



WORKING  
FOR HEALTH



# WINTER Prospectus

31st October - 23rd December



# WE'RE HERE FOR YOU

With the festive season comes an influx of seasonal roles as demand increases. For those of you seeking jobs in retail, this is a great time to secure a role to boost your CV!

This winter, we are faced with rising living costs and the considerations around energy usage. If you are concerned with this, speak with your keyworker, or another member of staff. We can signpost you to helpful resources and support.

Speaking of energy costs, we are affected too! As an organisation, we have made the decision to adopt a 4- day week over the winter period. The office will be closed on Fridays and staff will be working from home this day. As a result, a lot of our regular scheduling has changed for this prospectus. Do check the timings of your favourites!

You can book onto workshops in the usual way by emailing [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk)\*

*The WFH team*



\*Booking does not result in a guaranteed place. Places will be allocated on a first come first serve basis. If you are unable to attend you need to email [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk) to let us know at the earliest opportunity. Repeated fail-to-attends without reason may result in limited access to workshops and a review by your keyworker.



# OCTOBER/NOVEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
30	<b>31</b> 11-12PM Get that Job!: CVs 13- 15PM Job activity support session	 <b>1</b> 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work	<b>2</b> 14:00 - 16:30PM Social Drop-in	<b>3</b> 13:00 - 15:00PM Make Some Noise	<b>4</b> 10 - 12PM Digging for Health	<b>5</b> 
6	<b>7</b> 11-12PM Get that Job!: Cover Letters 13 - 15PM Job activity support session	<b>8</b> 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work	<b>9</b> 14:00 - 16:30PM Social Drop-in 	<b>10</b> 10:30M - 15:30PM Art for All	<b>11</b> 10 - 12PM Digging for Health 13 - 15PM Walking for Wellbeing	<b>12</b>
13	<b>14</b> 11-12PM Get that Job!: Interviews part I 13 - 15PM Job activity support session	<b>15</b> 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work 18:30 - 20PM Offload at platform2	<b>16</b> 14:00 - 16:30PM Social Drop-in	<b>17</b> 13:00 - 15:00PM Make Some Noise	<b>18</b> 10 - 12PM Digging for Health	<b>19</b>
20	11-12PM Get that Job!: Interviews part II 13 - 15PM Job activity support session 13 - 15PM Fundamentals of Self-employment	<b>22</b> 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work	<b>23</b> 14:00 - 15:30PM Social Drop-in 	<b>24</b> 10:30M - 15:30PM Art for All	<b>25</b> 10 - 12PM Digging for Health 13 - 15PM Walking for Wellbeing	<b>26</b>



# NOVEMBER/DECEMBER



SUN	MON	TUE	WED	THU	FRI	SAT
27	28 11-12PM Get that Job! Mock Interview 13 - 15PM Job activity support session	29 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work	30 14:00 - 16:30PM Social Drop-in	1 13:00 - 15:00PM Make Some Noise	2 10 - 12PM Digging for Health	3
4	5 13 - 15PM Job activity support session	6 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work	7 14:00 - 16:30PM Social Drop-in 	8 10:30M - 15:30PM Art for All	9 10 - 12PM Digging for Health 13 - 15PM Walking for Wellbeing	10
11	12 13 - 15PM Job activity support session	13 10 - 11:30AM Skills for Care 12:30 - 14PM Skills for Work 18:30 - 20PM Offload at platform2	14 11:00 - 16:00PM Festive Party! 	15	16	17

We are available up until the **Friday 23rd December**. We then close for the festive period, and re-open on the **Tuesday 3rd January 2023!**



# VOCATIONAL WORKSHOPS



## Get that Job!

Every Monday 10AM - 11AM  
Also available on [zoom](#)

Each week we will cover the fundamentals of different job search skills (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

Every Monday 13PM - 15PM

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.

## Fundamentals of Self-employment

Monday 21st November 13PM - 15PM

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.

## Skills for Care

Every Tuesday 10AM - 11:30AM  
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 the care certificate training which is a common training programme utilised in the H&S care sector.

**01/11** Introduction into Health and Social Care part 1  
**08/11** Introduction into Health and Social Care part 2  
**15/11** Understanding Mental Health  
**22/11** Neurodegeneration & Neurodivergence

**29/11** Fluids & Nutrition  
**06/12** Infection Prevention & Control  
**13/12** Safeguarding

## Skills for Work

Every Tuesday 12:30PM - 14PM  
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.

**01/11** Entering the Workplace  
**08/11** Professional Communication  
**15/11** Equality and Diversity  
**22/11** Confidentiality and GDPR

**29/11** Online Safety and Sharing  
**06/12** Health & Safety



# WELLBEING WORKSHOPS

## Get Creative



### Make some Noise!

Alternate Thursdays 13PM - 15PM

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

### Art for All

Alternate Thursdays 10:30AM - 15:30PM

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 in a small group setting. We have lots of art supplies you can use, but feel free to bring your own!

# WELLBEING WORKSHOPS

## Experience Nature



### Digging for Health

Every Friday 10AM - 12PM

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. Our allotment is located off of Newland Avenue. Access is via a gated entrance on Tavistock Street.

### Walking for Wellbeing

Alternate Fridays 13PM - 15PM

Walking and being active is great for both physical and mental health and is completely FREE! Come along and have a chat, explore the community, appreciate the beautiful outdoors, feel good and most importantly let's have some fun! Routes to be decided nearer the time.

**New!**



# WELLBEING WORKSHOPS

## Be Social



### Social Drop-in

Every Wednesday 14PM -16:30PM

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. We will have board and card games available to play every session. Where there is a 🎮 icon on the calendar, there will be video games to play as well!

### Offload at Platform2

Tuesday 13th November/15th December 18:30PM -20PM

This group is for people currently in work and brings together a wealth of experience of coping with challenges in the workplace. Topics of interest are determined by the group, and may sometimes feature guest speakers.

**New!**

### Festive Party!

Wednesday 14th December 11AM -16PM

To mark the end of the term (and year!), we are getting together to celebrate! Expect food, silly party games, music, carols, and most of all, good company. All welcome.



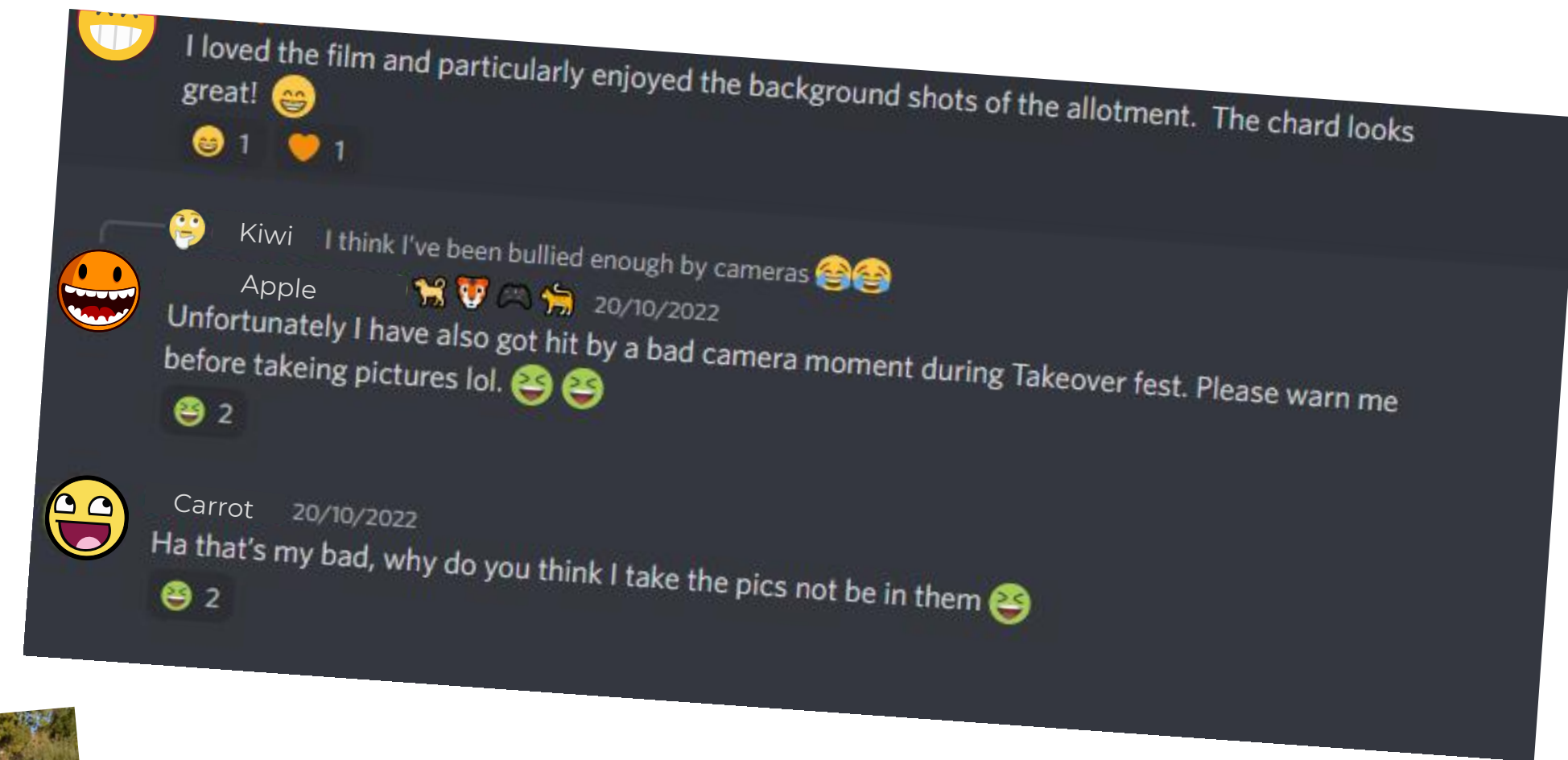
# STAY CONNECTED

Join our online community



Discord

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.



You can have access to our Working For Health Discord server at any time. Just email us for a link to join or speak you your keyworker



# 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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