Hello, Dimitris.

I would like to add, that it is possible to use CMake build system to generate Code::Blocks project files. You could see how to do this based on "Building TheIDE with using CMake" topic (by using gen_CodeBlocks.bat batch file).
From my side, I could add, that it is also possible to use QT Creator IDE, Eclipse CDT, Microsoft Visual C++, etc. with using CMake. So, it is possible to look U++ sources from different point of view. But still, if you want to understand how to use U++ (documentation, layout editor, assemblies and nests organization, etc.), I recommend to start with TheIDE.