



# Autumn Prospectus

5th September - 21st October



# WINTER IS COMING



After a record breaking summer, pool parties and BBQs, the quieter and cooler times are rolling in. For some of us it can be a time of doom and gloom and for others it can be a time of respite and peace. Whatever the 2nd half of the year may signify, know that you aren't alone and in the WFH community, we've all got each others backs.

We are ready and raring to go for our Autumn prospectus and we are excited to be resuming our usual offerings. We end the summer holidays with a bang with our wonderful TakeOver2 festival. Depending when you read this, this may or may not have happened yet! Thank you to all of you who are getting involved and supporting us.

We have a few new (and returning) activities to get involved in this term which we hope you'll enjoy. Book onto your old favourites or try something new, there's plenty to do and get involved in.

*The WFH team*



# SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
4	5 10 - 12PM Job activity support session	6 10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	7 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	8	9	10
11	12 10 - 12PM Job activity support session	13 10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	14 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	15	16	17
18	19 10 - 12PM Job activity support session 13:00 - 15:00PM Dungeons and Dragons	20 10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	21 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	22	23	24
25	26 10 - 12PM Job activity support session 13:00 - 15:00PM Dungeons and Dragons	27 10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	28 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	29 13:00 - 15:00PM Make Some Noise	30 13PM - 14:30PM Mental Health awareness	

# OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
2	3 10 - 12PM Job activity support session 13:00 - 15:00PM Dungeons and Dragons	4 10 - 12PM Digging for Health 10 - 12PM Skills for Care 13 - 15PM Skills for Work	5 10-11AM Get that Job! 14:00 - 15:30PM Social Drop-in	6 13:00 - 15:00PM Make Some Noise	7 10:30M - 15:30PM Art for All	8
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23	24 	25 <b>HALF-TERM</b>	26	27 	28 	29

# REGULAR WORKSHOPS

## Get that Job! Also available on [zoom](#)

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.

7/09 Mock Interview  
14/09 CVs  
21/09 Cover letters / Supporting Statements  
28/09 Interviews: Tell me about yourself...  
05/10 Competency Based questions

12/10 Mock Interview



## 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.

# REGULAR WORKSHOPS

## Skills for Care Also available on [zoom](#)

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.

6/09	Mental Health	4/10	Duty of Care
13/09	Learning disabilities and dementia	11/10	Person-Centred Care
20/09	Safeguarding Adults	18/10	Privacy & Dignity
27/09	Safeguarding Children		



## Skills for Work Also available on [zoom](#)

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

6/09	Communication	4/10	Equality & Diversity
13/09	Understanding your role	11/10	Handling Information
20/09	Your Personal Development	18/10	First Aid
27/09	Health & Safety		





## 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.

## Make some Noise!

No matter what your level musical ability you have, if you love music come and join in! Bring your own instruments or use one of ours! - We have a keyboard, two guitars and some percussion.



## Social Drop-in Also available on [zoom](#)

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

Whether you're the next Picasso or just like to doodle here and there, as the name suggests this group is for all. We will put on some on some relaxing music, light some incense and create art together.



## Mental Health Awareness Training Also available on [zoom](#)

This training session provides an introduction to looking after your own mental health and maintaining wellbeing. You will also gain confidence to support someone in distress or who may be experiencing a mental health issue.

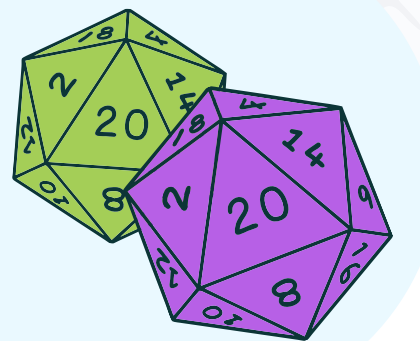


### GameCon

GameCon is back for an end of prospectus special! Our training room will be converted to a gaming cave for us all to come together and enjoy some couch co-op/competitive gaming.

### Dungeons and Dragons

A laid back, low-level set of one-shot campaigns for those wanting to dip their toes into the world of Dungeons & Dragons. It doesn't matter whether you're a first-timer or a well-seasoned player, we just want to make sure everyone has fun.





# BOOKING INFORMATION

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

[admin@workingforhealth.co.uk](mailto: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.

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,  
and funded by the kindness of others.**

# We're here to help you

Start the conversation at [workingforhealth.co.uk](http://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](mailto:hello@workingforhealth.co.uk)



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