

Summer Activities

1st - 26th August



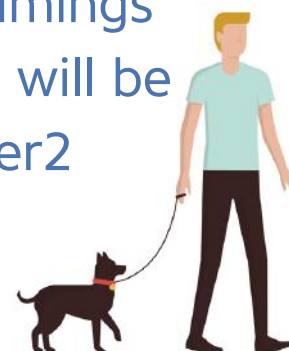
THE SUMMER HOLIDAYS



It's the summer holidays! We can't believe that we're already half way through the year. We hope things have been going well for you all and that you've been able to get out and soak in some of the lovely summer weather.

It's been a very busy past couple of months for Working for Health. We were involved in the York Mystery Plays, supporting and performing Doomsday in partnership with Paint the Mouse Productions, and Raven's Morris. You might also have seen us at Cottingham day! We had a stall and fundraised by selling some of the lovely creations that were made by our very own art group.

Unlike previous terms, we don't run our normal prospectus over the summer. We are maintaining our vocational-based workshops over the holidays, but some of our other workshops will slightly differ in timings and frequency. We are very excited for the coming month as we will be concluding the end of August with the much anticipated TakeOver2 Festival. More information inside.








The WFH team



AUGUST



SUN	MON	TUE	WED	THU	FRI	SAT
	1 13 - 15PM Job activity support session	10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	10-11AM Get that Job!	4	5 10 - 15PM Art for all road trip	6
7 	8 13 - 15PM Job activity support session	10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	10 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	11 10 - 15PM Activities Day down at the allotment (Art, food, games) 	12	13
14	15 13 - 15PM Job activity support session	10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	17 10-11AM Get that Job! 	18	19 10 - 15PM Art for all TakeOver2 prep	20
21	22 13 - 15PM Job activity support session	10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	24 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	25	26 	27 TAKEOVER2 FESTIVAL! 
28	29	30	31			

SESSION SPECIFICS

Tuesdays

Date	Skills for Care 10-12	Skills for Work 13- 15
2/08	Working in a person centred way	Health and Safety
9/08	Privacy and Dignity	Equality and Diversity
16/08	Fluids and Nutrition	Handling information
23/08	Infection Control	First Aid

Wednesdays

Date	Get that Job! 10 - 11
3/08	CVs
10/08	Cover letters / Supporting Statements
17/08	Interviews: Tell me about yourself...
24/08	Interviews: Competency Based questions

VOCATIONAL

Get that Job!

Each week we will cover the key elements of different job search skill (CVs, cover letters, interviews). After the session you can use the knowledge and supporting material to build your own job search material or develop your interview technique.

Job activity support session

Get support with preparing your CV and cover letter, completing job applications, and looking for training or voluntary opportunities - all in a small group setting.

Skills for Care

We will teach a range of topics in a small group setting. These topics will help equip you with the knowledge to enter the health and social care sector and prepare you for care certificate training which is a common training programme utilised in the H&S care sector.

Skills for Work

We will cover the core skills you need in the workplace. This will help you gain the knowledge you need to succeed at work.

WELLBEING

Digging for Health

There's always work to do at our allotment. You don't have to be a gardener, just come and enjoy the outdoors with a friendly group and have a cuppa.

Social Drop-in

A relaxed and informal social space for you to connect with others, share tips and make new friends. Join in with this lovely, supportive bunch.

Art for all

Find your inner Monet! You don't have to be a great artist, just come along and play. This month there is going to be an art trip and a chance to create art and crafts for sale at the TakeOver 2 festival.

Allotment Activities day

A day of fun, creativity and relaxation. There will be art activities such as painting and decorating our summer house and tyre planters. We will have some outdoor games to have a go at and most importantly some nibbles and refreshments (feel free to also bring along your own). We'd love you to come and join in!

BOOKING INFORMATION

If you would like to apply for any of the workshops or activities please email:

admin@workingforhealth.co.uk

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 are unable to attend, let us know via email or give us a ring as soon as you are able to so we can cancel your place.

All our courses are **FREE** to members, volunteers and staff, funded by the kindness of others.

TAKEOVER 2 FESTIVAL

26TH & 27TH AUGUST



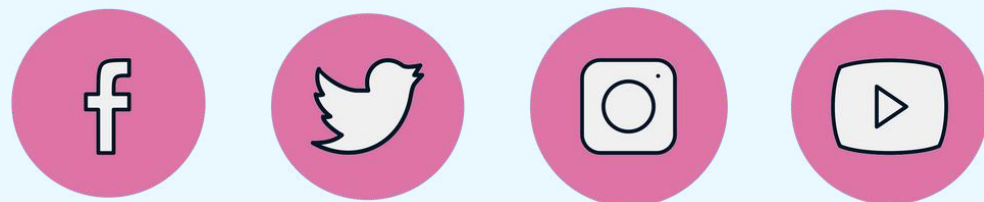
Last year we took over Platform 2 and transformed it with wonderful arts and craft creations from the Working for Health community. We had music, stalls, poetry, and much more. This year we're back and we're bigger than ever!

Throughout August we will be planning and bringing it all together. Keep an eye on your inboxes as we will be looking for your help. There will be plenty of opportunities to get involved, whether you contribute a piece of art, run a stall, perform music or just come along on the day to show your support.



We're here to help you

Start the conversation at workingforhealth.co.uk



Call **01482 242808** to see how we can get you back to work or drop us a line at hello@workingforhealth.co.uk



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