm</div> <div></div>	Literacy and maths assessment 10am-11am	<div>Hub Focus Group 10am-11am</div> <div></div>	<div>J o b C l u b</div>
	Intro to Employment 1pm - 2pm	<div>Disability Support (Understanding PIP) 11am-12pm</div>		<div>Support with Applications 11am-12pm</div> <div></div>	CV Building 11am - 12pm		Intro to Employment 11am - 12pm	<div>Securing a Bank Account 11am-12pm</div> <div></div>	
	Reflective Practices 2pm-4pm <div></div>	Skill Finder NCS 2pm-4pm		<div>Table Tennis 2pm - 3pm</div> <div></div>	<div>Arts and Crafts - Tipp 1pm-3pm</div> <div></div>		Digital College 1pm - 4pm	Intro to Labouring course 1pm 4pm	
							Intro to Labouring course 1pm 4pm	<div>Womens only Afternoon - Arts and Crafts 2pm-4pm</div> <div></div>	



SELF - Activities that work on the individual
SOCIETY - Activities contributing to the community outside of the CFO Activity Hub
RELATIONSHIPS - Activities that work with peers
ETE

MAY – WEEK 2



Information

Address: – Urban Exchange,
Theatre Street/Mount
Street, Preston, PR1 8BQ

Contact: 07850 955413
(AMY)

Enrolments are needed to
do any of the sessions.

Group Activity's this week
include Arts and Crafts,, And a
baking session (we advise you
join the food safety course prior)
Please let your support worker
know if you would like to sign up
for any of these.

The hub will be closed for the
Bank Holiday Monday 5th

Monday	Tuesday		Wednesday		Thursday		Friday
05/05/2025	06/05/2025		07/05/2025		08/05/2025		09/05/2025
<div> <div>HUB CLOSED</div> <div> </div> </div>	<div> <div>Healthcare Engagement 10am-11am</div> <div> </div> </div>	<div> <div>Mock Interviews 10am - 11am</div> </div>	<div> <div>Mental Health Support 10am-11am</div> <div> </div> </div>	<div> <div>Job Search 10am-11am</div> </div>	<div> <div>Food Safety and Storage Course 10am-12pm</div> <div> </div> </div>	<div> <div>Hub Focus Group 10am-11am</div> <div> </div> </div>	<div> <div>Job Club</div> </div>
	<div> <div>Arts and Crafts 11am-12pm</div> <div> </div> </div>	<div> <div>Skill Finder NCS 11am-12am</div> </div>	<div> <div>Accessing Mainstream services 11am-12pm</div> <div> </div> </div>	<div> <div>Intro to Employment 11am - 12pm</div> </div>		<div> <div>Accomidation support and advice 11am-12pm</div> <div> </div> </div>	
	<div> <div>Attitudes and Life Skills 1pm-2pm</div> <div> </div> </div>	<div> <div>Industry specific cards 1pm-2pm</div> </div>	<div> <div>Arts and Crafts - Tipp 1pm-3pm</div> <div> </div> </div>	<div> <div>Disclosure to employers 1pm-2pm</div> </div>		<div> <div>Womens only Afternoon - Hub focus group 1pm-2pm</div> <div> </div> </div>	
	<div> <div>Securing a Bank Account 2pm-3pm</div> <div> </div> </div>	<div> <div>CV Building 3pm - 4pm</div> </div>		<div> <div>Didigital College 3pm-4pm</div> </div>	<div> <div>Hub Grub - Come cook with us! 1pm-4pm</div> <div> </div> </div>	<div> <div>Womens only Afternoon - Securing a bank account 2pm-4pm</div> <div> </div> </div>	



SELF - Activities that work on the individual
SOCIETY - Activities contributing to the community outside of the CFO Activity Hub
RELATIONSHIPS - Activities that work with peers
ETE

MAY – WEEK 3



Information

Address: – Urban Exchange, Theatre Street/Mount Street, Preston, PR1 8BQ

Contact: 07850 955413 (AMY)

Enrolments are needed to do any of the sessions.

Group Activity's this week include Table tennis and Creative arts which will be run by an external provider as well as the hub focus group – Please let your support worker know if you would like to sign up for any of these.

Monday 12/05/2025		Tuesday 13/05/2025		Wednesday 14/05/2025		Thursday 15/05/2025		Friday 16/05/2025	
<div>Creative Arts Tupp</div> <div>10:30am-1:30pm</div> <div> </div>	<div>Disclosure Advice</div> <div>10am - 11am</div>	<div>Securing a Bank Account</div> <div>10am-11am</div> <div> </div>	<div>1:1 with employment advisor</div> <div>10am-4pm</div>	<div>Basic Literacy/ Numeracy Assessment</div> <div>10am-11am</div> <div> </div>	<div>Digital College</div> <div>10am - 12pm</div>	<div>CBT - By Appointment Only</div> <div>10am - 4pm</div> <div> </div>	<div>Self Employment Support</div> <div>10am-11am</div>	<div>Hub Focus Group</div> <div>10am-11am</div> <div> </div>	<div>Job Club</div>
	<div>CV Building</div> <div>11am - 12pm</div>	<div>Disability Support (Understanding PIP)</div> <div>11am-12pm</div> <div> </div>		<div>Support Finding Volunteer work</div> <div>11am - 12pm</div> <div> </div>			<div>In Work support session</div> <div>11am-12pm</div>	<div>Mindfulness meditation</div> <div>11am-12pm</div> <div> </div>	
	<div>Careers planning in sports and fitness</div> <div>Course 1pm-4pm</div>	<div>Money Management</div> <div>1pm-2pm</div> <div> </div>		<div>Basic ICT Workshop</div> <div>1pm-2pm</div> <div> </div>			<div>Preparation for employment with lived experience</div> <div>1pm-4pm</div>	<div>Womens only Afternoon - Managing Money</div> <div>1pm-4pm</div> <div> </div>	
<div>Reflective Practices</div> <div>2pm-4pm</div> <div> </div>		<div>Table Tennis</div> <div>2pm - 3pm</div> <div> </div>		<div>Completing Applications</div> <div>2pm - 3pm</div> <div> </div>	<div>Job Search</div> <div>2pm-4pm</div>		<div>Womens only Afternoon - Support Finding Volunteer work</div> <div>2pm - 3pm</div> <div> </div>		

SELF - Activities that work on the individual
SOCIETY - Activities contributing to the community outside of the CFO Activity Hub
RELATIONSHIPS - Activities that work with peers
ETE

MAY – WEEK 4



Information

Address: – Urban Exchange,
Theatre Street/Mount Street, Preston, PR1 8BQ

Contact: 07850 955413 (AMY)

Enrolments are needed to do any of the sessions.

Group Activity's this week include Creative Writing, Table tennis, Music and society and the hub focus group. Tipp will be running a creative arts session.– Please let your support worker know if you would like to sign up for any of these.

Monday 19/05/2025		Tuesday 20/05/2025		Wednesday 21/05/2025		Thursday 22/05/2025		Friday 23/05/2025	
Creative Arts Tipp 10:30am-1:30pm 	Self Employment Support 10am-11am	Managing Emotions 10-11am 	Disclosure advice 10am - 11am	Hub Focus Group 10am-11am 	Introduction to employment 10am-11am	CBT - By Appointment Only 10am-4pm 	Intro to Employment 10am - 11am	Mindfulness meditation 10am-11am 	Job Club
	In Work support session 11am-12pm	Creative Writing 11am-12pm 	CV Building 11am - 12pm	Basic ICT Workshop 11am-12pm 	Mock Interviews 11am - 12pm		Skill Finder NCS 11am-12am	Music and Society 11am - 12pm 	
	Preparation for employment with lived experience 1pm-4pm	Completing Applications 1pm-2pm 	Introduction to Basic Cooking Skills Course 1pm-2pm	Securing a Bank Account 1pm-2pm 	Digital College 1pm - 4pm		Industry specific cards 1pm-2pm	Womens only Afternoon - Hub Crafts 1pm-4pm 	
Building Resilience Confidence Building 2pm - 3pm 		Arts and Crafts 2pm-3pm 		Table Tennis 2pm - 3pm 			Didgital College 2pm-4pm		



SELF - Activities that work on the individual
SOCIETY - Activities contributing to the community outside of the CFO Activity Hub
RELATIONSHIPS - Activities that work with peers
ETE

MAY – WEEK 5

Information













Address: – Urban Exchange,
Theatre Street/Mount
Street, Preston, PR1 8BQ

Contact: 07850 955413
(AMY)

Enrolments are needed to
do any of the sessions.

Group Activity's this week
include, Table tennis, arts and
crafts and creative writing -
Please let your support worker
know if you would like to sign up
for any of these.

The Hub Will be closed for the
bank holiday Monday 26th

Monday 26/05/2025	Tuesday 27/05/2025	Wednesday 28/05/2025	Thursday 29/05/2025	Friday 30/05/2025
HUB CLOSED 	Managing Emotions 10-11am 	Securing a Bank Account 10am-11am 	Disclosure advice 10am - 11am	Intro to Employment 10am - 11am
	Support Finding Volunteer work 11am - 12pm 	Basic ICT Workshop 11am-12pm 	CV Building 11am - 12pm	Mock Interviews 11am - 12pm
	Creative Writing 1pm-3pm 	Completing Applications 1pm-2pm 	CBT - By Appointment Only 10am - 4pm 	Arts and Crafts 11am - 12pm 
	Accessing Mainstream services 3am-4pm 	1:1 with employment advisor 10am- 4pm Table Tennis 2pm - 3pm 	Preparation for employment with lived experience 1pm-4pm	Industry specific cards 1pm-2pm Womens only Afternoon - Support accessing services 1pm-3pm Womens only Afternoon - Table Tennis 3pm-4pm 
				Job Club

