



SPRING 2022

Prospectus

Welcome to Spring!

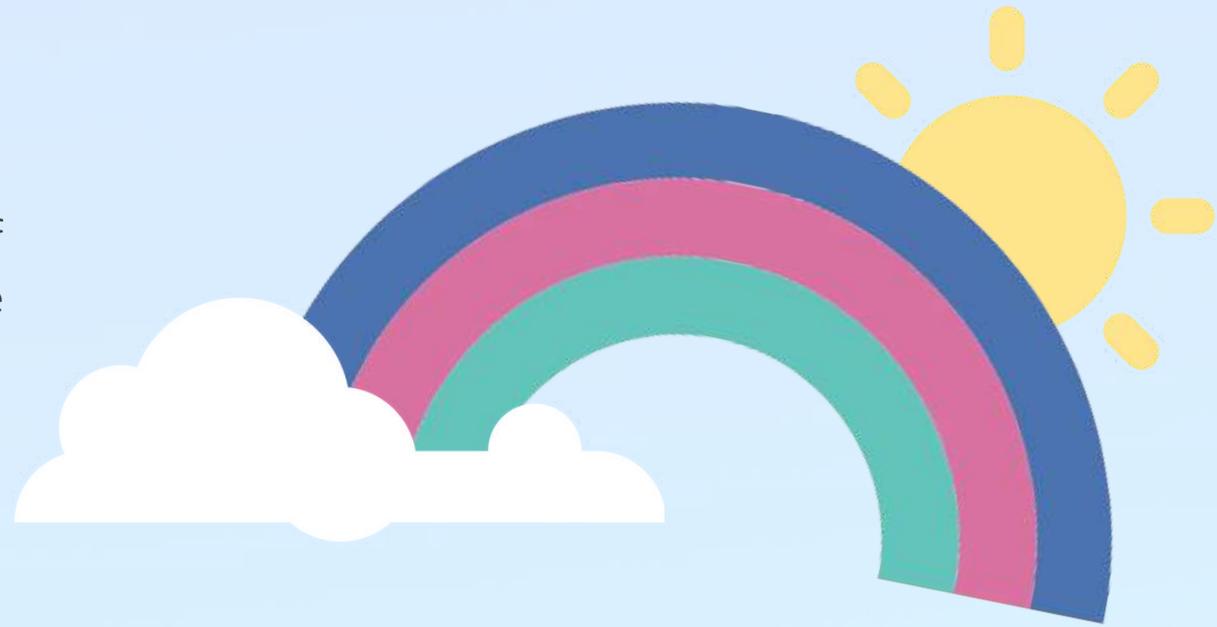
We had a slight wobble before the end of half term when illness struck us, but we're tough cookies at Working for Health!

We're excited to get back to form and hope you will join us for our Spring prospectus. We've got lots of returning favourites and a few new additions for you to get involved in.

We are making a few changes to our booking system this term. If you want to book onto an activity, you need to email **admin@workingforhealth.co.uk**

We look forward to seeing you soon

The Working for Health Team



Contents



How we can support you.....	4
How we are helping.....	5
Need Work Experience?.....	6
WORKSHOPS & ACTIVITIES	
What's on this Spring.....	8
Booking information.....	9
Job Search and IT support.....	10
Skills for Care.....	11
Skills for Work.....	12
Get That Job!.....	13
Social Drop-in.....	14
Digging for Health.....	15
So you want to be self-employed?.....	16
Art for All.....	17
GameCon.....	18
Our online community, Discord.....	19
This is me: Story Project.....	20



How we can support you

Our programmes

For referrals, email: hello@workingforhealth.co.uk
or visit: workingforhealth.co.uk/how-to-refer

Working for Health is a specialist provider of employment support for people with mental health conditions. We understand the challenges you face in finding work. It's not all about your CV. We will help you look at a whole range of options for building confidence and resilience, overcoming your barriers, making applications and starting work. Working for Health will support you every step of the way, at a pace to suit you.

After we've received your referral we will discuss as a team and allocate you to the most suitable programme based on your needs and location.

No matter what programme you are on, you will have access to all the activities and workshops on our prospectus and get to be part of our wonderful community!

"WORKING



Working it out is a national lottery funded project. Its aim is to help people with mental health conditions to explore employment options and improve psychological

wellbeing. - all run from our wonderful "Work Place" facility at Cottingham station.

This programme supports people to move closer to the world of work by providing training, wellbeing, and social enrichment opportunities.



Working for Health is one of the delivery partners of the Hull CLLD programme.

The CLLD programme is specifically designed for individuals living within the HU6 postcode area. It provides you with your own Work Recovery Coach who will provide one to one support. We will listen to you and understand the barriers you face and together we will overcome them so you can get to where you want to be.



Working for Health is one of the Keyworker partners of the Action Towards Inclusion programme and specialise in employment for people with a mental health condition.

In the East Riding and Selby district, Action Towards Inclusion programme provides you with your own Work Recovery Coach who will work with you to understand any problems you face. Together we'll find out how to overcome them so that you can get where you want to be, supported all the way.



This Ability provides support to 18 - 29 year olds who have a disability, learning disability/difficulty, long term health condition or mental health condition.

The project aims to provide specialist support and training for young people to access work and learning. This will give young people the opportunities to explore and experience specific occupational sectors, with job opportunities, within the Hull and East Riding area.



Thriving at Work provides support to help you deal with any physical health, mental health or wellbeing concerns you are facing in the workplace.

As an employee, this programme will help you reach your full potential through supporting you to manage your health at work. If you are an employer it will increase your understanding of how to create an inclusive and accessible workplace.

What people say...



'Working for Health has helped me so much over the last few years, shown me how wonderful life can be and helped me understand a lot and also helped me with my mental health. The Discord and Zoom meetings have been amazing and being able to see and speak to people over it all is just fantastic and helps a lot, I would recommend anyone to get involved because the staff, volunteers and members are all nice and friendly'. *The Scotsman*

'For the first time in years I feel i'm in the right place, with the right people. It's a safe place and such an amazing community, I feel proud and so grateful to be part of it!' *Claire*

'1 to 1 sessions help me decide what my next step will be, having weekly things to do helps me keep a schedule and it provides much needed socialisation.'

Anon

'Working for Health have helped me massively. Thanks to their support, I developed my confidence and began to believe in myself. With their help, I was able to secure 2 jobs at the end of 2021 -- Including Working for Health as a Peer Support Worker! I couldn't be happier!' *Lucy*

'For me it's been the allotment. Having access to a safe outdoor space with other people has been so valuable. We have been able to work together, learn things, achieve more than we could have expected and enjoy conversation and laughter in some of the most difficult of times. Being part of that is one of the best things I have ever done.' *B.*

'WFH has given me something to focus on and to learn new things, being able to interact with new people has helped me build up my confidence.'

Anon

'My confidence has grown so much that now I'm looking to the future and it's a lot more bright... [including] looking at paid employment in the near future, which is not something I thought I would ever be saying.'

Aaron

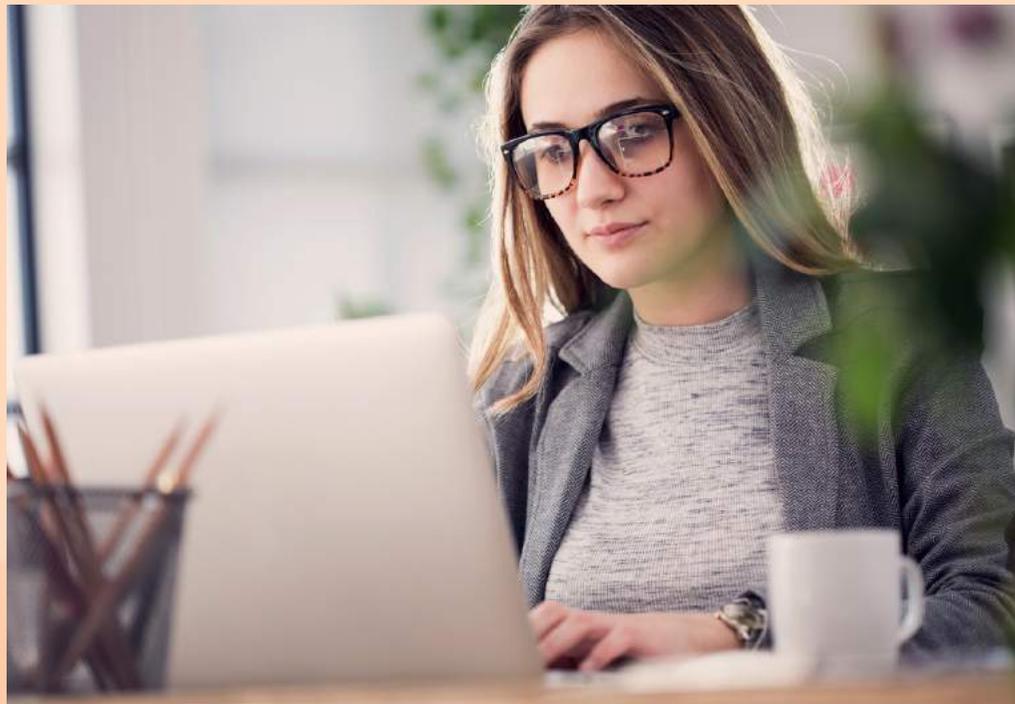
'It's a really non-judgemental atmosphere that allows you to express and discover yourself as a person and gives you a platform to work towards your individualistic achievements and goals.'

Anon

Need work experience?

We have some exciting news to share with you. We are soon going to be offering work placements that last for a short, fixed term period. So whether you need a reference, a chance to boost your skills, or maybe you need to bulk out your CV, we've got you! It's also a great way to see if volunteering with us is right for you.

At the moment we are only offering placements to people using our services. We are planning to develop the model a lot more in the future.



Benefits of a work placement with us:

- Allow both you and us to see if volunteering with Working for Health is right for you.
- Gives you access to good quality training.
- Helps you gain the skills and knowledge you need to succeed in your chosen career.
- It can help you prepare for paid work by increasing your confidence and experience.
- Work experience is an exciting option - you get hands-on training and the chance to put your skills into practice for a short, fixed term period.

For more information, speak to your Work Recovery Coach / Key Worker.
Places are limited and an interview may be required.



Workshops & Activities



What's on this Spring?

Regular weekly workshops

Job Search and IT Support

Monday 10AM - 12PM & 1PM - 3PM

Care Certificate: Skills for Care

Tuesday 10AM - 12PM

Care Certificate: Skills for Work

Tuesday 1PM - 3PM

Get That Job!

Wednesday 10AM - 11AM

Social Drop-in

Wednesday 1:30PM - 3:00PM

Digging for Health

Thursday 9:30AM - 12:30AM

Everything else!

So you want to be Self-employed?

Tuesday 22nd March 3PM - 4PM

GameCon

Various Wednesdays 3PM - 4.30PM

Art for All

Various Fridays 1PM - 3.30PM

Yoga for Health

Friday 18th March 10.30AM - 12PM

PLEASE SEE THE COURSE INFORMATION FOR DETAILS

The Spring Prospectus runs from the 28th Feb and finishes on the 8th April



How to sign up

and other useful information



If you would like to apply for any of the workshops or activities please email admin@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: www.workingforhealth.co.uk/covid-19

Please **only book if you are intending to come**, don't treat it as a provisional booking.

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!



Job search and IT support

@ The Work Place, Cottingham



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

Leader: Lucy and Diane

What we'll do: We can help you with preparing your CV and cover letter, completing job applications, and looking for training or voluntary opportunities - all in a small group setting. You can also get help with IT and support to connect to the digital world.

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

Skills for Care: The Care Certificate

@The Training Room, Cottingham



When: Every Tuesday, 10-12

Leader: David

What we'll do: We will cover the Health and Social care modules that form part of the Care Certificate. These modules will help equip you with the knowledge to enter the health and social care sector.

Anything else? After each taught session, there is a workbook to complete.

01/03 | Safeguarding Adults

08/03 | Safeguarding Children

15/03 | Infection Control

22/03 | Duty of Care

29/03 | Working in a Person

Centred Way

05/04 | Privacy & Dignity

Available on 



Skills for Work: The Care Certificate

@The Training Room, Cottingham



When: Every Tuesday, 1-3

Leader: Charlotte

What we'll do: We will cover the core skills you need in the workplace. This will help you gain the knowledge you need to succeed at work.

Anything else? After each taught session, there is a workbook to complete.

01/03 | Understand Your Role

08/03 | Your Personal Development

15/03 | Communication

22/03 | First Aid

29/03 | Equality & Diversity

05/04 | Health & Safety

Available on 



Get that Job!

@The Training Room, Cottingham



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.

02/03 | CV Workshop

09/03 | Cover Letters

06/04 | Effective Jobsearch

Interviews:

16/03 | Tell me about Yourself

23/03 | Competency Questions

30/03 | Mock interview Demo

Available on zoom

Social Drop-in

@The Training Room, Cottingham



When: Every Wednesday, 13:30 - 15:00

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? Connect online or pop down to the office and join in person.

Available on zoom

Digging for Health

@The Allotment, Tavistock Street, Hull



When: Every Thursday, 9.30-12.30

Leader: Lucy and Mark

What we'll do: There's always work to do at our allotment. It's planting season, so a very busy time.

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.

So you want to be self-employed?

@The Training Room, Cottingham



NEW!

When: Tuesday 22nd March, 3 - 4

Leader: Ricky

What we'll do: Thinking of becoming your own boss?
Have a great idea?

Starting a business can be a daunting experience so we have developed an exploratory session to make sure that you can get off to the best possible start - with confidence and focus.

Anything else? The taster session will cover many of the fundamentals of business start-up - and more!

Available on zoom

Art for All

@The Work Place, Cottingham



When: Friday 4th & 11th March 1-3.30; Friday 1st & 8th April times TBC

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!

Through March and April we will be creating work for The TakeOver Festival and zines of hope and recovery.

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

Yoga for Health

@The Training Room, Cottingham



NEW!

When: 18th March, 10:30 - 12

Leader: Claire

What we'll do: Claire, fully qualified Yoga teacher, will incorporate yoga postures, movement sequences, breath work and guided relaxation during this class. Yoga increases mindfulness of the breath and body as well as strengthening the nervous system.

Anything else? If you have any questions get in touch. Claire can adapt her teaching for differing needs and abilities.

Available on **zoom**

GameCon

@The Training Room, Cottingham

When: Wednesday 2nd, 9th, 30th March & 6th April,
3 - 4.30

Leader: Aaron

What we'll do: We will play some video games together in a relaxed and friendly environment. We may even play some board/card games if we have the numbers!

Anything else? Feel free to bring in your own board/card games. All welcome! You don't need to be a 'gamer'.

Have you joined our online community?



When: You can have access to our Working For Health Discord server at **any time**. Just email us for a link to join.

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! Instructions to join on the following page.



A pink rectangular graphic with a white border. At the top center is a circular profile picture of a character with black hair and a red headband. Below the picture is the text 'IMAGINE A PLACE WHERE HAPPY ACCIDENTS BECOME MASTERPIECES.' in bold, white, uppercase letters. Underneath that is the text '@NAVIKING #0000' in a smaller white font. At the bottom is the Discord logo followed by the word 'Discord' in white.

Charlotte says...

I would say as a staff member, covid times have been quite stressful and challenging and having this Discord platform has enabled us all to keep in touch and share both messages and fun stuff and I have really enjoyed being able to do that and chat to you all. It really feels like a fab community we have (in the virtual and real life world).

Come join our Discord Space!



Our virtual community on Discord is a place to chat, share, and have fun. It's an exclusive space for our members, volunteers, and staff.

1

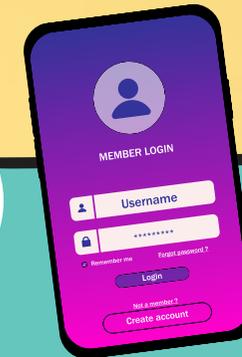
Download the app on your device or visit the browser-version --



discord.com

App available on both Android and iPhone, as well as desktop

2



Register on Discord with your email address or phone number and select a username - please no inappropriate usernames. Verify your email address and/or phone number afterwards.

3

Email us for a link, then just click on the the link to come onto our server!



Psst... We love photos of your pets!

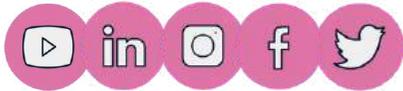




WORKING FOR HEALTH

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