

# Chatham 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.

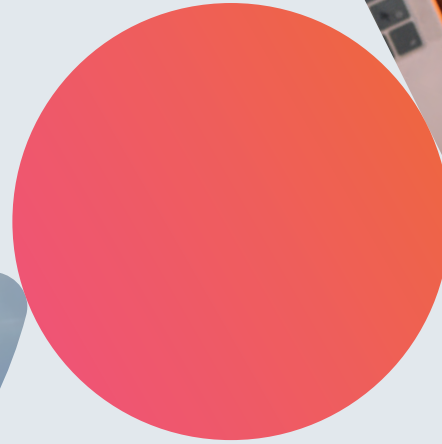
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**The hub** will offer you the chance to learn new skills, take part in activities that aim to support your personal rehabilitation journey and spend time with people who understand what it takes to make a change.

- ▶ 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
- ▶ Breakfast sessions focused on self-care
- ▶ Volunteering opportunities
- ▶ Drama
- ▶ Music and dance

- ▶ Photography
- ▶ Media
- ▶ Social skills
- ▶ Mindfulness

# Sports

Taster sessions aimed at helping you to get more physically active:

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



# Women's breakfast self-care awareness sessions

Time for you

- ▶ A time for you to enjoy breakfast and self-care classes
- ▶ 9:30am-11am will be our self-care time without children
- ▶ 11am-1pm will be our fun arts and crafts class for you and your children
- ▶ Free breakfast goodies!
- ▶ Classes running from 10am including nails, self-care and mindfulness
- ▶ A chance to meet agencies and get the help you need



# Use the kitchen

- ▶ Gain food safety and hygiene certificates
- ▶ Cook recipes from different cultures
- ▶ Try baking
- ▶ Develop confidence in preparing food





# Arts and crafts

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



# 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



# What participants say about the hub

“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 sense of community and I always feel welcomed here.”

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



# What participants say about the hub

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

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

“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.”

# What participants say about the hub

“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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