



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

MARCH - WEEK 1



Monday 3rd		Tuesday 4th		Wednesday 5th	Thursday 6th	Friday 7th
1-1 Support Session Appt only 9:30 - 11 	Accessing a Bank Account 9:30 - 11 	Intro to Labouring 9:30 - 12 	CBT Therapy Appt only 10 - 12 	Relationship Support & Advice 9:30 - 10:30 	Enrolment Clinic 9:30 - 12 	1-1 Support Session Appt only 9:30 - 12
Enrolment Clinic 11 - 12 	Mindfulness Techniques 11 - 12 			In Work Support 10:30 - 12 	Reflective Practices 9:30 - 10:30 	Literacy & Numeracy Assessment 9:30 - 11
HUB CLOSED 12-1		HUB LUNCH CLUB 12-1		HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Disclosure Session 1 - 3 	Pancake Day Cooking Session 1 - 2:30 		CBT Therapy Appt only 1 - 4 	Housing Support 1-3 	CV Support 1 - 2:30 	HUB CLOSED 1 - 2
Healthy Living Techniques 3 - 4 	Employability Skills 3 - 4 			Optimism & Self-Worth Session 3 - 4 	Job Search Session 2:30 - 4 	Motivation Workshop 2 - 3
						Hub Quiz 3 - 4

Address:

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

Contact Information:

07775 096192 (Gabriella)
07384 119231 (Nadya)

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.



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MARCH - WEEK 2



Monday 10th		Tuesday 11th		Wednesday 12th	Thursday 13th	Friday 14th
Women's Only 1-1 Enrolment Clinic 9:30 - 10:30 	Women's Only Motivation Workshop 9:30 - 10:30 	Anger Management 9:30 - 11 	CBT Therapy <i>Appt only</i> 10 - 12 	National Plant a Flower Day Gardening Session 10 - 12 	1-1 Support Session <i>Appt only</i> 9:30 - 11 	Accessing Health Support 9:30 - 11
Women's Only 1-1 Support Session 10:30 - 12 	Women's Only CV Session 10:30 - 12 	Accessing Sexual Health Support 11 - 12 			Enrolment Clinic 11 - 12 	Stress Relief Strategies 11 - 12
HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
Future Focus 1 - 2:30 	Emotional Resilience 1 - 2:30 	CBT Therapy <i>Appt only</i> 1 - 4 	CV Support 1 - 3 	Intro to Health & Safety at Work 1 - 4 	HUB CLOSED 1 - 2	
Budgeting Session 2:30 - 4 	Victim Awareness 2:30 - 4 	Personal Journaling 3 - 4 	National Write Your Own Story Day Story Writing Session 2 - 3 		Sports - Foosball 3 - 4 	

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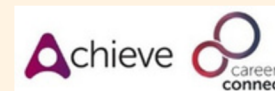


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MARCH - WEEK 3



Monday 17th		Tuesday 18th		Wednesday 19th		Thursday 20th		Friday 21st	
Debt Advice 9:30 - 10:30 		Resolving Differences 9:30 - 10:30 		CBT Therapy <i>Appt only</i> 10 - 12 		Self-Care Session 9:30 - 10:30 		Women's Only Housing Support 9:30 - 11 	
Support Finding Volunteer Work 10:30 - 12 		Accessing Benefit Support 10:30 - 12 		Addiction Support 10 - 12 		TiPP Drama Music Arts 10 - 12 		Basic Literacy & Numeracy Session 10:30 - 12 	
HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12:1		HUB CLOSED 12-1	
Enrolment Clinic 1 - 3 	Application Support 1 - 3 	Attitudes Towards Others 1 - 2 	CBT Therapy <i>Appt only</i> 1 - 4 	Drop In Session 1 - 3 	TiPP Drama Music Arts 1 - 4 	Interview Prep 1 - 2 	HUB CLOSED 1 - 2		
Job Search Session 3 - 4 		Employability Skills 2 - 4 		Disclosure Session 2 - 3 		Mock Interview Session 2 - 4 		Sports - Ping Pong 2 - 3 	
								World Poetry Day Create Your Own Poem Session 3 - 4 	

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MARCH - WEEK 4



Monday 24th		Tuesday 25th		Wednesday 26th		Thursday 27th		Friday 28th	
Enrolment Clinic 9:30 - 12 	Problem Solving Techniques 9:30 - 11 Job Search Session 11 - 12 	Accessing Mainstream Services 10 - 12 	CBT Appt only 10 - 12 	Anger Management 9:30 - 10:30 	TIPP Drama Music Arts 10 - 12 	CV Support 9:30 - 11 	Women's Only Enrolment Clinic 9:30am - 11 	Women's Only Self-Care Session 9:30 - 10:30 	
HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1		HUB CLOSED 12-1	
Application Support 1 - 3 	1-1 Support Session Appt only 1 - 2 	Obtaining National Insurance 1 - 2 	CBT Therapy Appt only 1-2 	Intro to Basic Cooking Skills 1 - 4 	TIPP Drama Music Arts 10 - 12 	In Work Support 1 - 2:30 	HUB CLOSED 1 - 2		Confidence Building 2 - 3
Relationship Advice & Support 3 - 4 	Independent Living Skills 2 - 4 	CBT Therapy Appt only 2 - 4 				Debt Advice 2:30 - 4 	ETE Awards & Hub Quiz 3 - 4 		

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MARCH - WEEK 5



Monday 31st	Tuesday 1st	Wednesday 2	Thursday 3rd	Friday 4th
<p>Interview Prep 9:30 - 10:30</p>	<p>Enrolment Clinic 10 - 12</p>	<p>Obtaining ID 9:30 - 11</p>	<p>Disclosure 10 - 12</p>	<p>Future Focus 9:30 - 10:30</p>
<p>Mock Interview Session 10:30 - 12</p>	<p>CBT Appt only 10 - 12</p>	<p>Stress Relief Strategies 11 - 12</p>	<p>TiPP Drama Music Arts 10 - 12</p>	<p>CV Support 10:30 - 12</p>
HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1	HUB CLOSED 12-1
<p>Intro to Customer Service 1 - 4</p>	<p>1-1 Support Session Appt only 1 - 2</p>	<p>Pizza Making Session 1 - 3</p>	<p>Women's Only Chocolate Muffin Baking Session 1 - 2:30</p>	<p>HUB CLOSED 1 - 2</p>
	<p>Sports - Pool 1 - 2</p>	<p>CBT Therapy Appt only 1-2</p>	<p>TiPP Drama Music Arts 10 - 12</p>	<p>Therapeutic Art 2 - 3</p>
	<p>Employability Skills 2 - 4</p>	<p>Job Search Session 3 - 4</p>	<p>Women's Only CV Support Session 2:30 - 4</p>	<p>Puzzle Building 3 - 4</p>

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