

AHFO ACTIVITIES



Dates: W/C 25/09/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Hub Introduction

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Hub Introduction

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Newsham park

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 02/10/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

FOOD ALLERGY
TESTING & NUTRITION
3.30pm - 4.30pm
Louise Cooke

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Astrology - Kerry
Proudman

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Healthy Cooking
Hayley Tait (Wavertree)

THURSDAY

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Slot Taken

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Litter Pick - Andrew
Murphy

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 09/10/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Mindfulness - Amanda
Williams

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Drama Group
Katie Heywood

THURSDAY

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Slot Taken

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Group Discussions

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 16/10/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

FOOD ALLERGY
TESTING & NUTRITION
3.30pm - 4.30pm
Louise Cooke

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Mindfulness - Amanda
Williams

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Drama Group
Katie Heywood

THURSDAY

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Slot Taken

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Group Discussions

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 23/10/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

FOOD ALLERGY
TESTING & NUTRITION
3.30pm - 4.30pm
Louise Cooke

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Mindfulness - Amanda
Williams

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Drama Group
Katie Heywood

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Slot Taken

GROUP CANCELLED
DUE TO HALF TERM
PLANS

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

REG. CHARITY NO 1180688

AHFO ACTIVITIES



Dates: W/C 30/10/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6-15 Year Olds

OCTOBER HALF TERM

AHFO ACTIVITIES



Dates: W/C 06/11/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

NO GROUPS

TUESDAY

COFFEE MORNING
10.00am - 12.00pm

AHFO NEW
BENEFICIARY
INDUCTION
1.30pm - 2.45pm
Kevin Morland

10-15YR GROUP 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Astrology
Kerry Proudman

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 2
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Cooking Hayley Tait
Wavertree

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Slot Taken

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Group discussions

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 13/11/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm
Massage therapy
Maureen Gildea

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Yoga
Emma Dalton

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Drama
Katie Heywood

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Slot Taken

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Lifestyles

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 20/11/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

COFFEE MORNING
10.00am - 12.00pm
Massage therapy
Maureen Gildea

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Music Tony Gallagher

10-15YR GROUP 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Group discussions

6-9 YR OLD GROUP
4.30pm - 6.15pm
Mindfulness

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Available

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
*Positive community
action*

AHFO ACTIVITIES



Dates: W/C 27/11/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm
Massage therapy
Maureen Gildea

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Amanda Williams
Relaxation of the mind

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Drama
Katie Heywood

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Available

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Health & Well being
Kirkdale boxing

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 4/12/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

6-9 YR OLD GROUP
4.30pm - 6.15pm

TUESDAY

COFFEE MORNING
10.00am - 12.00pm
Massage therapy
Maureen Gildea

AHFO NEW
BENEFICIARY
INDUCTION
1.30pm - 2.45pm
Kevin Morland

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Kerry Proudman
Astrology

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Healthy Cooking
Hayley Tait

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

1-1 EMPOWERMENT
COACHING
1.30pm - 2.45pm
Kevin Morland
Available

10-15YR GROUP 2 & 3
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Group Discussions

FRIDAY

BEREAVEMENT
SUPPORT GROUP
10.00am - 12.00pm

AHFO ACTIVITIES



Dates: W/C 11/12/23

AHFO Community Hub 657-659 West Derby Rd Liverpool L13 8AG

MONDAY

FOOD ALLERGY
TESTING & NUTRITION
3.30pm - 4.30pm
Louise Cooke

6-9 YR OLD GROUP
4.30pm - 6.15pm
Arts & Crafts

TUESDAY

COFFEE MORNING
10.00am - 12.00pm
Bingo & Mince pies!!

AHFO NEW
BENEFICIARY
INDUCTION
1.30pm - 2.45pm
Kevin Morland

10-15YR GROUP 2
4.45pm - 6.30pm
ACCREDITED
PROGRAMME
Arts & Crafts

WEDNESDAY

SCOUSE
KNIT & NATTER
10.00am - 12.00pm

10-15YR GROUP 3
4.30pm - 6.30pm
ACCREDITED
PROGRAMME
Arts & Crafts

THURSDAY

RELAXATION OF THE
MIND
10.30am - 12.30pm
Amanda Williams

10-15YR GROUPs
1 2 & 3
5.00pm - 7.00pm
Kids Christmas Party

FRIDAY