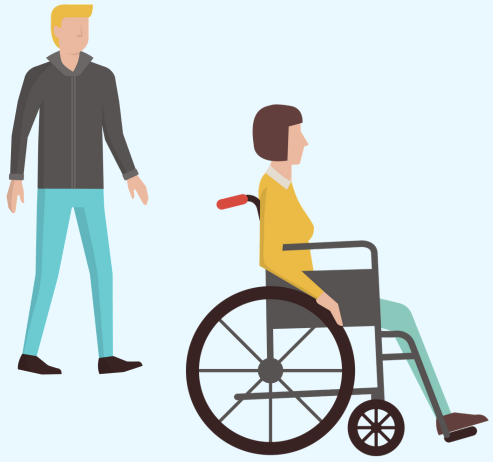
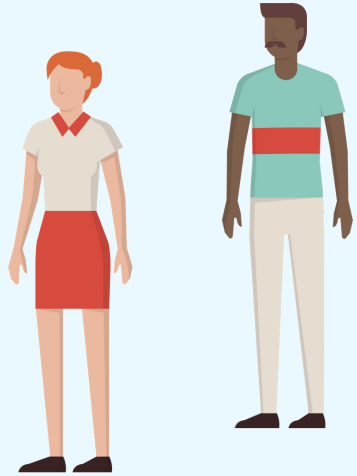
WORKING FOR HEALTH

Work Place Prospectus

Summer Term 2020





WORKING FOR HEALTH
action towards inclusion
COMMUNITY FUND
European Union
European Structural and Investment Funds
HLC Humber Learning Consortium Passionate about learning
UnLtd Award Winner

Welcome to the Summer 2020 edition of our Work Place Prospectus...

And this time we are taking the full prospectus online - at least for the time being.

Due to the uncertainty surrounding the easing of lockdown restrictions, our Summer prospectus will run online until mid July. We hope by then we will have a clear idea of the way forward and when we might be able to hold our sessions in person again. As soon as we are able, we will return to face to face delivery. Whether online or face to face, we will deliver our workshops over three terms in the calendar year, as originally planned. This will be enhanced by a more ad-hoc programme of holiday workshops during August.

These workshops are exclusively for our members, volunteers and staff and aim to provide an opportunity to learn and develop skills and confidence - when the time is right for you.

Our aim is to provide a balance in terms of learning skills associated with applying for work and creative and wellbeing activities designed to enrich our lives and promote good mental health. We hope this will instil a good work/life balance for all involved, whichever stage of the journey you are on.

Each workshop or series of sessions will be led by staff and volunteers: groups will be small and welcoming. Learning styles and needs will always be taken in to account. If you have any questions about delivery methods or need to notify us of an adjustment you may need, please don't hesitate to contact us and we will be happy to have a chat and see what we can do to help.

We are currently using Zoom to deliver our online sessions and the feedback so far has been really positive. We can assist anyone who hasn't used Zoom before to get set up ready for a session.

Health and Wellbeing

Introduction to Psychology

A six week programme providing an informal and interactive introduction to some of the key areas in the study of Psychology. Although this is not an accredited course, each session is supported by a learner workbook and you will have the chance to gain a well-rounded knowledge of the subject; perfect for moving on to further study or just for personal development/interest.

Weekly Wellbeing

Looking after our physical and mental wellbeing is so important for us all, especially during the current challenges. Our Weekly Wellbeing group blends content on sleep, nutrition and exercise with mindfulness, meditation and emotional wellbeing. Led by staff and volunteers, this group is a chance to experience support and guidance and share suggestions and tips with each other. We can help you create a self-care toolkit that works for you.

The Work Place Drop-In

Because we are currently unable to allow access to The Work Place (our fabulous drop-in facility) in person, we have created these weekly drop-in sessions in order to give our members the opportunity to maintain connections and feel supported and inspired by each other. Each week sees a small group gather on Zoom to chat about a variety of topics. The sessions are relaxed and welcoming and we would love you to join us. Attend as many weeks as you like - no obligation, just drop in!

Vocational Training

The Care Certificate

Developed by Health Education England, Skills for Care and Skills for Health, the Care Certificate is an identified set of standards that health and care professionals adhere to in their daily working life.

The Care Certificate is made up of 15 Standards, taught one per week. As the course is run continuously on a cycle, you can join at any time.

Upon completion of the Care Certificate you will have the recognised skills and knowledge to enable you to obtain roles within the field of Health and Social Care.

The Arts

Make Some Noise!

Our weekly music group where everyone is welcome - any instrument, any voice, any level.

A mixture of practising songs (with a view to performing when we are all able to get together after lockdown), general discussion and sharing of songs and ideas. We share different styles and types of music so whatever genre of music you enjoy, new members are always welcome.

Digital Skills

Staying Connected

Now more than ever, we rely on technology to keep us connected with friends, family, colleagues, hobbies - the list goes on.

Using sites such as Zoom has now become commonplace as our homes turn into offices, music venues and virtual meeting places. If, like many of us, you are still trying to work out the best way to keep connected, this workshop aims to explain your options and help you to understand how to use the different sites and platforms effectively.

Searching for Work

Applying for Work during Lockdown

As with so many of the activities we took for granted before, the type of work available and how we apply for work has had to change in recent times. This session aims to help you understand what kind of roles are out there, how to find them, and how to navigate through online recruitment processes such as telephone and video interviews.

How do I sign up?

If you would like to apply for any of the workshops please email **hello@workingforhealth.co.uk** stating which sessions you are interested in.

You will then be notified by email if you have a place on the session(s) you have requested.

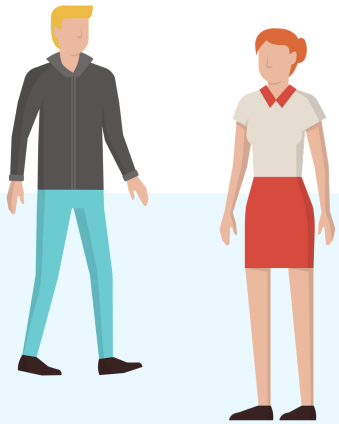
The timetables for all of the workshops are on the following pages.

Places will be allocated on a first come, first served basis. If you can no longer attend a session please let us know as soon as possible so that we can allocate your place to someone else.

Links to the sessions are usually sent out by email the day before they take place.

We hope you enjoy our new prospectus and look forward to seeing you (virtually) very soon.

The Working for Health Team



2020

May

S	M	T	W	T	F	S
					1	2
3	4 Intro to Psychology Week 1 1.30-3	5 Care Certificate Fluids & Nutrition 10-12	6 The Work Place Drop-in 1-2	7		9
10	11 Intro to Psychology Week 2 1.30-3	12 Care Certificate Health & Safety 10-12	13 The Work Place Drop-in 1-2	14 Staying Connected 11-12.30	15 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	16
17	18 Intro to Psychology Week 3 1.30-3	19 Care Certificate Handling Information 10-12	20 The Work Place Drop-in 1-2	21	22 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	23
24		26 Care Certificate Mental Health 10-12	27 The Work Place Drop-in 1-2	28	29 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	30

2020

June

S	M	T	W	T	F	S
	1 Intro to Psychology Week 4 1.30-3	2 Care Certificate Learning Disabilities 10-12	3 The Work Place Drop-in 1-2	4 Applying for Work During Lockdown 11-12.30	5 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	6
7	8 Intro to Psychology Week 5 1.30-3	9 Care Certificate Understand Your Role 10-12	10 The Work Place Drop-in 1-2	11	12 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	13
14	15 Intro to Psychology Week 6 1.30-3	16 Care Certificate Personal Development 10-12	17 The Work Place Drop-in 1-2	18	19 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	20
21	22	23 Care Certificate Safeguarding Adults 10-12	24 The Work Place Drop-in 1-2	25 Staying Connected 11-12.30	26 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	27
28	29	30 Care Certificate Safeguarding Children 10-12				

2020

July

S	M	T	W	T	F	S
			1 The Work Place Drop-in 1-2	2	3 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	4
5	6	7 Care Certificate Communication 10-1	8 The Work Place Drop-in 1-2	9	10 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	11
12	13	14 Care Certificate First Aid 10-1	15 The Work Place Drop-in 1-2	16	17 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	18
19	20	21 Care Certificate Infection Control 10-1	22 The Work Place Drop-in 1-2	23	24 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	25
26	27	28 Care Certificate Duty of Care 10-1	29 The Work Place Drop-in 1-2	30	31 Make Some Noise! 12.30-1.30 Weekly Wellbeing 2-3.30	

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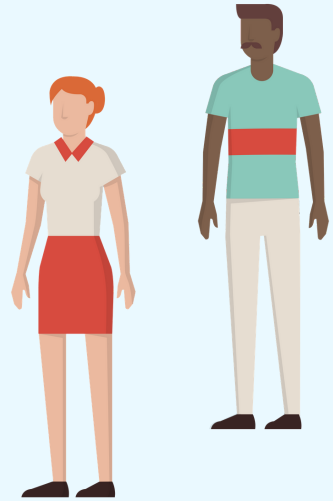

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