



Self: Activities that work on the individual



Relationships: Activities that work with peers/families/friends



Society: Activities contributing to the community outside of the CFO Activity Hub

July – WEEK 1



CFO Activity Hub Plymouth
23 Princess Street, Plymouth, PL1 2EX
plymouth.hub@Seetec.co.uk
07955 442407

July is Disability Pride Month. It's an important moment for disabled people to come together as a community. An opportunity to share experiences and start conversations. It's a celebration of the creativity, resilience, and achievements of disabled people.



This programme is delivered by HMPPS CFO

Monday 29th	Tuesday 30th	Wednesday 1st	Thursday 2nd	Friday 3rd
Emotional Resilience & Coping Skills 10:00 – 11:00 	Stand Out and Get Hired 10:00–12:30 CV writing Cover Letter Interview Prep Job Search 	Breakfast Bites & Career Insights 10:00–11:00 	Hub Closed Staff Training 10:00–11:00	Breakfast Club 10:00–11:00 
Healthy Cooking 11:00 – 12:30 		Wellness Wheels 11:00–12:30 	Ready, Set, Apply! 11:00–12:30 	Navigating Support Services 11:00–12:30 Helping you find the right local service to support your journey 
Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00
Money Management & Budgeting 13:00 – 14:00 	Arts & Crafts 13:00–14:30 Let's decorate the plant pots that house our vegetables & herbs 	Substance Misuse 13:00–14:00 	Flats & Facts 13:00–14:00 	Boules 13:00–14:00 Taking this one outside for a game of Boules 
Own Your Strengths 14:00–15:30 Self Belief & Strength Identification 	Self Employment 13:00–14:00 Explore your pros and cons of Self Employment 	Baking 14:00–15:30 Australia – Anzac Biscuits 	Learn Lounge 14:00 – 15:30 	Friday Fun 14:00–15:00 



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July – WEEK 2



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Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th
Understanding Stress & Coping Strategies 10:00 – 11:30 	Mindful Men 10:00–11:00 	Breakfast Bites & Career Insights 10:00–11:00 	Vision Board 10:00 – 11:00 	International Breakfast 10:00–11:30 Spanish Omelette 
Health with Hayley 11:30–12:30 Short Circuits with healthy movements 	French Themed Cooking 11:00–12:30 On our world cup journey, today we indulge in French food 	Ready, Set, Apply! 11:00–12:30 	Wellness Walk 11:00–12:30 Collect items for our recycling arts & crafts project 	Personal Projects 11:30–12:30 
Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00
Women's Careers and Connect 13:00–15:30 Employment Budgeting & Finances Accommodation Wellbeing & Mindfulness Arts & Crafts 	Stand Out & Get Hired 13:00–15:30 CV writing Cover Letter Interview Prep Career Exploration Job Search 	Hobby Hub 13:00–14:30 Share one of your hobbies with the group and learn something new 	Over 50's Focus 13:00–14:00 	Hub takes Wimbledon 13:00–15:00 We don't have a tennis court, but we do have table tennis! Join us for a table tennis tournament to mark Wimbledon 
		Skittles 14:30 – 15:30 	Arts & Crafts 14:00–15:30 	



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July – WEEK 3



CFO Activity Hub Plymouth

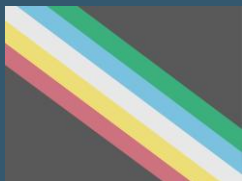
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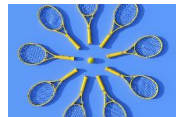
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Monday 13th	Tuesday 14th – International Non-Binary Peoples day	Wednesday 15th	Thursday 16th	Friday 17th
Participant Forum 10:00–11:30 Eat breakfast and explore what CFO can do better 	Women's Careers and Connect 10:00–12:30 Employment Budgeting & Finances Accommodation Wellbeing & Mindfulness Arts & Crafts 	Employment Session with Keith 10:00–12:30 Keith from Seetec Pluss is joining us to support your transition into work 	Stand Out and Get Hired 10:00–12:30 CV writing Cover Letter Interview Prep Job Search 	Breakfast Club 10:00–11:00 
Thinking Differently 11:30–12:30 Thinking Styles and Thought reframing 				Navigating Support Services 11:00–12:30 Helping you find the right local service to support your journey 
Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00
Wellness Walk 13:00–14:00 	International Non-Binary Awareness 13:00–14:00 Learn about why awareness is so important 	Future Focus 13:00 – 14:00 	Arts & Crafts 13:00–14:30 Make some art using the collected materials from the wellness walk 	Sports 13:00 – 14:00 Table Tennis or Skittles 
Ready Steady Cook 14:00–15:30 Make a meal with ingredients from around the world 	Board Games 14:00–15:00 	Mapping Your Connections 14:00–15:30 Map out & Learn from your connections. 	Understanding disclosure 14:30 – 15:30 	World Cup Final Social 14:00 – 15:00 



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July – WEEK 4

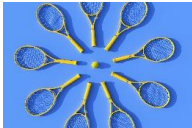


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Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd – Commonwealth Games Opening	Friday 24th
Ready Set Apply 10:00–11:30 	National Career Service 1-1s 10:00 – 17:00 Gain 1-1 support from Ian who can help create an action plan for your employment goals . 	Breakfast Bites & Career Insights 10:00–11:00 	Commonwealth Games – Hub Style 10:00–12:30 	Breakfast Club 10:00–11:00 
Mindful Men 11:30–12:30 		Flats & Facts 11:00–12:30 		Employment Focus 11:00–12:30 
Closed 12:30 – 13:00		Closed 12:30 – 13:00	Closed 12:30 – 13:00	Closed 12:30 – 13:00
Boules 13:00–14:00 	1-1s with Tui 10:00–16:00 Meet with our CFO Employment Navigator, Tui, talking all things employment. 	Hobby Hub 13:00–14:30 Share one of your hobbies with the group and learn something 	Wellness Walk 13:00–14:00 	Sports 13:00–14:00 Table Tennis or Skittles 
Batch Cooking 14:00–15:30 		Book Club 14:30–15:30 	Personal Projects 14:00–15:30 	Fri-Yay Social 14:00–15:00 Board Games & Puzzles 



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Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st
Peer Supporter Course 10:00 – 15:00 Interested in being a peer supporter at the CFO activity Hub? Speak with Dayna and book your spot on the course to understand safeguarding, confidentiality and what it means to be a peer supporter. 	Stand Out & Get Hired 10:00-12:30 CV writing Cover Letter Interview Prep Job Search 	Women's Careers & Connect 10:00-12:30 Employment Budgeting & Finances Accommodation Wellbeing & Mindfulness Arts & Crafts 	DWP Drop In 09:00 – 12:00 	Breakfast Club 10:00-11:00 
	Closed 12:30 – 13:00	Closed 12:30 – 13:00	Digital Skills 11:00 – 12:30 Learn how to use a computer or gain support with online registration forms 	Navigating Support Services 11:00-12:30 Helping you find the right local service to support your journey 
	Picnic Prep 13:00 – 14:00 	Over 50's Focus 13:00 – 14:00 	Baking 13:00-14:30 	Board games 13:00-14:00 Board Games & Puzzles 
Wellness Walk – Litter Picking 14:00-15:00 	Picnic 14:00 – 15:30 	Family Tree 14:00-15:30 Delve back into your family past to understand where you come from. 	Finding Your Boundaries 14:30-15:30 Understanding your own personal boundaries and those you hold with others. 	Friday Fun Quiz 14:00-15:00 