

Liverpool CFO Activity Hub

Brochure



Contents

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

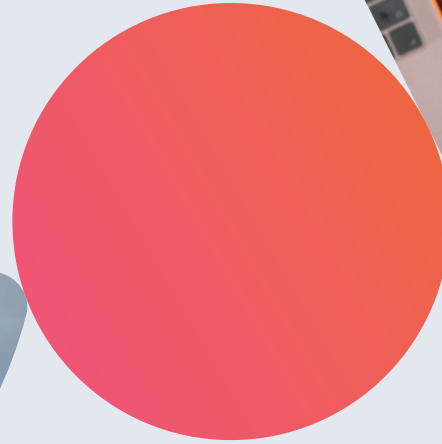
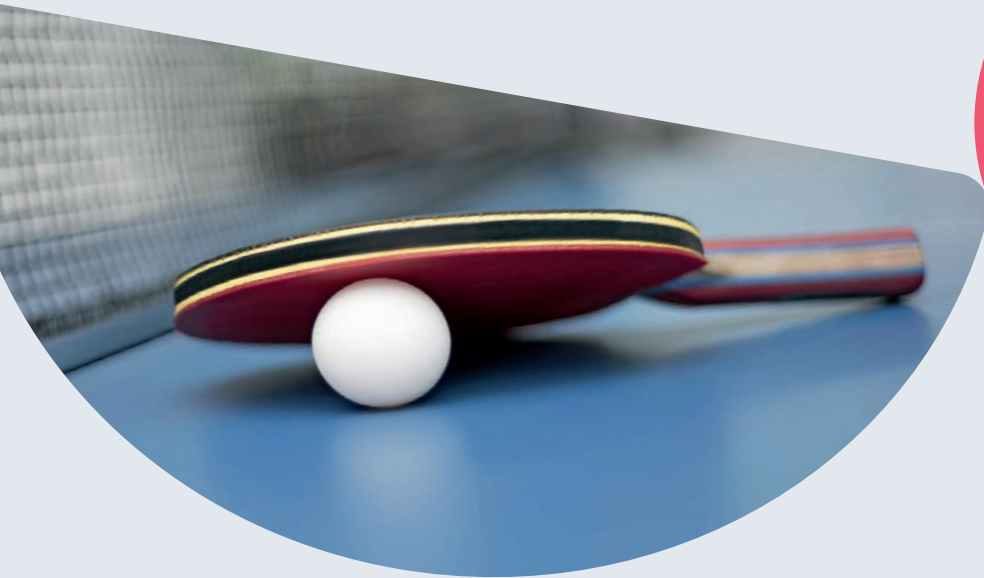
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The hub will offer you the chance to learn new skills, take part in activities that aim to support your personal rehabilitation journey and spend time with people who understand what it takes to make a change.

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



What you can expect from us



- ▶ Respect and a safe place to make positive changes
- ▶ A comfortable Hub environment
- ▶ Laptops and tablets to use (dependant on needs)
- ▶ Monthly days out
- ▶ Use of the Hub Shake Shack
- ▶ Individual support from your personal worker

- ▶ A safe and non-judgement environment
- ▶ Supportive staff who want to see you succeed
- ▶ Accredited online courses such as your Green CSCS Card
- ▶ Anger management sessions
- ▶ Art and crafts groups
- ▶ Allotment and gardening
- ▶ Employability support with CV writing and interview skills
- ▶ Housing support
- ▶ Lunch clubs
- ▶ Monthly days out
- ▶ Mental Health groups
- ▶ Team building and communication skills
- ▶ Sport sessions
- ▶ Substance misuse support
- ▶ Quizzes, games and social activities



Arts and crafts

- ▶ Design and paint clothing for charity
- ▶ Creative sessions using different mediums
- ▶ Clay painting
- ▶ Collages and paper crafts
- ▶ Cross stitch



Support with your mental health

- ▶ Weekly group sessions looking at stigma, facts and myths
- ▶ Self-care techniques
- ▶ Anger Management sessions
- ▶ How to deal with stress
- ▶ Weekly wind down activities



We also offer over 70 accredited online courses

- ▶ Completed at your own pace
- ▶ Personalised support from staff, one to one or in groups
- ▶ Level 1 Award Health and Safety in a Construction Environment
- ▶ CSCS Green Card Online Exam and Course Package
- ▶ Microsoft Word and Excel
- ▶ Level 2 Award in Customer Service

Personal development

- ▶ Developing communication skills
- ▶ Building your self-confidence
- ▶ Public speaking
- ▶ Managing your emotions
- ▶ Team building



Housing and benefits support

- ▶ Monthly housing groups offering support
- ▶ One to one advice from staff
- ▶ Partnership with Liverpool Community Advice
- ▶ Help with Property Pool applications



Employability

- ▶ Job searches
- ▶ Interview support
- ▶ CV Writing
- ▶ Help with buying clothes for interviews
- ▶ Disclosing your conviction
- ▶ Referral to job specific training courses

A sense of community and inclusion

- ▶ Quizzes, bingo and board games sessions
- ▶ Meditation
- ▶ Mindfulness sessions
- ▶ Gardening and growing food on an allotment
- ▶ Guided local walks



What we expect from you

- ▶ Respect for staff and other participants
- ▶ To be accepting and inclusive
- ▶ Punctuality for sessions
- ▶ Let us know if you cannot make your appointment
- ▶ Respect the building and others using it
- ▶ Not to attend under the influence of drugs or alcohol



How we can help you

- ▶ Find and secure a job
- ▶ Seek out housing
- ▶ Enrol in university
- ▶ Stay out of prison for longer than ever before
- ▶ Find friends and keep social
- ▶ Stay sober
- ▶ Uncover hidden talents



What participants say about the hub

"I arrived at Liverpool CFO Activity Hub in August as one of their first clients. I was very impressed with what was available to me. A place of support and no judgement, a place I felt comfortable to attend and engage in the activities and a place of stability throughout my transition into the community."

"The Hub offers me a lot of support both physically and emotionally. They have helped me through a very difficult phase within my family."

"The staff in the hub really take pride and care of all us clients. They have become a lifeline to me and I feel like I have progressed further in my life and supported by the hub to grow."

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