



# Prospectus

Summer Term 2021



UnLtd ★ Award Winner

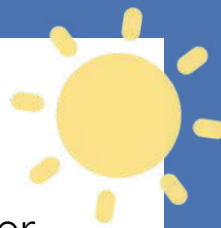


European Union  
European Structural  
and Investment Funds



Bridging the gap between mental health  
and employment services

## Welcome to the Summer 2021 edition of our Prospectus.



Thank you to those of you who attended one (or more) of our workshops last term and welcome to those of you who are new to our prospectus. And thank you to our competition winner Kelly for the beautiful artwork featured on our front cover, we hope you agree it looks fantastic.

As we look towards the next phase of government guidelines and the world opening up once more, we will initially continue to provide this Summer prospectus online. As soon as we are able, we will introduce in-person workshops and so we anticipate that this prospectus will have an element of fluidity in terms of delivery methods and will evolve and develop as the weeks go by.

What we have proven during the various lockdowns and restrictions is that we have the creativity, resilience and desire to adapt to any given situation. We couldn't do this without the support of our incredible members, volunteers and staff team and a huge thank you goes to each and every person who has contributed.

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.

# Zoom Guidelines

We are currently using Zoom to deliver our online sessions and can assist anyone who hasn't used Zoom before to get set up ready for a session. We want you all to have a positive and safe experience - essentially you are letting us all into your home so there are a few considerations to make;

- Consider what is in the view of the camera and make sure you are comfortable with everyone seeing, both in terms of your attire and what is in your surroundings.
- Consider editing your name if you do not want your full name to be displayed on screen.
- Respect the privacy of your fellow attendees by ensuring anyone else in your household cannot listen to the content of the sessions, particularly at things like the drop-in where we may be discussing things personal to us. Do not disclose what has been discussed to anyone else.
- Ensure children are safeguarded by not allowing them to be visible on screen. If you need to attend to your children/pop out of the session, make sure you know how to mute yourself and hide your video if necessary.
- Allow everyone the time and space to speak and always respect the views and opinions of others.
- Give consideration to what you say - do not talk about anybody who is not present, avoid using offensive language or including subject matter that others may find challenging or inappropriate.

Don't worry about remembering all of this, we will recap for you at the beginning of each session.

# Your Feedback

We continue to get some wonderful feedback about our online delivery and we consider carefully every comment and suggestion put forward.

Here is what our members had to say;

I learnt that my tiredness during the day may be due to worrying too much about something like the job centre or other appointments. Writing down my worries before going to sleep may help in calming my anxiety helping me to sleep better. I also learned for myself I am buying too many sweets and I need to start drinking water. It was interesting to see that everyone who attended had different areas they would like to work on.

**Focus on Wellbeing**

Setting the pattern of a weekly recital was a definite step forward in raising our musical 'game' and working towards a study goal. Working towards self-improvement and growing in confidence, and trying to encourage others to do likewise was, I feel, a real benefit of the musical get togethers, even if we had to do them via Zoom.

**Make Some Noise!**



Very good, the workshop leader was knowledgeable about the subject and always willing to explain more if asked.

### **Secure Your Dream Job Part One**



I thought going on a guided nature walk would have been just walking and nothing else. There was a whole wide range of activities we did including touching 5 things to see what they felt like, having a closer look at the area we were walking in, finding all the different colours you wouldn't normally see unless you looked more closely....we then got to make something from nature with what was around us. I made a big smiley face with a beard to look like me because I enjoyed this workshop more than I thought I would. The workshop leader was great talking and listening to us about how we were thinking and feeling while in this environment and at each stage doing the described activities above. If you haven't done the guided nature walk yet I recommend you do so.

### **Guided Nature Health Walks**



I have thoroughly enjoyed taking part in the Care Certificate session, learning new skills and developing my knowledge in health and social care.

### **The Care Certificate**

I absolutely loved every session of Moving for Health, the sessions were calming and wonderful...I was really pleased with everything we did.

### **Moving for Health**

The group leader was proactive with ideas and engagement with all on the team. We knew what we were doing and when - that was reassuring. I hope I will be able to participate next semester and share art and encouragement with everyone once more.

### **Art for All**



# Applying for Work

## **Secure Your Dream Job**

A two part workshop looking at how to sell yourself effectively on paper. A good CV and well written cover letter will determine whether you advance to the interview stage or not. Whatever stage you are at and whether or not you already have a CV, there will be some useful info and tips for everyone.

## **Tell Me About Yourself**

Often the first question an employer will ask at interview. If you are not prepared this can be one of the hardest questions to answer effectively. What do they want to know? How do I know how much to say? Do I mention my interests outside of work? This workshop helps you to think about what to say and how to say it, relating it all to the area of work you are (going to be) applying for.

## **Competency Based Questions**

One way of an employer working out how you might perform in the role is to ask you questions that require you to provide an example of a time when you have performed a certain task successfully in the past, whether as part of a job or in your personal life. Having practice at these types of questions will alleviate some of the pressure when it comes to preparing for an interview. We show you how to structure your answers to make things easier for you to keep on track.

## **Hired? You Decide: Mock Interview Demonstration**

This one is always good fun - we stage a mock interview and ask you to watch as if you were part of the interview panel. Most of us don't get the chance to see things from the interviewer's point of view so this provides a unique opportunity to spot things that the interviewee does well and things that maybe aren't so good!



# Digital Skills

## **Staying Safe and Connected Online**

Whether you are an experienced internet user or just starting out, this workshop gives valuable information you can use to keep yourself and your personal information safe online.

We also look at how to use social media platforms effectively for business and leisure. Find a new hobby, keep track of local events or stay in touch with family and friends - we can show you how.

## **Effective Jobsearch Online**

Tired of browsing through the same old jobs sites in the same way? This workshop gives you ideas about where to look for work, how to use your time spent online productively and how to increase your chances of spotting that ideal job.

## **Clarity is key to being on top of your finances**

We are delighted that Barclays have agreed to deliver this one off session looking to advise and guide on all things personal finance. If you think you would benefit from some tips and info to help you get on top of things, this could be the session for you. You don't have to be a Barclays customer - this is a session relevant for all, no matter where you bank and your financial position.



# The Arts

## **Platform Poetry**

Another part of our TakeOver Project, we produce straightforward poems for display on the platform at Cottingham Station for the public to read. They can be rap, or comic, or really short, or anything that comes to mind. They are about how we see the world but must have a positive slant. You will have the option to read them out as part of a podcast or live! We'll also look at some modern poetry for ideas and inspiration.

## **Art for All**

A course for anyone of any ability. Each session we'll look at the work of an artist or a style and choose some features to develop. Then we'll have a go at our own, using any medium we each have to hand, from felt tips to oils. This is a relaxed, informal time with music and chat available as we doodle and draw in ways we never expected. And it's non-judgemental, so if you don't know one end of a brush from the other it really doesn't matter a bit. And if you're already a genius, that's okay too.

## **Very Crafty**

Whether you are new to your craft or a master, this group gives you the opportunity to bring along a project you are working on (or want to start) and share tips and chat with fellow craft enthusiasts while you create. The group will have a relaxed and informal vibe with the opportunity to share common interests and be inspired by other members creations.



# The Arts

## **Make a Film**

Part of our TakeOver Project in which members create arts for and through Working for Health. This is your chance to be part of a film crew making a documentary. You can be a Director, Camera Operator or just help out with the many jobs needed to get a scene ready. Of course, you can also present it if you want! You can also learn about software for film editing.

## **Make a Podcast**

Would you like to research and plan a Podcast? Present one? Or simply record one and set up the space ready to work? Part of our TakeOver Project, this is your chance to join a group that will make Podcast documentaries about topics of your choice. At the end of the time we will release the Podcasts so your work will be heard by a wider audience. Whether you fancy presenting, being a guest or helping with the editing, this is a unique chance to try your hand at something different.

## **Game Time**

By popular request, these new fortnightly sessions give our members the chance to come together as a group and play games through our online secure group space. We are starting this group in the virtual world but will look at holding an in-person gathering at our Cottingham base once restrictions are lifted. This will mean that as well as online gaming we can offer a chance to play quizzes/board games.

# The Arts

## **Make Some Noise!**

Our fortnightly music group where everyone is welcome - any instrument, any voice, any level. A mixture of practising songs, 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.

During the pandemic restrictions we have been holding these sessions on Zoom but as soon as we are able to we will be meeting in person to play music together - watch this space!

# 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. As part of this series we provide an optional bookable workbook support session on a Monday where learners can join a small group and get support with their workbook answers.



# Health and Wellbeing

## **Digging for Health**

Weekly sessions at our allotment space close to Newland Avenue in Hull. The benefits of being outdoors, taking part in physical activities and learning about how to grow our own food are huge and we can't wait to get our first full growing season under way. These sessions are your chance to get some fresh air, pitch in and help if you can, and meet up with likeminded members, volunteers and staff to make those much missed social connections.

## **Focus on Wellbeing**

This is a two week workshop series taking place over consecutive weeks with a set schedule covering sleep, nutrition, exercise, mindfulness and emotional wellbeing. Learners will create a self-care toolkit that works for them as individuals and have the option once the sessions are completed to migrate to an exclusive peer-led online (hopefully in person soon) group for ongoing support and accountability.

## **The Work Place Drop-In**

Because we are still 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!



# Health and Wellbeing

## **Moving for Health**

These sessions are an opportunity to take part in a variety of physical activities, designed to get you moving and improve physical and mental wellbeing. The activities will vary but we will ensure the sessions are as inclusive as possible and suitable for all fitness levels. There is no requirement to attend every session but booking is required to ensure we comply with outdoor meeting regulations. The sessions will only begin to take place in person when guidelines allow and until then will be online.

## **Introduction to Counselling Skills and Theory**

A six-week course providing an overview of counselling theory and skills. The sessions will involve a blend of taught theory and small group, interactive skills practice. Although this is a non-accredited course and doesn't provide a licence to practice as a counsellor, the sessions will be supported by a learner workbook and you will have the chance to gain a good foundational understanding of different approaches to counselling and psychotherapy.

## **Cook Along**

These new sessions are designed so that you can cook along with the session leader, following each step and asking questions if you need to. From soda bread to apple cake, the recipes used will be simple and the sessions pitched so that whether you are an experienced baker or a total beginner, you can join in and create your own delicious food. Recipes are sent out in advance so that you have time to purchase your ingredients in time for the session.



# Our Online Meeting Spaces

So what about outside of our workshops when our members want to connect and share common interests?

We have created private servers online for our Working for Health community to use. So far we have created these groups for our Art for All, Focus on Wellbeing, Very Crafty, Make Some Noise! and Game Time participants, as well as a main drop-in space for all members. They have been really successful and it has been wonderful to see how inspiring and supportive these spaces are. The main space is the general hub and we share things like job vacancies, learning opportunities and hobbies with each other, so there is always something to see.

Having access to somewhere we can share outside of the workshops while we can't all be together in person has been fantastic for maintaining existing social connections and making new ones.

We are always open to suggestions for additional topics and spaces and are looking at how we can utilise these online meeting spaces to full effect, both during the current restrictions and beyond.

Look out for more opportunities to join in coming soon!



# How do I sign up?

If you would like to apply for any of the workshops please email [hello@workingforhealth.co.uk](mailto: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 will be sent out by email prior to the session to everyone who has booked a place.

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

*The Working for Health Team*



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	EASTER HOLIDAYS				1	2	3
4	5	6	7	8	9	10	
11	12 TERM STARTS Care Certificate Workbook Support 10-11 Platform Poetry 1.30-3	13 Care Certificate Mental Health 10-12	14 Staying Safe & Connected Online 11-12.30 Drop-in 1-2 Art for All 2.30-4	15 Digging for Health 9.30 & 11.30	16 Moving for Health 10-12 Game Time 12.30-1.30	17	
18	19 Care Certificate Workbook Support 10-11 Cook Along: Soda Bread 12-1	20 Care Certificate Learning Disabilities & Dementia 10-12 Intro to Counselling 1 2.30-4	21 Secure Your Dream Job Part One: CVs 11-12.30 Drop-in 1-2 Art for All 2.30-4	22 Digging for Health 9.30 & 11.30	23 TAKEOVER FESTIVAL		24 TAKEOVER FESTIVAL
25	26 Care Certificate Workbook Support 10-11 Cook Along: Apple Cake 12-1 Money Management with Barclays 2-3	27 Care Certificate Understanding Your Role 10-12 Intro to Counselling 2 2.30-4	28 Secure Your Dream Job; Part 2 11-12.30 Drop-in 1-2	29 Digging for Health 9.30 & 11.30	30 Moving for Health 10-12 Game Time 12.30-1.30		



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9	10 Care Certificate Workbook Support 10-11	11 Care Certificate Safeguarding Adults 10-12 Intro to Counselling 4 2.30-4	12 Tell Me About Yourself 11-12.30 Drop-in 1-2	13 Digging for Health 9.30 & 11.30	14 Moving for Health 10-12 Game Time 12.30-1.30 Focus on Wellbeing 2/2 2-3.30	15
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30	31 HALF TERM					

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	HALF TERM					
6	7 Care Certificate Workbook Support 10-11 Make a Podcast 11-1 Make a Film 1.30-4	8 Care Certificate Infection Control 10-12	9 Staying Safe & Connected Online 11-12.30 Drop-in 1-2	10 Digging for Health 9.30 & 11.30 Very Crafty 2.30-4	11 Moving for Health 10-12 Game Time 12.30-1.30	12
13	14 Care Certificate Workbook Support 10-11 Make a Podcast 11-1 Make a Film 1.30-4	15 Care Certificate Duty of Care 10-12	16 Secure Your Dream Job: Part 1 11-12.30 Drop-in 1-2 Outdoor Art 2.30-4	17 Digging for Health 9.30 & 11.30 Very Crafty 2.30-4	18 Make Some Noise! 12.30-1.30	19
20	21 Care Certificate Workbook Support 10-11	22 Care Certificate Equality & Diversity 10-12	23 Secure Your Dream Job: Part 2 11-12.30 Drop-in 1-2	24 Digging for Health 9.30 & 11.30 Very Crafty 2.30-4	25 Moving for Health 10-12 Game Time 12.30-1.30	26
27	28 Care Certificate Workbook Support 10-11	29 Care Certificate Person Centred Working 10-12	30 Tell Me About Yourself 11-12.30 Drop-in 1-2			

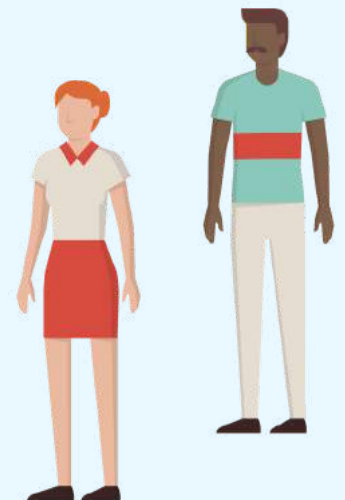
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4	<p>5 Care Certificate Workbook Support 10-11</p>	<p>6 Care Certificate Fluids &amp; Nutrition 10-12</p>	<p>7 Competency Based Questions 11-12.30 Drop-in 1-2</p>	<p>8 Digging for Health 9.30 &amp; 11.30 Very Crafty 2.30-4</p>	<p>9 Moving for Health 10-12 Game Time 12.30-1.30 Focus on Wellbeing 2/2 2-3.30</p>	10
11	<p>12 Care Certificate Workbook Support 10-11</p>	<p>13 Care Certificate Health &amp; Safety 10-12</p>	<p>14 Mock Interview Demo 11-12.30 Drop-in 1-2 Outdoor Art 2.30-4</p>	<p>15 Digging for Health 9.30 &amp; 11.30 Very Crafty 2.30-4</p>	<p>16 Make Some Noise! 12.30-1.30</p>	17
18	<p>19 SUMMER HOLIDAYS</p>	20	21	22	23	24
25	26	27	28	29	30	31



The Station  
Station Road  
Cottingham  
East Yorkshire  
HU16 4LL

01482 242808

[hello@workingforhealth.co.uk](mailto:hello@workingforhealth.co.uk)



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