

Warrington CFO Activity Hub

Brochure



Contents

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

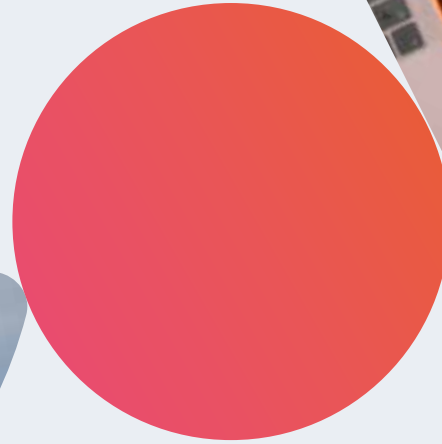
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The hub will offer you the chance to learn new skills, take part in activities that aim to support your personal rehabilitation journey and spend time with people who understand what it takes to make a change.

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



What the hub can offer you



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

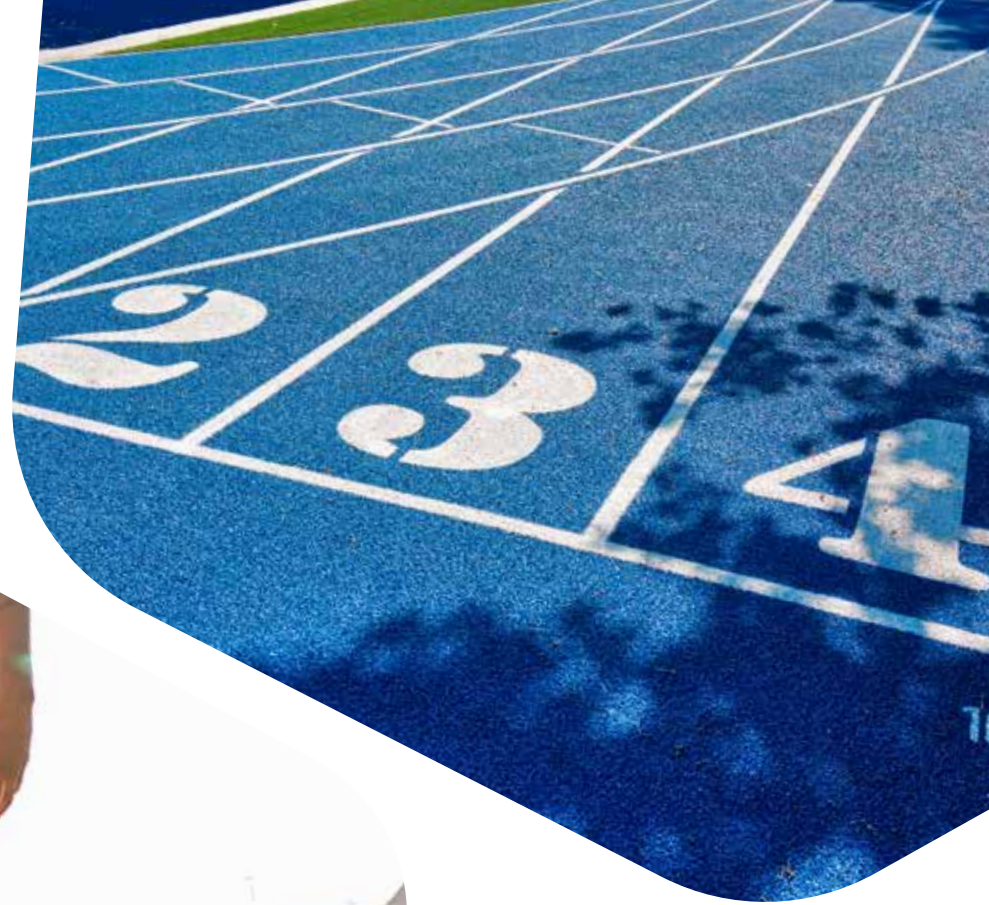
- ▶ Digital courses
- ▶ Cooking
- ▶ Bike mechanics
- ▶ Volunteering opportunities
- ▶ Drama

- ▶ Music and dance
- ▶ Photography
- ▶ Media
- ▶ Social skills
- ▶ Mindfulness

Sports

Taster sessions on:

- ▶ 5-a-side football
- ▶ Badminton
- ▶ Short form cricket
- ▶ Rounders
- ▶ Cycling, and more...



The hub garden

Bring your green fingers to an open gardening session with Activate

- ▶ Participate in our community garden, planted with shrubs, flowers, fruit and vegetables
- ▶ Become inspired through guided sessions with a professional landscape gardener
- ▶ Up-cycle and re-purpose garden furniture
- ▶ Participate in outdoor events, such as the Hub barbecues!
- ▶ Work placement opportunities



Use the kitchen

- ▶ Gain Food Safety and Hygiene certificates
- ▶ Cook recipes from different cultures
- ▶ Explore cooking on a budget
- ▶ Develop confidence in preparing food



Hub fishing club

- ▶ Learn correct fishing techniques and how to assemble equipment with one-to-one tutoring
- ▶ Participate in coordinated joint fishing trips
- ▶ Develop your concentration and relaxation skills



Arts and crafts

- ▶ Clay bowl making
- ▶ Up-cycling
- ▶ Marbling
- ▶ Sewing
- ▶ Knit and natter
- ▶ Card making
- ▶ Salt dough making



The hub bike workshop

Providing essential cycling and bike management skills

- ▶ Learn to repair and maintain your own bike
- ▶ Develop an understanding of bike first aid and best practices
- ▶ Become proficient in performing an MOT on your own bike
- ▶ 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



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

with Standguide and
RIFT Social Enterprise

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

Attending the hub

- ▶ 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

- ▶ The fire exit is located at the entrance of the building
- ▶ First aid kits available in the kitchen, upstairs group room and the staff room
- ▶ Alert a member of staff if first aid is required
- ▶ The evacuation point is at the corner of Suez Street and Bold Street, Palmyra Gardens



What participants say about the hub

“You should be celebrating world kindness day, because this is the kindest place on earth!”

“Thank you for your support it really is appreciated.”

“This is such a welcoming and friendly environment. It means a lot – thank you!”

What participants say about the hub

“Because you have a great place of welcoming, caring people. I have become to love you all.”

“I get such a good vibe from you and the hub. I want to give back and say thank you!”

“I just wanted to say thank you to you and the team for making me feel so welcome and feeling like a member of society again, it means a lot.”

What participants say about the hub

“This is such a welcoming
and friendly environment.
It means a lot – thank you.”

“it’s like your
second home.”

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