







Bristol CFO Activity Hub

Brochure



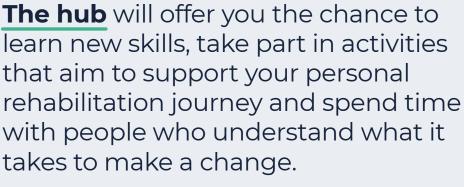
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Please note: Suitability of activities are assessed on an individual basis in collaboration with your Probation Practitioner.

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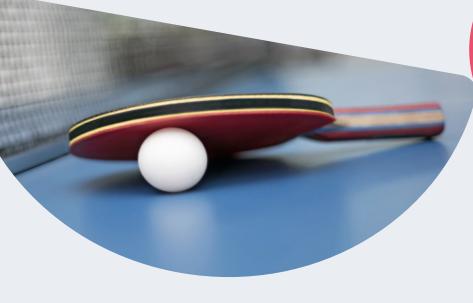


- Set yourself goals
- Work towards qualifications
- Empower yourself
- Enjoy socialising
- Make positive strides forward
- Gain confidence



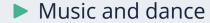
Visit: www.interventionsalliance.com

What the hub can offer you





- Cooking
- ▶ Bike mechanics
- ► Volunteering opportunities
- Drama



- Photography
- Media
- Social skills
- Mindfulness

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



Taster sessions on:

- ► 5-aside 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







- ▶ 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





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





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



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





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".









Bristol CFO Activity Hub

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