



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



Information

Address:

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

Contact Information:

077750 96192 (Gabriella)
07384 119231 (Nadya)
07467 296781 (Sam)

Enrolments are needed to do any of the activities.
















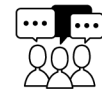


Our 1:1 activities include; Housing, Employment, Training, Money Management, Healthcare and Enrolment, or you can book specific 1-1 support session with your support worker.

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.



This programme is delivered by HMPPS CFO

Monday 1st	Tuesday 2nd		Wednesday 3rd	Thursday 4th	Friday 5th	
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	
<div>Job Club 10:30 - 12</div> <div></div> <div></div>	<div>Prepare for Employment: Importance of Soft Skills 10:30 - 12</div> <div></div> <div></div>	<div>CBT (Appt Only) 10 - 12</div> <div></div> <div></div>	<div>Disclosure Support 10:30 - 12:00</div> <div></div> <div></div>	<div>TiPP Film Making 10:30 - 12:30</div> <div></div> <div></div>	<div>In Work Support 10:30 - 12</div> <div></div> <div></div>	<div>CV Preparation 10:30 - 12</div> <div></div> <div></div>
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12:30 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1	
<div>Emtional Resilience 1 - 2:30</div> <div></div> <div></div>	<div>Wellbeing & Mindfulness 1 - 2:30</div> <div></div> <div></div>	<div>CBT (Appt Only) 1 - 4</div> <div></div> <div></div>	<div>TiPP Art Session 1 - 3</div> <div></div> <div></div>	<div>Anger Management 1 - 2:30</div> <div></div> <div></div>	<div>Women's Only Digital College 1 - 2:30</div> <div></div> <div></div>	
<div>National Cookie Cutter Day Cooking Session 2:30 - 4</div> <div></div> <div></div>	<div>Thoughts & Behaviours 2:30 - 4</div> <div></div> <div></div>	<div>Hub Forum 3 - 4</div> <div></div> <div></div>	<div>Digital College 2:30 - 4</div> <div></div> <div></div>	<div>Women's Only Self-Care 2:30 - 4</div> <div></div> <div></div>		



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DECEMBER – WEEK 2



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Monday 8th	Tuesday 9th		Wednesday 10th	Thursday 11th	Friday 12th
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30
Sentence Requirement Support 10:30 - 12 	Digital College 10:30 - 12 	CBT (Appt Only) 10 - 12 	Women's Only Disclosure 10:30 - 12:00 	TiPP Film Making 10:30 - 12:30 	Prepare for Employment: Importance of Soft Skills 10:30 - 12 
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12:30 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1
Mindfulness Techniques 1 - 2:30 	Confidence Building 1 - 2 	CBT (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Employability Skills 1 - 2:30 	Mindfulness Yoga 1 - 2:30 
National Brownie Day Cooking Session 2:30 - 4 	Christmas Card Crafts Session 2 - 4 		Personal Journaling 3 - 4 	Housing Support 2:30 - 4 	Digital Literacy Skills 2:30 - 4 



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DECEMBER – WEEK 3



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
















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Monday 15th	Tuesday 16th		Wednesday 17th	Thursday 18th	Friday 19th
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30
Industry Specific Cards 10:30 - 12 	Employability Skills 10:30 - 12 	CBT (Appt Only) 10 - 12 	Unpaid Work Support 10:30 - 12 	TiPP Film Making 10:30 - 12:30 	Disclosure Session 10:30 - 12 
HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		HUB CLOSED 12:30 - 1	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1
Self-Care 1 - 2:30 	Housing Support 1 - 2:30 	CBT (Appt Only) 1 - 4 	TiPP Art Session 1 - 3 	Women's Only Benefit Support 1 - 2:30 	National Underdog Day Reflection Upon Progress and Achievements 1 - 2:30 
Emotional Resilience 2:30 - 4 	Debt Management 2:30 - 4 		Wellbeing Goal Setting 3 - 4 	Women's Only CV Preparation 2:30 - 4 	ETE Awards & Hub Quiz 2:30 - 4 



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DECEMBER – WEEK 4



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This programme is delivered by HMPPS CFO

Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30	Enrolment Drop Ins 9:30 - 10:30		
Women's Only Relationship Advice & Support 10:30 - 12 	CV Preparation 10:30 - 12 	CBT (Appt Only) 10 - 12 		
	HUB CLOSED 12 - 1	HUB CLOSED 12 - 1		
Stress Relief Strategies 1 - 2 	Addiction Support 1 - 2:30 	CBT (Appt Only) 1 - 4 		
Christmas Celebration Party 2 - 4 	Healthy Living 2:30 - 4 			

HUB CLOSED FOR CHRISTMAS HOLIDAYS.

HUB WILL REOPEN ON 2ND JANUARY!