



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

# December – WEEK 1



**Address: Second Floor,  
Tannery Court, Tanners  
Lane, Warrington  
WA2 7NA  
Tel: 07586115855**




















‘Future Focus  
Climbing Life’s mountain’ – An opportunity to set goals and break the goals down into smaller steps with your SW.

‘What would you do?’ This is a session that provides multiple scenarios ; the challenge being... what is the best thing to do in that situation?

‘Jigsaw Session’- Meditative session, escape your thoughts and give all your concentration to a jigsaw working alongside others



This programme is delivered by HMPPS CFO

Mon 2nd	Tues 3rd	Wed 4th	Thurs 5th	Fri 6th
<p>▲ Coffee and chat Accommodation Support 9.30- 10.30am</p> 	<p>▲ Money Worries 9.30-10.30am</p>  <p>● Coffee Catch Up 10.30-11am</p>	<p>● Breakfast Club- Healthy Communication 9.30-11am</p> 	<p>▲ Stand Guide 10am-12pm</p> 	<p>▲ Coffee &amp; Chat – Gratitude Journaling 9.30-10.30am</p> 
<p>▲ Hub Grub Budgeting- <i>Independent living</i> 10.30-12pm</p> 	<p>▲ CBT 1-1 APPOINTMENT ONLY 10am, 11am, 1pm, 2pm, 3pm slots</p>	<p>● Community Clean Up Hub Walk 11-12pm</p> 	<p>▲ CV support 10am-12pm</p> 	<p>▲ Improving relationships 10.30-12pm</p> 
<p>● Handling emotions 12-1pm</p> <p>▲</p> 	<p>▲ IOM- Life Skills (invitation only) 11am-1pm</p> 	<p>▲ Men’s Mindfulness- Creative Lego 12-1pm</p> 	<p>■ Get creative – Festive Craft session Make Christmas decorations 12-1pm</p> 	<p>● Teamwork Hub Quiz 12-1pm</p> 
<p><b>Hub closed 1-2pm</b></p>	<p><b>Hub closed 1-2pm</b></p>	<p><b>Hub closed 1-2pm</b></p>	<p><b>Hub closed 1-2pm</b></p>	<p><b>Hub closed 1-2pm</b></p>
<p>▲ Job Search 2-4pm</p> 	<p>■ Mindfulness Art- Festive Craft session Sketching Skills Decorate the Hub 2-4pm</p> 	<p>▲ Independent Living Accessing services Support 2-4pm</p> 	<p>▲ <b>WOMENS ONLY</b> CV support 2-3pm Festive Crafts: Diamond Art 3-4pm</p> 	<p>■ Support worker 1-1 session 2-4pm</p> 



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# December - WEEK 2



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‘Resist and Persist’- Attend a session that can support you with your addictions; gambling, substances, food ect.

‘Film Club Review’ – Come along to the hub and watch a film. Reflect on the storyline and share underlying morals/lessons that can be learnt .

Mon 9th	Tues 10th	Wed 11th	Thurs 12th	Fri 13th
Breakfast Men's ONLY Health & Wellbeing 9.30-11am 	Problem Solving Boardgames 9.30-11am <b>MONOPOLY</b>	Veterans Enrolment Clinic/Breakfast Club 10-11am 	Stand Guide 10-12pm 	Coffee & Chat-Accommodation Support 9:30-11am 
Physical Health Outdoor/indoor gym 11-12pm 	CBT 1-1 APPOINTMENT ONLY 10am, 11am, 1pm, 2pm, 3pm slots	Hub Grub Budgeting-Independent living 11-1pm 	Hub Walk Litter Pick 11-12pm 	Handling Emotions 11-12pm 
Brainteasers Crosswords/Sudoku/wordsearch/Arrow word 12-1pm 	IOM- Life Skill (invitation only) Emotional resilience 	1-1 Support work 12-1pm Mental health check-in 	Disclosure Support 12-1pm 	Teamwork Hub Quiz 12-1pm 
Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm	Hub closed 1-2pm
Resist and Persist 2-3pm 	Film Club 2-4pm 	Intro to Employment 2-4pm <i>Aspirations, CV Writing, Job searching, Interview Prep</i>	<b>WOMENS ONLY</b> Festive Crafts: Paint Skills 2-3 Employment Support 3-4pm 	Enrolment Clinic 2-4pm 
Coffee Catchup 3-4pm				



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# December - WEEK 3



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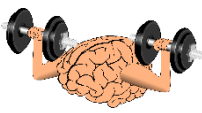

























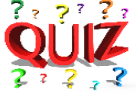

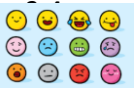




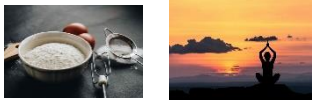


'Job Club' - Support around anything employment.

'Positive Pebble Art- Create positive messages on pebbles and deliver them to locations in the local community.

'Access to services'- Get support with how and where to access specific services catered to your individual needs.



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Mon 16th	Tues 17th	Wed 18th	Thurs 19th	Fri 20th
 <p>Coffee and chat- Goal Setting 9:30-11am</p> 	 <p>Problem Solving- Brain Teasers crosswords/ Sudoku/wordsearch12-1pm 9.30-11am</p> 	 <p>Breakfast Club- Tech Safe 9.30-10.30am</p> 	 <p>Stand Guide 10am-12pm</p> 	 <p>Coffee &amp; Chat – Accommodation Support 9.30-11am</p> 
 <p>Hub Grub Budgeting- <i>Independent living</i> 11-1pm</p> 	 <p>CBT APPOINTMENT ONLY 10am, 11am, 1pm, 2pm, 3pm slots</p> 	 <p>Music Memories 10.30-12pm</p> 	 <p>Community Clean Up Hub Walk 11-12pm</p> 	 <p>Job Searching 11am-12pm</p> 
 <p>1-1 Support worker Check-in 12-1pm</p> 	 <p>Christmas tidy up  11am -1pm</p>	 <p>Men's Only Health &amp; Wellbeing</p> 	 <p><b>Future Focus: Climbing life's mountain</b> 12-1pm</p> 	 <p>Teamwork Hub Quiz 12-1pm</p> 
<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>	<b>Hub closed 1-2pm</b>
 <p>Festive Craft session: Positive Pebble Art</p> 	 <p>Christmas dinner at the Hub 2pm-4pm</p> 	 <p>Job Club 2-4pm</p> <p><i>Employment Aspirations, CV Writing, Job searching, Interview Prep</i></p>	 <p><b>WOMENS ONLY</b> Festive Crafts: Baking 2-3pm Meditation 3-4pm</p> 	 <p>Enrolment Clinic 2-4pm</p> 



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# December – WEEK 4



Mon 23rd	Tues 24th	Wed 25th	Thurs 26th	Fri 27th
<p> Breakfast Club 9.30-10am</p>	<p> Money Worries 9.30-11am</p>	<p><b>HUB CLOSED FOR CHRISTMAS</b></p> <p><b>MERRY CHRISTMAS FROM WARRINGTON CFO ACTIVITY HUB TEAM</b></p>   		
<p> Coffee and Stroll 10-11am</p>	<p></p>			
<p> Hub Grub Budgeting- <i>Independent living</i> 11-1pm</p> <p></p>	<p> CBT APPOINTMENT ONLY 10am, 11am, 1pm, 2pm, 3pm slots</p> <p></p>			
<p> 1-1 Sessions with SW Mental Health Support 12-1pm</p> <p></p>	<p> IOM- Life Skills (invitation only)</p> <p></p>			
<p><b>Hub closed 1-2pm</b></p>	<p><b>Hub closed 1-2pm</b></p>			
<p> Job Search 2-4pm</p> <p></p>	<p> Festive Craft session– LP Artwork</p> <p></p>			

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‘Future Focus

Climbing Life’s mountain’ – An opportunity to set goals and break the goals down into smaller steps with your SW.

‘Growth Mindset’ –Challenge your thinking habits; a session that will support you in turning negative thinking into positive thinking..

‘LP Artwork’- A session that will encourage you to think of a motivational album and replicate the artwork on to canvas. Whilst re-creating your artwork listen to nostalgic music you grew up with.



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# December – WEEK 4

Mon 30th	Tues 31st	Wed 1 <sup>st</sup>	Thurs 2nd	Fri 3rd
 <p style="text-align: center;"><b>HUB CLOSED FOR NEW YEAR</b></p> <p style="text-align: center;"><b>HAPPY NEW YEAR FROM WARRINGTON CFO ACTIVITY HUB TEAM</b></p>    			<p>JANUARY TIMETABLE</p>	<p>JANUARY TIMETABLE</p>

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# November Activities to look out for...



**For support with this, access this>>>**

Get support with filling in forms.  
Passport/drivers licence/service registration  
forms(new doctors/ dental practice)

**Independent Living**  
Accessing services  
Support 2-4pm



**For support with this, access this>>>**

Get support breaking down those big goals,  
into smaller, more manageable steps.

**Future Focus**  
Climbing Life's  
mountain 11-12pm



**For a chance to get nostalgic access this >>>**

This session will give you the opportunity to play / listen to music that  
takes you back to a good memory, feel free to share that memory too or  
just simply enjoy listening in company. Listening to music is such a good  
tool, whether it be meditative or calming.

**Music  
Memories**  
11-12pm



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