



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

June – WEEK 1

National Volunteers Week



June is PRIDE month and here at the Plymouth CFO Activity Hub we are promoting inclusion, respect and equality for all.

Ask your Support Worker for more information.



You Said, We Did!














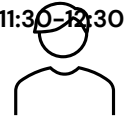


















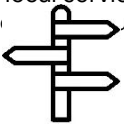













You missed the litter picking walks, so we have brought back a

dedicated session to support your local community.

Also look out for cooking sessions from around the world focusing on food from the countries participating in the football world cup.



This programme is delivered by HMPPS CFO

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
<p>Participant Forum 10:00 – 11:30 Peer Supporter Celebration</p>  	<p>Stand out, Get Hired 10:00 – 12:30 CV Writing Cover Letters Interview Prep Career Exploration Job Search</p>    	<p>Employment Focused 1-1s 10:00 – 12:30 Meet with our CFO Employment Navigator, Tui, talking all things employment</p>   	<p>Breakfast Bites & Career Insights 10:00 – 11:00</p>  	<p>International Breakfast 10:00 – 11:00 Shakshuka from Tunisia</p>  
<p>Personal Projects 11:30 – 12:30</p>  	   	  	<p>Ready, Set, Apply 11:00 – 12:30 Support with Job Applications</p>  	<p>Sports 11:00 – 12:30 Table Tennis or Skittles</p>  
<p>Litter Picking 13:00 – 14:30 Take a walk and help clean up your community</p>  	<p>Self Employment 13:00 – 14:00 Explore your pros and cons of Self Employment</p>  	<p>Explore Volunteering 13:00 – 14:30 Not ready for paid work? Let's explore other opportunities!</p>  	<p>Navigating Support Services 13:00-14:00 Helping you find the right local service to support your journey</p>  	<p>LGBTQ+ Myth-Busting Quiz 13:00 – 14:00</p>  
<p>Health with Hayley 14:30 – 15:30 Short Circuits with healthy movements</p>  	<p>Baking 14:00 – 15:30 Galletas de Maicena – Brazilian Cookies</p>  	<p>Garden Party 14:30 – 15:30 Plant some herbs that will later be used to cook at the Hub!</p>  	<p>Over 50's Focus 14:00 – 15:30 What might you like to try at the Hub?</p>  	<p>Fri-Yay Social 14:00 – 15:00 Board Games &</p>  

June – WEEK 2

Opening of the Football World Cup
Men's Mental Health Week







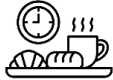



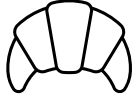



















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Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th –	Friday 12th
<p>Women's Careers and Connect 10:00 – 12:30</p> <p>Employment Budgeting & Finances Accommodation Wellbeing & Mindfulness Arts & Crafts</p>  	<p>1-1 appointments with National Careers Service 10:00 – 16:00</p>  	<p>Breakfast Bites & Career Insights 10:00 – 11:00</p>  	<p>Stand out Get Hired 10:00 – 12:30</p> <p>CV Writing Cover Letters Interview Prep Career Exploration Job Search</p>  	<p>Breakfast Club 10:00 – 11:00</p>  
<p>Wellness Wheels 13:00 – 14:00</p> <p>Join us for a bike ride around the local community</p>  		<p>Healthy Cooking 11:00 – 12:30</p> <p>Learn how to make a balanced healthy meal</p>  	<p>Money Management & Budgeting 13:00 – 14:30</p>  	<p>Flats and Facts 13:00-14:00</p> <p>Accommodation support session</p>  
<p>Communication Skills 14:00 – 15:30</p> <p>Understanding the different communication styles</p>  		<p>Digital Skills 14:30-15:30</p> <p>Learn how to use a computer or gain support with online registration forms</p>  	<p>Mindful Men 14:00 – 15:30</p> <p>Mindfulness techniques to help you slow down and reflect</p>  	<p>Ready, Set, Apply! 13:00-14:00</p> <p>Apply for jobs and get the weekend off to a positive start!</p>  
				<p>Football Quiz & Games 14:00 – 15:00</p> <p>Celebrate the kickoff of the World Cup</p>  

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Ask your Support Worker for more information.



You said, We did!

Wellness Wheels are back!

Now the weather has improved, we have brought back a cycling session.





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June – WEEK 3

UK Learning Disability Week



Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
Hub Closed – Staff Meeting	Hub Closed – Staff Meeting	Breakfast Bites & Career Insights 10:00 – 11:00 	DWP Drop In 09:00 – 12:00 	Breakfast Club 10:00 – 11:00
		Stand Out, Get Hired 11:00–12:30 CV writing Cover Letter Interview Prep Job Search 	Employment Focused 1-1s 10:00 – 12:30 Meet with our CFO Employment Navigator, Tui, talking all things employment 	Navigating Support Services 11:00–12:30 Helping you find the right local service to support your journey
		Rock Painting 13:00 – 14:30 Decorate rocks to put into the community and brighten someone's day! 	Themed Cooking 13:00 – 14:30 Make a national dish from one of the participating world cup teams 	Sports 13:00 – 14:00 Table Tennis or Skittles
		Over 50's Focus 14:00 – 15:30 Try something new! 	Identifying & Managing Emotions 14:30 – 15:30 	Upcycling Arts & Crafts 14:00 – 15:00

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You said, We did!

We have brought back the rock painting session. We will decorate and distribute them into the community the following week.





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June – WEEK 4



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You said, We did!

Personal Projects has been missed, so we've brought back focused time for you to work on something important to you.



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Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	
<p>Ready, Set, Apply 10:00-11:30</p>  	<p>Hub Closed – Staff Training</p>			<p>Breakfast Club 10:00 – 11:00</p>  	
<p>Ready, Steady Cook 11:30-12:30</p> <p>Let's cook with some international ingredients from around the world</p>  			<p>CSCS Course</p> <p>Speak to your Support Worker to be booked on 09:00 – 16:00</p> 	<p>CSCS Course</p> <p>Speak to your Support Worker to be booked on 09:00 – 16:00</p> 	<p>Book Club 11:00 – 12:30</p> <p>Celebrate the 'Year of Reading'</p>  
<p>Wellness Walk 13:00 – 14:30</p> <p>Place painted rocks back into your local community and brighten someone's day!</p>  			<p>Personal Projects 13:00 – 14:00</p> <p>Focus on something important to you</p>  		<p>Friday Fun 14:00 – 15:00</p> <p>Friday Fun quiz is back!</p>  
<p>Board Games 14:30-15:30</p> 