



January & February 2022

Prospectus



Welcome to 2022

And welcome to the first Working for Health prospectus of the year.

With uncertainty over the Covid restrictions at the start of the year, we are only releasing a half term prospectus for now. As soon as we can, we will publish the full prospectus until Easter.

These plans are subject to change if required by further restriction.

Take a look through and you will see all of the usual favourites, some in-person sessions and some from the comfort of your own home via Zoom. You choose!

Read on and join in!

We are all looking forward to seeing you soon!

The Working for Health Team



Workshops - At a glance...

Weekly Workshops

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
Wednesdays:	10-11	Get that job! Job search workshops on Zoom
	2-4	Drop-in on Zoom and in The Work Place
Thursdays:	10-12	Digging for Health at the allotment

Other Workshops

Tues 11th Jan:	1-2	Discord Meet-up
Fri 14th Jan:	1-3	Art for All
Tues 25th Jan	1-2	Discord Meet-up
Tues 8th Feb	1-2	Discord Meet-up
Fri 11th Feb:	1-2	Art for All





Where good things happen



The Work Place
The Station, Cottingham
HU16 4LL



The Allotment
Tavistock Street, Hull
HU5 2LJ

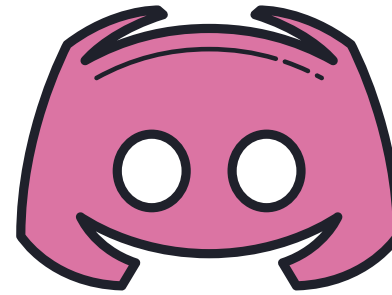


Online
Via Zoom and Discord



Staying connected

Even from home, through Discord



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, photos, training and job opportunities.

Anything else? Just be kind to each other!

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

Job search and IT support

at The Work Place



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

Leader: Lucy and Diane

What we'll do: We can help you with job hunting and looking for training or voluntary opportunities - all in a small group setting. You can also get help with IT and get support to 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



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 on a one off basis.

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.

11th Jan: Privacy and Dignity

18th Jan: Fluids and Nutrition

25th Jan: Health and Safety

1st Feb: Handling Information

8th Feb: Mental Health

15th Feb: Learning Disabilities and Dementia

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

Discord meet-up

Online - Discord server



When: Fortnightly on a Tuesday, 1 - 2 pm

Leader: Aaron

What we'll do: Come and have a chat, catch up on what's happening and join in with games and quizzes via our Discord server.

Anything else? You don't need to be a gamer or a quiz master to join in.

You can be in text chat or voice chat - which ever suits you.

**Connect on line
and join in**

Tuesday 11th Jan
Tuesday 25th Jan
Tuesday 8th Feb

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

Get that Job!

on Zoom



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.

12th Jan CV workshop

19th Jan Cover letters

26th Jan Effective Job search

2nd Feb Interviews:

Tell me about yourself

9th Feb Interviews:

Tell me a time when...

16th Feb Interviews:

Mock interview demo

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

Drop in

on Zoom and The Work Place



When: Every Wednesday, 2 - 4

Leader: Glen and / or Lucy

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.

Digging for Health

at the Allotment



When: Every Thursdays 10-12

Leader: Glen and / or Lucy

What we'll do: There's always work to do at our allotment. In January we will be preparing the ground for planting.

Bring: Gardening clothes and gloves if you have them.

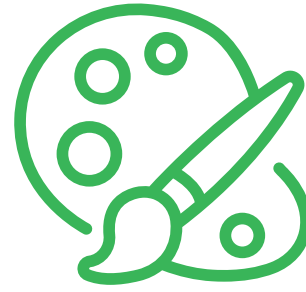
Anything else? You don't have to be a gardener, just come and enjoy the outdoors with a friendly group and have a cuppa



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

Art for All

at The Work Place.



When: Friday 14th Jan 1-3
Friday 11th Feb 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!

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.

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!



Get in touch

We'd love to hear from you!

Working for Health CIC

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UnLtd ★ Award Winner