WORKING FOR HEALTH

Autumn and Christmas 2021

Prospectus

WORKING FOR HEALTH · action towards inclusion · COMMUNITY FUND · thriving at work · Department for Work & Pensions · European Union European Structural and Investment Funds · HLC Humber Learning Consortium Passionate about learning · Better Connect. · Inclusivity Project · Business Awards 2020 · UnLtd Award Winner

Welcome to part 2 of the Autumn prospectus!

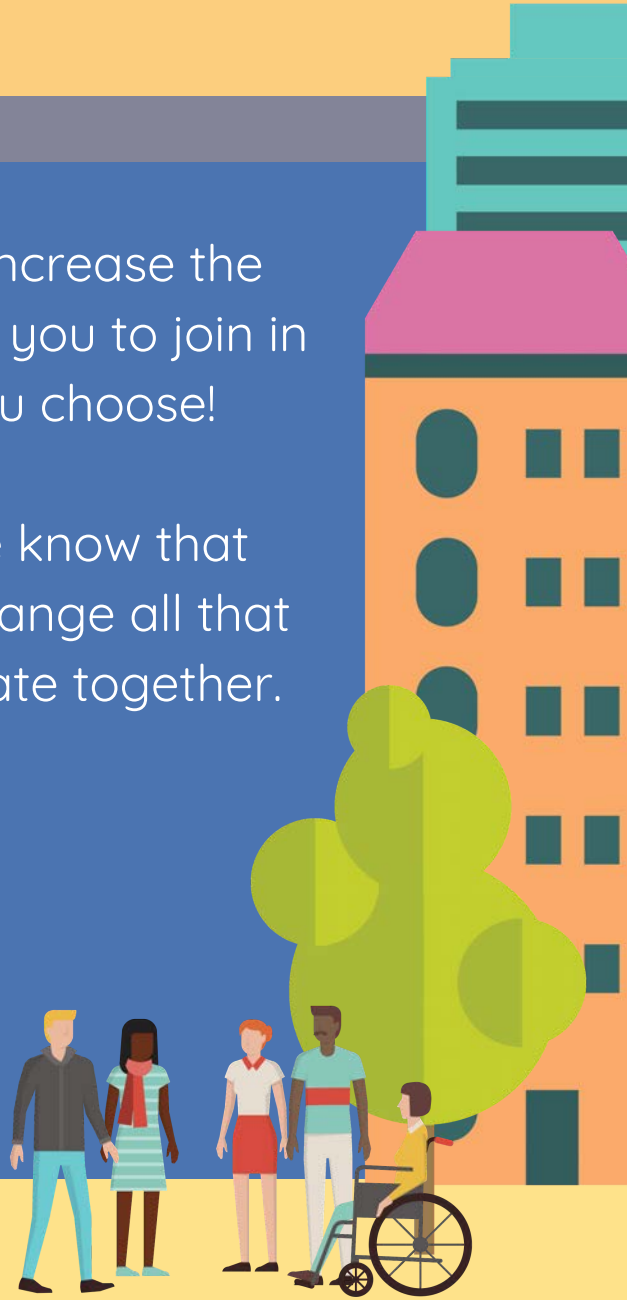
Take a look through and you will see that we are continuing to increase the number of in-person courses but are still providing the chance for you to join in many of the activities from the comfort of your own home. You choose!

The nights are drawing in and Christmas is almost upon us. We know that Christmas can be a tough time for people so we are aiming to change all that with lots of your favourite fun stuff. Plus we have plans to celebrate together.

Read on and join in!

We are all looking forward to seeing you soon!

The Working for Health Team



Workshops and activities At a glance...

Regular events

Mondays:	10-12	Job Search and IT support at The Work Place
	1-3	Job Search and IT support at The Work Place
Tuesdays:	10-12	Care Certificate on Zoom and The Work Place
Wednesdays:	10-11	Job search workshops on Zoom / The Work Place
	2-4	Drop-in on Zoom and in The Work Place
Thursdays:	10-12	Digging for Health at the allotment

Workshops and activities

Fri 5 Nov:	1-3	GameCon at the Work Place
Fri 12 Nov:	1-3	Make Some Christmas Noise at the Work Place
Tue 16 Nov	1-2	Discord gametime
Fri 19 Nov:	1-3	Art for All Christmas Special at the Work Place
Fri 26 Nov:	1-3	GameCon at the Work Place
Fri 3 Dec:	1-3	Make Some Christmas Noise at the Work Place
Fri 10 Dec:	1-3	Art for All Christmas Special at the Work Place
Tue 14 Dec	1-2	Discord gametime
Fri 17 Dec:	11-7	The WfH Christmas Fair

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Where good things happen

The Allotment

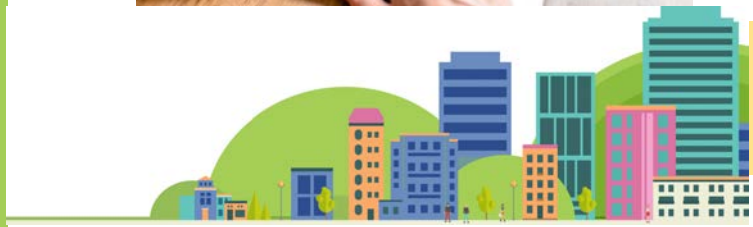
Tavistock Street, Hull

The Work Place

The Station, Cottingham

Online

Via Zoom and Discord



Job search and IT support

at The Work Place

When: Every Monday, 10-12 & 1-3

Leader: Diane

What we'll do: We can help you with job hunting, looking for training or voluntary opportunities in a small group setting. You can also get help with IT and connect to the digital world.

Anything else? Places are limited for each session so book early.

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

The Care Certificate

on Zoom and in The Work Place

When: Every Tuesday, 10-12

Leader: David

What we'll do: There are 15 modules and each week we will look at a different skill for working in Health and social care. Many sessions are suitable for working in any workplace and you are welcome to attend as one offs.

Anything else? After each taught session, there is a workbook to complete. It is a rolling programme so you can join the course at any time.

2nd Nov	Safeguarding Children
9th Nov	Communication
16th Nov	First Aid
23rd Nov	Infection Control
30th Nov	Duty of Care
7th Dec	Equality and Diversity
14th Dec	Working in a person centred way

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Digging for Health

at the Allotment

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When: Every Thursdays 10-12

Leader: Glen

What we'll do: There's always work to do at our allotment. Whether harvesting, digging, weeding or just sharing a cuppa and a chat.

Bring: Gardening clothes - and gloves if you have them.

Anything else? What a terrific transformation is happening! Come and see for yourself.

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Get that Job!

on Zoom and at The Work Place

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When: Every Wednesday, 10-11

Leader: Charlotte

What we'll do: Each week we will look at a different job search skill.

Anything else? You can book for the whole series or just pick up the ones you want.

3rd Nov	CVs
10th Nov	Cover letters
17th Nov	Job search online
24th Nov	Interviews:
	Tell me about yourself
1st Dec	Interviews:
	Tell me about a time when...
8th Dec	Mock Interview demo
15th Dec	Staying safe online

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Drop in

on Zoom and The Work Place

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When: Every Wednesday, 2 - 4

Leader: Glen

What we'll do: provide a social space for you to connect with others, share tips and make new friends. Join in with this lovely, supportive bunch

Anything else? The first hour is for everyone: connecting on line and in person, the second hour is in person only over a cup of tea.

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Art for All Christmas special

at The Work Place.

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When: Friday 19th Nov 1-3
Friday 10th Dec 1-3

Leader: Alan

What we'll do: An informal approach to art which allows you to experiment and meet with others. No need to be an amazing artist, you just have to have an interest. No judgements here!
We will be working on winter and Christmas projects for display (and possibly sale) at the Christmas fair.

Anything else? Bring your choice of art materials. We also have some you can use.

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

GameCon

The Work Place

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When: Friday 26th Oct 1-3
Friday 26th Nov 1-3

Leader: Aaron

What we'll do: Meet in person at the Work Place and play video games. Get competitive or work with others to defeat the bad guys. A great place to make new friends.

Anything else? All skill levels welcome.

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Discord gametime

Online - Discord server

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When: Monthly on a Tuesday

Leader: Aaron

What we'll do: Game online via our Discord server. Vote on the game you want to play - Jackbox party, music quiz, trivia and more.

Anything else? All skill levels welcome.

Connect on line and join in

Tuesday 16th Nov 1-2

Tuesday 14th Dec 1-2

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Make some Christmas Noise

The Work Place

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When: Various Fridays

Leader: Diane

What we'll do: Musicians and singers wanted to create our very own WfH Christmas music group and choir.
There will be 2 rehearsals to choose and rehearse well known Christmas carols and songs and then we get to perform at the Christmas Fair.

Anything else? All skill levels welcome.

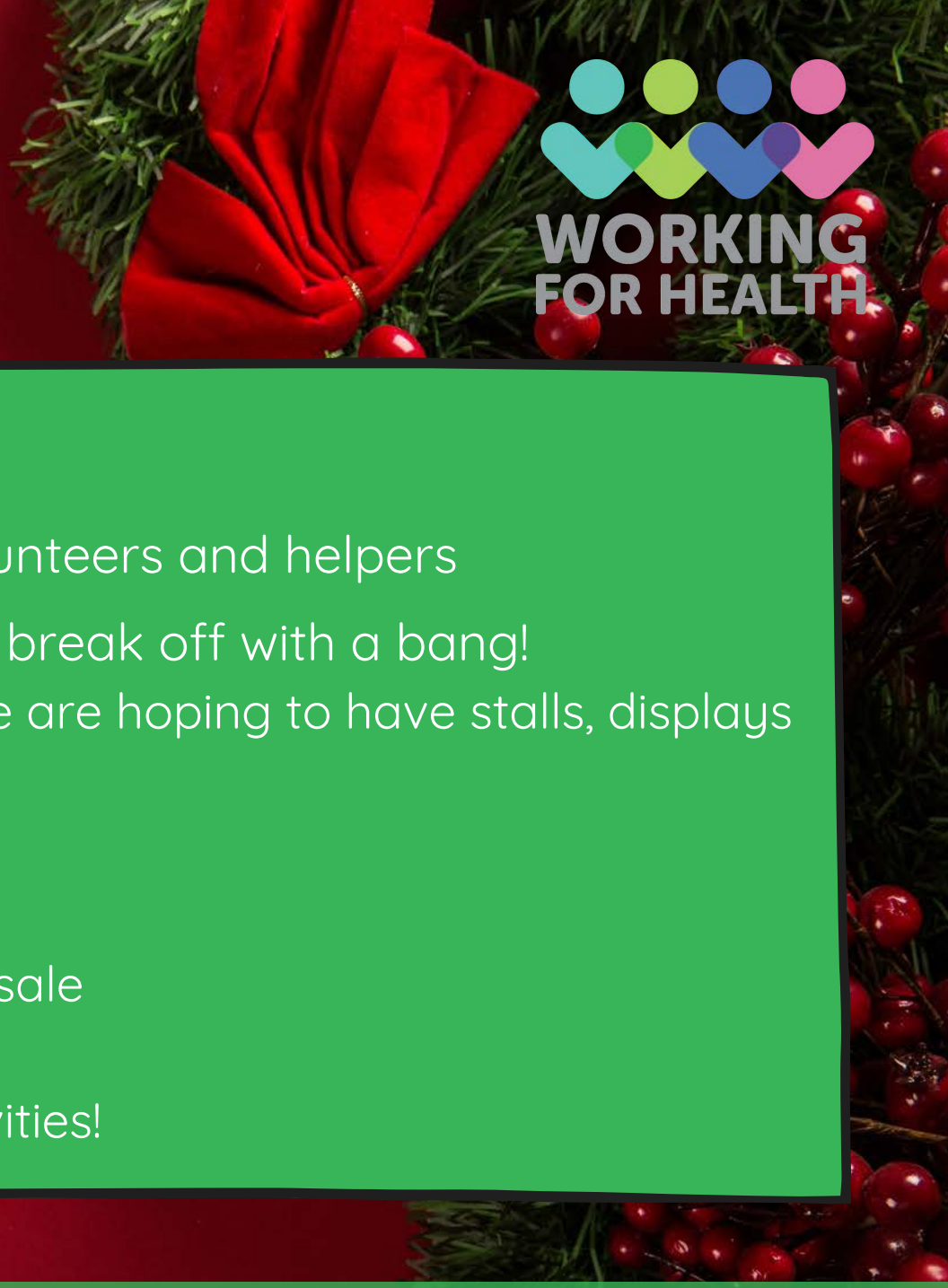
Rehearsals:
Friday 12th Nov 1-3
Friday 3rd Dec 1-3

Performance
small slots throughout the day of the fair:
Friday 17th Dec 12 - 6

Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

Christmas fair

ho! ho! ho!



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When: Friday 17th December

Leader: Alan with help from staff, volunteers and helpers

What we'll do: Let's get the Christmas break off with a bang!
Full details have yet to be decided but we are hoping to have stalls, displays and lots of carols and Christmas songs.
You can get involved in loads of ways:

- Get involved in planning the event
- Submit arts and crafts for display or sale
- Help out on the day
- Just come along and join in the festivities!

Email **hello@workingforhealth.co.uk** if you'd like to get involved or want to know more.

Staying connected

Even from home, through Discord

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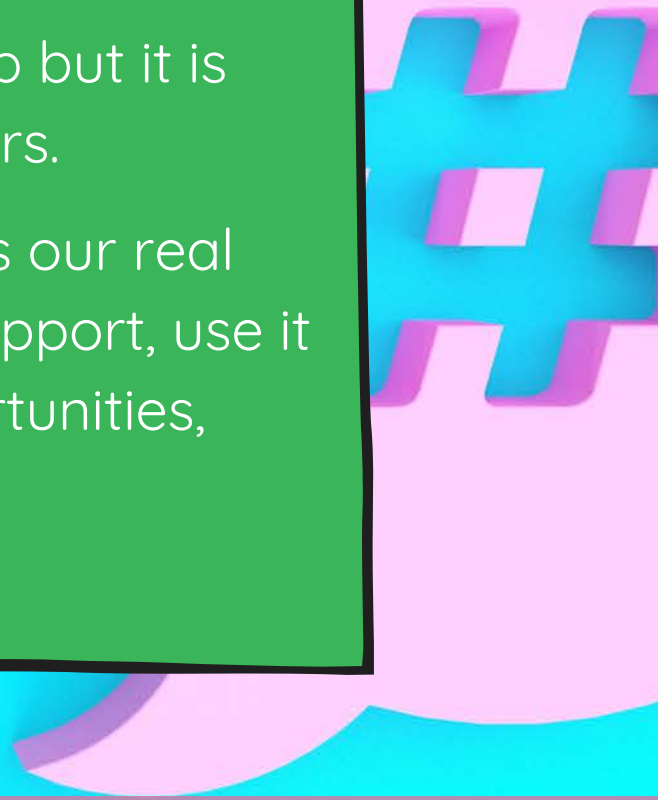
When: You can have access to our Working For Health Discord server at **anytime.**

Leader: None really ... it is a democratic group but it is moderated by our team of wonderful volunteers.

What we'll do: this virtual group complements our real life space - interact with other members, get support, use it as a place to share stories, creations, job opportunities, photos and take part in our discord events.

Anything else? Just be kind to each other!



Email **hello@workingforhealth.co.uk** if you'd like to attend or want to know more.

How to sign up

and other useful information

If you would like to apply for any of the workshops or activities please email **hello@workingforhealth.co.uk** telling us what you are interested in. We will let you know by email if you have a place confirmed and give you more details.

Places will be allocated on a **first come, first served** basis. Please **book early** because if numbers appear to be low the course may be cancelled.

Links to the online sessions and additional information on the workshops are usually sent out by email up to a week before they take place.

If you attend in person, you will need to follow our **Covid precautions.** You can read more about how we are keeping everyone safe here: https://www.workingforhealth.co.uk/covid-19/

If you have a place and **can no longer attend** please let us know as soon as possible so that we can allocate your place to someone else. We sometimes have to run a waiting list.

We look forward to seeing you very soon!

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Get in touch

We'd love to hear from you!

Working for Health CIC

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www.workingforhealth.co.uk

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action towards inclusion

COMMUNITY FUND

thriving at work

Department for Work & Pensions

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European Structural and Investment Funds

HLC Humber Learning Consortium
Passionate about learning

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This Ability Project

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