



SPRING/SUMMER 2022

Prospectus



Summer's around the corner!

Welcome to our new prospectus which is split over 2 half terms. The first half ends 27th May. We will then break for a week before resuming the second half of the prospectus until 22nd July.



We hope you are all well and enjoying the lovely spring weather. We have a jam-packed prospectus for you this term, with some new additions! All of our sessions are offered in person, with some additionally being supported over Zoom. If you can make it, we'd love to see you down at our offices.

We look forward to seeing you soon

The Working for Health Team



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How we work...

Personal Planning

This is where it starts...

We help you to identify:

- your strengths and aspirations
- your barriers
- areas of support

Then we will see which programme is right for you.

One to One support for Work

Working with your Coach, together you:

- Create an action plan and keep on track
- find which job or training is right for you
- job search
- Create CVs and make applications
- Prepare for interviews
- gain tools to manage your barriers and know where to go for help
- Review how it is going to make sure it is still right for you.

Work focussed groups

Work as part of a group to:

- develop your CV
- Improve your applications
- practice interviews
- develop your work confidence by working with others

In-Work Support

Together we:

- Find out what's working well
- Find out what's not going well
- find strategies to help
- Negotiate reasonable adjustments
- Liaise with employer

Skills Development

- Digital skills through our prospectus
- Industry specific skills e.g. The Care Certificate
- Work placement opportunities
- Supported volunteering opportunities

Self-Employment Support

- One to one business development
- Help you find the professionals you need

Soft Skills & Wellbeing

- Social contacts, mutual support and friendship
- Arts programme
- Physical health and wellbeing activities
- Build confidence and resilience
- Get out on our allotment

External Relationships

- Work with businesses
- Partner with mental health and employment services
- Provide student placements
- Volunteer and intern opportunities
- Share our vision: campaigns and events

Workshops & Activities



What's on at a glance

Vocational and Job Skills

Work placement opportunity

Get that Job!

Job Search and IT Skills Support Workshop

Care Certificate: Skills for Care

Care Certificate: Skills for Work

So you want to be self employed?

Wellbeing and Social

Social Drop-in

Digging for Health

Art for All

Yoga for Health

Phone Photography

Digital Design With Canva

Film Editing With Shotcut

PLEASE SEE THE COURSE INFORMATION FOR DETAILS, TIMES & DATES

This Prospectus runs from the 25th April and finishes on the 22nd July

How to sign up to Workshops

To book onto a workshop email: **admin@workingforhealth.co.uk**

Places will be allocated on a first come, first served basis.

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. Please be advised, we sometimes have to run a waiting list.

We look forward to seeing you very soon!





Vocational & Job Skills

Work Placement Opportunity

If you're looking for a chance to boost your skills, or maybe you need to bulk out your CV, we've got you! You will also secure a work reference at the end of it. In addition, it's a great way to see if volunteering with us is right for you.

- 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.
- Helps you gain the skills and knowledge you need to succeed in your chosen career.
- Helps you prepare for paid work by increasing your confidence and experience.
- Potential for progression into becoming a fully fledged volunteer.

For more information, speak to your Work Recovery Coach / Key Worker.
Places are limited and an interview may be required.
Available roles: Administration & Workshop Support

Get that Job!

@The Training Room, Cottingham



When: Every Wednesday, 10-11

Leader: Charlotte & Lucy

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.

Application:

27/04 | CV Workshop

04/05 | Cover Letters

Interviews:

11/05 | Tell me about Yourself

18/05 | Competency Questions

25/05 | Mock interview Demo

Available on zoom

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 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.

26/04 | Communication

03/05 | Understanding Your Role

10/05 | Personal Development

17/05 | Health & Safety

24/05 | Equality & Diversity

07/06 | Handling Information

14/06 | First Aid

Available on 

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.

26/04 | Duty of Care

03/05 | Working in a person centred Way

10/05 | Privacy & Dignity

17/05 | Fluids & Nutrition

24/05 | Infection Control

07/06 | Mental Health

14/06 | Learning Disabilities & Dementia

21/06 | Safeguarding Adults

28/06 | Safeguarding Children

Available on 

So you want to be self-employed?

@The Training Room, Cottingham



When: 2:30 - 4:00PM Wednesday 8th , 15th, 22nd June

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? These 3 sessions will cover many of the fundamentals of business start-up - and more!

Available on zoom



Wellbeing & Social

Social Drop-in

@The Training Room, Cottingham



When: Every Wednesday, 13:00 - 14:30

Leader: Claire

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. You only need to book if you are attending in-person.

Available on zoom

Digging for Health

@The Allotment, Tavistock Street, Hull



When: Every Thursday, 10:00-12:00

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.

Yoga for Health

@The Allotment, Tavistock Street



When: 13:00 - 14:30, Every Thursday for four weeks (beginning 5th May).

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.

Art for All

@The Work Place, Cottingham



When: 1:30 - 3:30 Every Friday until half-term

Then:

June 10th - Full day of Art for All

22nd July - Art for All Day trip (Location 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!

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

Phone Photography

@Various locations



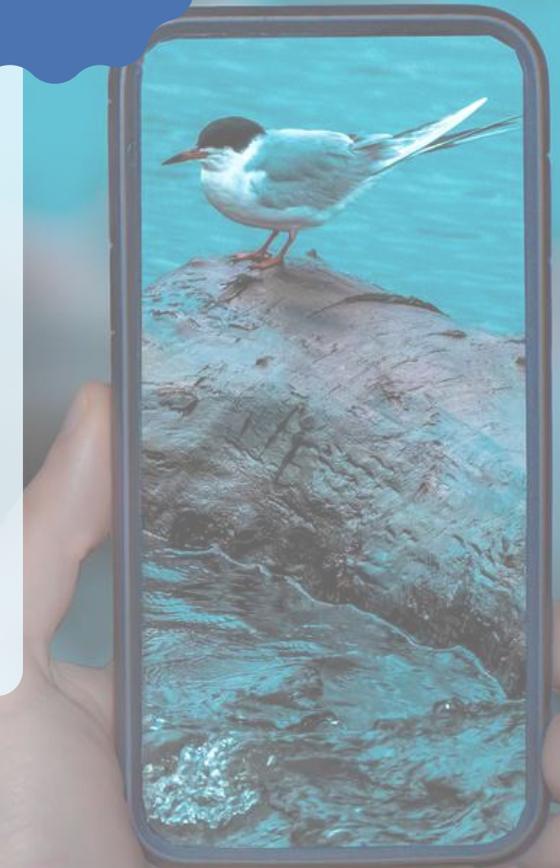
NEW!

When: 3 Sessions 10:30 -12:30 - Friday 1st, 8th and 15th July

Leader: Alan

What we'll do: Learn about composition then come for a walk and take some photos. The results can go in our online gallery and zines.

Anything else? No previous skills necessary. At the end of each session we'll share our favourite photos and later create a gallery to share them with others.



Digital Design with Canva

@Workplace, Cottingham



NEW!

When: Wednesday 14:30-16:00 4th & 11th May

Leader: Alan

What we'll do: Over two sessions you will learn how to use Canva, the free design package. This will help you make eye-catching social media posts, business cards, posters and more.

Anything else? It is for anyone. No previous skills necessary.

Film Editing with Shotcut

@Workplace, Cottingham



NEW!

When: Wednesday 14:30 - 16:00 18th & 25th May

Leader: Alan

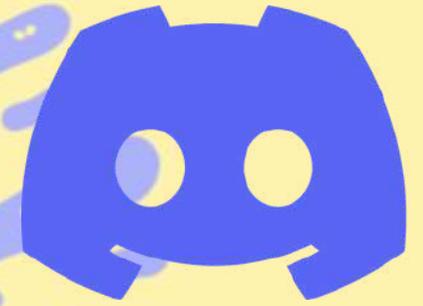
What we'll do: Over two sessions you will learn how to use Shotcut, a free film editing package. In the first, you explore how to use Shotcut and make a short film on your phone. In the second you edit your film.

Anything else? It is for anyone. No previous skills necessary.

A group of people are sitting in a circle, smiling and engaged in conversation. The scene is brightly lit, suggesting an indoor setting like a community center or a meeting room. In the foreground, a person's hands are visible, clapping or gesturing. The background shows a whiteboard and a silhouette of a person on a wall.

Get Involved

Our online community, Discord



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! For instructions on how to join and/or for an invitation, speak to your keyworker.



**27th April | 15:00 - 16:30 | Info Session
@ WfH Offices, Cottingham**

NEW!

An incredible opportunity to get involved as a crew member or an actor in a theatrical experience of a lifetime. Come along to our info session to find out how you can take part, from pushing a waggon, singing a song, to using a giant puppet !

York Mystery Plays: Doomsday

This medieval play will be performed as the spectacular final production in the Guilds' York Mystery Plays in the streets of York Sun June 19th & 26th, plus sunset shows.



Paint the
Mouse



Ravens
Morris



The Company of
Merchant
Adventurers



Working for
Health



WORKING FOR HEALTH

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