

Manchester CFO Activity Hub

Brochure and What's On





What's happening at the hub?

We offer a welcoming, open space to help you to learn new skills, create and achieve your goals, take part in something new or different and meet new people!

We aim to support and guide you through a personal rehabilitative journey and make positive changes to move forward.



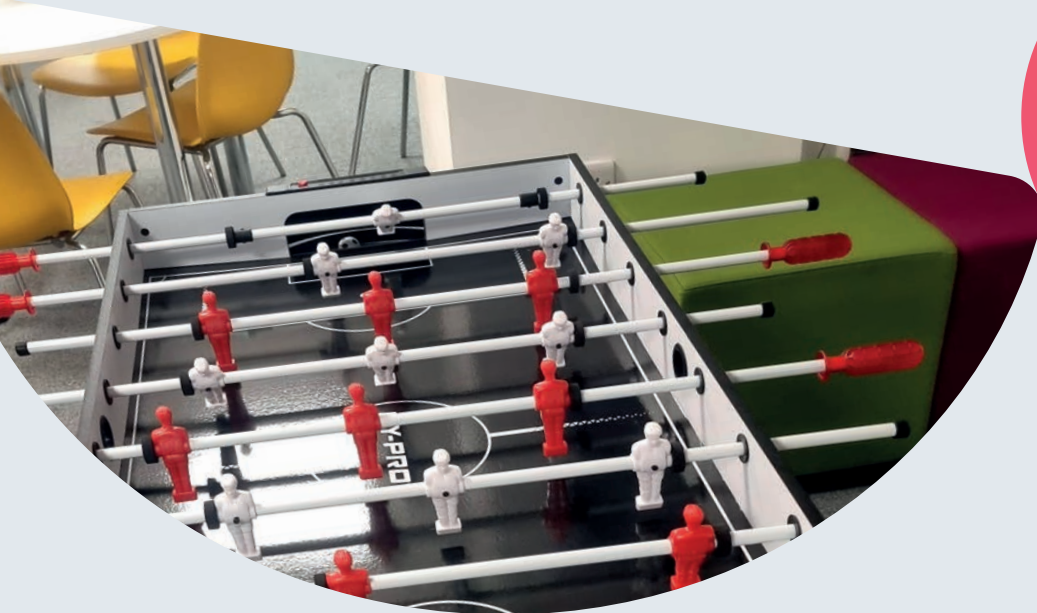
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Please note: Suitability of activities are assessed on an individual basis in collaboration with your Probation Practitioner.

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Hub activities include...



- ▶ Confidence building and future planning sessions
- ▶ Arts and crafts sessions
- ▶ Sports, yoga and dance

- ▶ Finding your therapy
- ▶ Support with accommodation and employability
- ▶ Personal projects

- ▶ Ongoing diversity events and celebrations
- ▶ Plus much more...

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What's cooking

Part of the hub experience can include gaining your food safety and hygiene qualification, an achievement you can take away and use to pursue other outside activities. It will help you get cooking and create new recipes, sample new world foods and have a good scan!

- ▶ Learn to cook on a budget with basic cupboard foods
- ▶ Experiment with healthy and vegetarian options
- ▶ Baking sweet and savoury treats
- ▶ Master batch cooking to create meals to freeze for later and take home



Find your therapy

We hold ongoing scheduled taster sessions that you can get involved with to help you to switch off, relax and escape to a positive place. Some of these include:

- ▶ Tai Chi
- ▶ Sightseeing walks around Manchester
- ▶ Art therapies
- ▶ Meditation and mindfulness
- ▶ Healthy cooking
- ▶ Womens yoga
- ▶ Regular men matters discussions and coffee mornings
- ▶ Relaxing music
- ▶ Mental health awareness



Focus groups...

and personalised projects

- ▶ Have your say on what you want from the hub, what we should schedule into our group and one-to-one sessions and anything that you would like to get involved in.
- ▶ You can also plan and carry out an ongoing project over an extended period based around a theme of your choice, such as working on a recipe book or magazine.



Arts and crafts

We have a wide range of arts and craft sessions that we can put on and tailor to everyone's individual interests, some of these include:

- ▶ Matchstick models
- ▶ Painting and drawing
- ▶ Clay models
- ▶ Card making
- ▶ Sewing and knitting
- ▶ Calligraphy



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

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

Employability

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



What participants say about the hub

“Today was relaxing, without pressure or time limited. I really enjoyed it and it was a great group.”

“I don’t enjoy ‘classroom’ settings, so my one-to-one session was a better option for me. I learnt a lot and am looking forward to the next.”

What participants say about the hub

“I feel very connected with everyone, it’s a great place with great people. It’s a relaxed and friendly atmosphere with good banter.”

“My mental health has really improved since I joined the hub. Thanks everyone.”



Manchester CFO Activity Hub

50-56 High Street
Manchester M4 1ED

E: manchester.hub@interventionsalliance.com

T: 0161 676 0222

www.interventionsalliance.com

