

Bristol CFO Activity Hub

Brochure



Contents

Please note: Suitability of activities are assessed on an individual basis in collaboration with your Probation Practitioner.

The hub	3	Life Cycle UK	10
What the hub can offer you	4	Self management and life skills	11
Sports	5	Accredited digital courses	12
SGS College In2Sports	6	Other opportunities	13
Use the kitchen	7	Employability	14
Changing Tunes	8	What we expect from you	15
Arts and crafts	9	Health and safety	16
		Testimonials	17

The hub will offer you the chance to learn new skills, take part in activities that aim to support your personal rehabilitation journey and spend time with people who understand what it takes to make a change.

- ▶ Set yourself goals
- ▶ Work towards qualifications
- ▶ Empower yourself
- ▶ Enjoy socialising
- ▶ Make positive strides forward
- ▶ Gain confidence



What the hub can offer you



- ▶ A safe, non judgemental environment to talk
- ▶ Arts and crafts sessions
- ▶ Sports and leisure activities
- ▶ Employability courses



- ▶ Digital courses
- ▶ Cooking
- ▶ Bike mechanics
- ▶ Volunteering opportunities
- ▶ Drama

- ▶ Music and dance
- ▶ Photography
- ▶ Media
- ▶ Social skills
- ▶ Mindfulness

Sports

Taster sessions on:

- ▶ 5-a-side football
- ▶ Badminton
- ▶ Tennis
- ▶ Basketball
- ▶ Cycling, and more...



SGS College In2Sport

Start a career in the Sport and Leisure sector

- ▶ Free accredited courses for those aged 19+ and currently unemployed
- ▶ Level 1 and 2 certificates in Skills for Sport and Active Leisure
- ▶ Level 2 in Gym inducting
- ▶ Guaranteed Interview at Pure Gym Abbey Wood and with the Circadian Trust
- ▶ Work placement opportunities at Empire Fighting Chance, Pure Gym and the Circadian Trust



Use the kitchen

- ▶ Gain Food Safety and Hygiene certificates
- ▶ Cook recipes from different cultures
- ▶ Try baking
- ▶ Develop confidence in preparing food



Changing Tunes

- ▶ Join music mentoring programmes
- ▶ Suitable for all levels of ability
- ▶ Sessions on acoustics, songwriting, production and more...
- ▶ Every activity facilitated by talented musicians
- ▶ Experience the life-enhancing benefits of music-making
- ▶ Achieve meaningful artistic outcomes

Arts and crafts

- ▶ Sewing
- ▶ Knit and natter
- ▶ Clay bowl making
- ▶ Splatter art
- ▶ Marbling
- ▶ Card making
- ▶ Paper mache bowls



Life Cycle UK

Transforming lives through cycling

- ▶ City and Guilds accredited training centre for bicycle mechanics
- ▶ One-off or a series of hour-long bike maintenance sessions available
- ▶ Achieve a Cycle Mechanics Level 1 and 2 certificate
- ▶ Develop familiarity and confidence with local cycling routes
- ▶ Join group rides



Self management and life skills

- ▶ Meditation
- ▶ Mindfulness
- ▶ Creative writing
- ▶ Yoga
- ▶ Conversations
- ▶ Walks in nature
- ▶ Relaxing music
- ▶ Food and nutrition
- ▶ Online courses
- ▶ DIY spa evenings



We also offer over 70 accredited digital courses in...

- ▶ Construction
- ▶ Healthcare
- ▶ Leadership and management training
- ▶ Environmental sustainability skills for the workplace

Other opportunities

- ▶ Building and maintaining relationships
- ▶ Confidence building
- ▶ Public speaking
- ▶ Debt management



Employability

- ▶ Disclosing convictions
- ▶ CV writing
- ▶ Job searching
- ▶ Networking
- ▶ Advice and support
- ▶ Gaining qualifications



What we expect from you

- ▶ Treat everyone with respect
- ▶ No abusive language
- ▶ Be punctual
- ▶ Do not attend under the influence of alcohol or drugs
- ▶ Notify your support worker if you cannot attend
- ▶ Leave the environment as clean and tidy as you found it
- ▶ Communicate with your support worker if you feel uncomfortable in any way during your time here



Health and safety

- ▶ Fire exits at the back of the kitchen and the entrance
- ▶ First aid kits available in the kitchen and outside of the staff room
- ▶ Alert a member of staff if first aid is required
- ▶ The evacuation point is at the rear of the building underneath the archway



Testimonials

“The Hub has a sense of community and I always feel welcomed here”.

“I’ve done everything and enjoyed it. The Hub has got a fantastic team and all the staff bring something different to the table. It’s a comfortable and relaxed environment and it feels like home”.

“The Hub has a real sense of community and I feel like it’s an environment that’s conducive to good mental health”.

Testimonials

“Everyone is kind at the Hub and I feel welcome here. Attending has encouraged me to apply for a job”.

“The Hub encouraged me to come out of my shell more than ever before and has helped me get used to being around people again after prison”.

“The Hub has inspired me to write poetry again after a break of 20 years”.

Testimonials

“The hub has enabled me to build my confidence and socialise again. The staff at the Hub helped prepare me for an interview and I was successful in gaining employment”.

“Attending the Hub has changed my life for the better”.

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