

Hastings CFO Activity Hub

Brochure



Contents

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

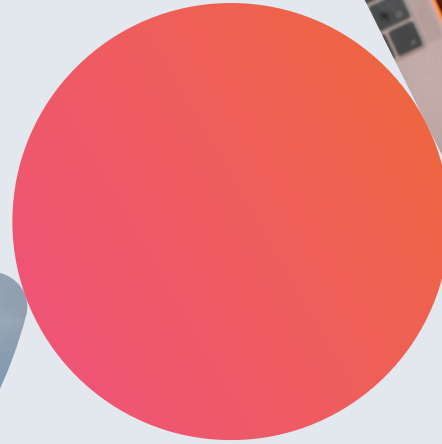
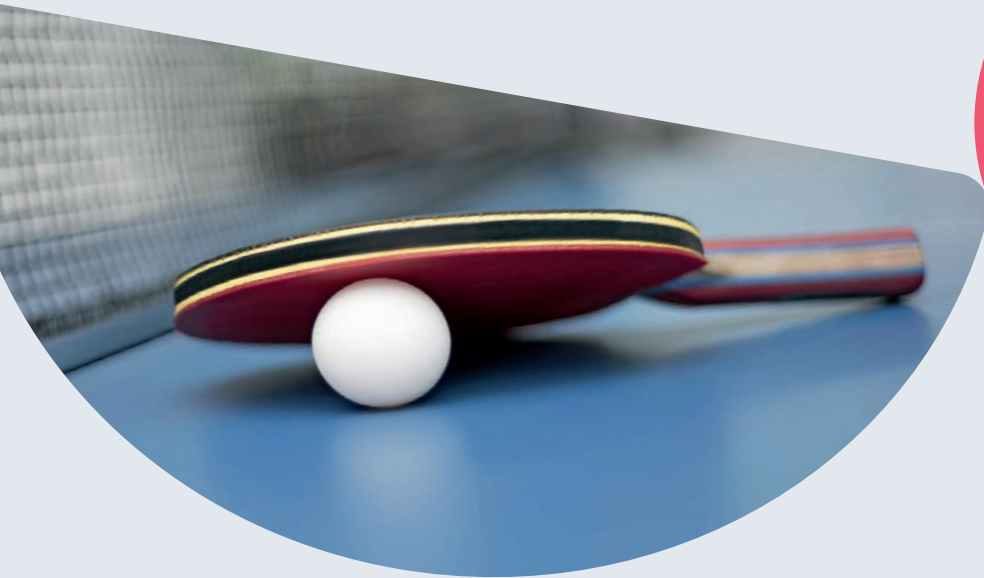
The hub	3	CSCS Card	10
What the hub can offer you	4	Self management and life skills	11
Sports	5	Accredited digital courses	12
RIFT Self Employment	6	Other opportunities	13
Use the kitchen	7	Employability	14
Top Dog Workshops	8	What we expect from you	15
Arts and crafts	9	Health and safety	16
		Testimonials	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; and
- ▶ Cycling, and more...



RIFT Social Enterprise

Start your own business. RIFT Social Enterprise are specialist providers of self-employment and business start-up support.

- ▶ Up to one hour of initial support with a business start up advisor
- ▶ Opportunity to access a year-long education programme, including:
 - ▶ Access to an online e-learning platform;
 - ▶ Business start-up mentors;
 - ▶ Partner agencies; and
 - ▶ Access to RIFT's tax specialist advisor.



Use the kitchen

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



Top Dog Workshops

- ▶ Artist-led workshops
- ▶ Suitable for all levels of ability
- ▶ Sessions on graffiti, musical theatre, origami and more...
- ▶ Every activity is facilitated by talented artists
- ▶ Experience the life-enhancing benefits of creative expression
- ▶ Achieve meaningful artistic outcomes

Arts and crafts

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



CSCS card

Construction Skills Certification Scheme (CSCS) cards are required to work on the majority of UK construction sites.

- ▶ Access an accredited CSCS course, including refresher courses
- ▶ Supported sessions using hub laptops
- ▶ Payment support towards your card upon completion
- ▶ Financial help with tools and equipments, such as work boots and hard hats



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 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.”

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.”

Hastings CFO Activity Hub

6-7 Cornwallis Street
Hastings TN34 1SS

E: hastings.hub@interventionsalliance.com

T: 01424 619 618

www.interventionsalliance.com

