



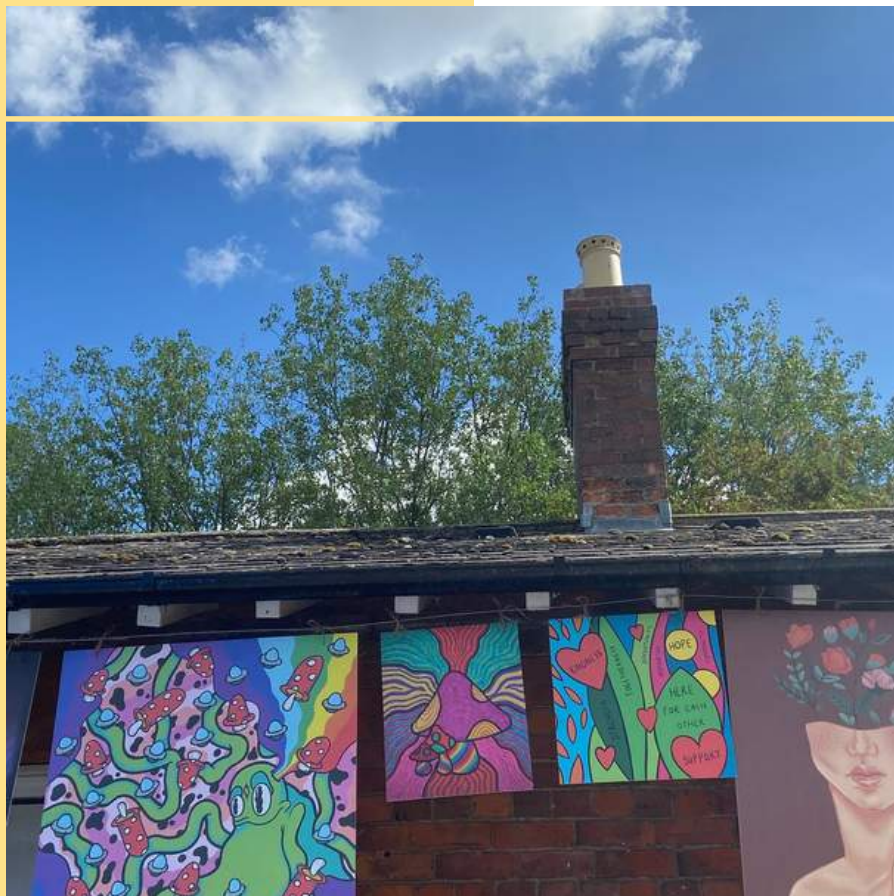
Prospectus

17th April - 28th July



UnLtd  Award Winner





Welcome to our latest prospectus, where we are excited to introduce the start of spring with a range of new workshops and activities designed to help you relax, unwind, and improve your mental and physical well-being.

In response to feedback from our members, we have revamped our walking group, which now offers a wider range of routes and terrains to explore, helping you stay active and enjoy the great outdoors.

For those who prefer a more sedentary pastime, our new "Read and Relax" book club is the perfect opportunity to unwind, socialise with like-minded individuals, and explore new literary horizons.

Our range of workshops, which cover everything from interview techniques to stress management, are designed to help you build confidence, improve your skills, and move towards your employment goals.

So why not take the first step towards a healthier, happier you and explore the range of activities on offer at Working for Health. We look forward to seeing you soon!

We can't wait to get stuck in!

The WFH team



APRIL

We understand that keeping up with everything that's happening at Working for Health can be a challenge. That's why we created a calendar section in our prospectus, which offers a handy "at a glance" overview of the upcoming events and sessions we have planned. More information on the sessions can be found on the pages following.

All sessions require prior booking before attending. Please email admin@workingforhealth.co.uk stating which workshops you'd like to be booked onto to reserve your place.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
EASTER HOLIDAYS				GOOD FRIDAY
				BANK HOLIDAY
10	11	12	13	14
EASTER MONDAY	EASTER HOLIDAYS			
 BANK HOLIDAY				
17	18	19	20	21
 Job Search Getting Started 13:00 - 14:00  ICT Drop in 14:00 - 16:00	 Digging for Health 10:00 - 12:00  Read and Relax 13:00 - 15:00  OFFLOAD 18:30 - 20:00	 Tea 'N' Talk 10:00 - 11:30  GameCon 13:00 - 15:00	 Make Some Noise 13:00 - 15:00	 Walking for Wellbeing 10:00 - 12:30  Entering the Health & Social Care Sector 13:00 - 14:30
24	25	26	27	28
 CVs & Cover Letters 13:00 - 14:00  ICT Drop in 14:00 - 16:00	 Digging for Health 10:00 - 12:00  Self-Employment Support Group 13:00 - 15:00	 Tea 'N' Talk 10:00 - 11:30  Boardroom Blitz 13:00 - 15:00	 Art For All 10:30 - 15:00	 Walking for Wellbeing 10:00 - 12:30  Mental Health Awareness & Resilience 13:00 - 14:30



MAY

04 Calendar



































MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>MAY DAY</p> <p>BANK HOLIDAY</p>	<p>2</p> <p> Digging for Health 10:00 - 12:00</p> <p> Read and Relax 13:00 - 15:00</p>	<p>3</p> <p> Tea 'N' Talk 10:00 - 11:30</p>	<p>4</p> <p> Make Some Noise 13:00 - 15:00</p> <p></p>	<p>5</p> <p> Walking for Wellbeing 10:00 - 12:30</p> <p> Sleep Nutrition & Exercise 13:00 - 14:30</p>
<p>8</p> <p>KING CHARLES CORONATION</p> <p>BANK HOLIDAY</p> 	<p>9</p> <p> Digging for Health 10:00 - 12:00</p> <p> Self-Employment Support Group 13:00 - 15:00</p>	<p>10</p> <p> Tea 'N' Talk 10:00 - 11:30</p> <p> GameCon 13:00 - 15:00</p>	<p>11</p> <p> Art For All 10:30 - 15:00</p>	<p>12</p> <p> Walking for Wellbeing 10:00 - 12:30</p> <p> Entering the Health & Social Care Sector 13:00 - 14:30</p>
<p>15</p> <p> Preparing for Interviews 13:00 - 14:00</p> <p> ICT Drop in 14:00 - 16:00</p>	<p>16</p> <p> Digging for Health 10:00 - 12:00</p> <p> Read and Relax 13:00 - 15:00</p> <p> 18:30 - 20:00</p>	<p>17</p> <p> Tea 'N' Talk 10:00 - 11:30</p> <p> Boardroom Blitz 13:00 - 15:00</p>	<p>18</p> <p> Make Some Noise 13:00 - 15:00</p>	<p>19</p> <p> Walking for Wellbeing 10:00 - 12:30</p> <p> Mental Health Awareness & Resilience 13:00 - 14:30</p>
<p>22</p> <p> Workplace Digital Skills 13:00 - 14:00</p> <p> ICT Drop in 14:00 - 16:00</p>	<p>23</p> <p> Digging for Health 10:00 - 12:00</p> <p> Self-Employment Support Group 13:00 - 15:00</p>	<p>24</p> <p> Tea 'N' Talk 10:00 - 11:30</p>	<p>25</p> <p> Art For All 10:30 - 15:00</p>	<p>26</p> <p> Walking for Wellbeing 10:00 - 12:30</p> <p> Sleep Nutrition & Exercise 13:00 - 14:30</p>
<p> SPRING</p> <p>BANK HOLIDAY</p>	<p>HALF-TERM</p>			



JUNE

05 Calendar


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>5</p>  Online Safety & Sharing 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>6</p>  Digging for Health 10:00 - 12:00  Read and Relax 13:00 - 15:00	<p>7</p>  Tea 'N' Talk 10:00 - 11:30  GameCon 13:00 - 15:00	<p>8</p>  Make Some Noise 13:00 - 15:00	<p>9</p>  Entering the Health & Social Care Sector 10:00 - 11:30  Walking for Wellbeing 13:00 - 15:30
<p>12</p>  Understanding Salaries and Payslips 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>13</p>  Digging for Health 10:00 - 12:00  Self-Employment Support Group 13:00 - 15:00	<p>14</p>  Tea 'N' Talk 10:00 - 11:30  Boardroom Blitz 13:00 - 15:00	<p>15</p>  Art For All 10:30 - 15:00	<p>16</p>  Mental Health Awareness & Resilience 10:00 - 11:30  Walking for Wellbeing 13:00 - 15:30
<p>19</p>  Job Search Getting Started 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>20</p>  Digging for Health 10:00 - 12:00  Read and Relax 13:00 - 15:00  OFFLOAD 18:30 - 20:00	<p>21</p>  Tea 'N' Talk 10:00 - 11:30	<p>22</p>  Make Some Noise 13:00 - 15:00	<p>23</p>  Sleep Nutrition & Exercise 10:00 - 11:30  Walking for Wellbeing 13:00 - 15:30
<p>26</p>  CVs & Cover Letters 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>27</p>  Digging for Health 10:00 - 12:00  Self-Employment Support Group 13:00 - 15:00	<p>28</p>  Tea 'N' Talk 10:00 - 11:30  GameCon 13:00 - 15:00	<p>29</p>  Art For All 10:30 - 15:00	<p>30</p>  Entering the Health & Social Care Sector 10:00 - 11:30  Walking for Wellbeing 13:00 - 15:30



JULY






MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p>  Preparing for Interviews 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>4</p>  Digging for Health 10:00 - 12:00  Read and Relax 13:00 - 15:00	<p>5</p>  Tea 'N' Talk 10:00 - 11:30  Boardroom Blitz 13:00 - 15:00	<p>6</p>  Make Some Noise 13:00 - 15:00	<p>7</p> <p>Special</p>  Walking for Wellbeing 10:00 - 16:00
<p>10</p>  Workplace Digital Skills 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>11</p>  Digging for Health 10:00 - 12:00  Self-Employment Support Group 13:00 - 15:00	<p>12</p>  Tea 'N' Talk 10:00 - 11:30	<p>13</p>  Art For All 10:30 - 15:00	<p>14</p>  Walking for Wellbeing 10:00 - 12:30  Mental Health Awareness & Resilience 13:00 - 14:30
<p>17</p>  Online Safety & Sharing 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>18</p>  Digging for Health 10:00 - 12:00  Read and Relax 13:00 - 15:00  18:30 - 20:00	<p>19</p>  Tea 'N' Talk 10:00 - 11:30  GameCon 13:00 - 15:00	<p>20</p>  Make Some Noise 13:00 - 15:00	<p>21</p>  Walking for Wellbeing 10:00 - 12:30  Sleep Nutrition & Exercise 13:00 - 14:30
<p>24</p>  Understanding Salaries and Payslips 13:00 - 14:00  ICT Drop in 14:00 - 16:00	<p>25</p>  Digging for Health 10:00 - 12:00  Self-Employment Support Group 13:00 - 15:00	<p>26</p>  Tea 'N' Talk 10:00 - 11:30  Boardroom Blitz 13:00 - 15:00	<p>27</p>  Art For All 10:30 - 15:00	<p>28</p>  Adventure Golf Trip 10:00 - 12:30
<p>31</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>
<p>SUMMER HOLIDAYS</p>				



Get That Job!



Job Search: Getting Started

Tired of browsing through the same old jobs sites in the same way? This workshop gives you ideas about where to look for work, how to use your time spent online productively and how to increase your chances of spotting that ideal job.

Also available on [zoom](#)



CVs and Cover Letters

A workshop looking at how to sell yourself effectively on paper. A good CV and well written cover letter will determine whether you advance to the interview stage or not. Whatever stage you are at and whether or not you already have a CV, there will be some useful info and tips for everyone.

Also available on [zoom](#)



Preparing for Interviews

We will look at how to prepare for an interview and some of the common questions asked. Having practice at these types of questions will alleviate some of the pressure when it comes to preparing for an interview. We show you how to structure your answers to make things easier for you to keep on track.

Also available on [zoom](#)



ICT Drop-in

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.



Get That Job!



Entering the Health & Social Care Sector

We will introduce you to the various roles and employers within the sector, as well as the training and qualifications required to succeed. We'll also discuss the values and personal qualities needed to excel in this line of work. We'll go over some of the key terminology associated with the sector, so you can gain a better understanding of the language used.

Also available on [zoom](#)



Self-Employment Support Group

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

Also available on [zoom](#)



Workplace Digital Skills

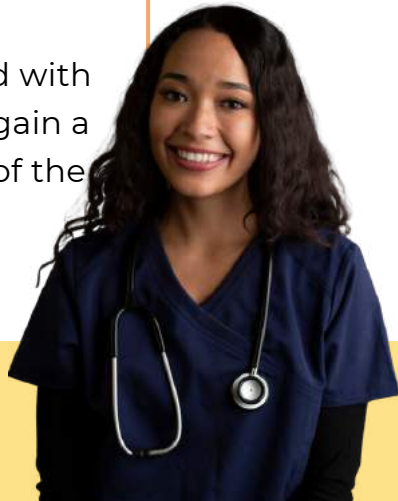
This training session is designed to equip you with the essential digital skills necessary to excel in today's fast-paced work environment. We will provide you with practical, hands-on training on a range of digital tools and technologies relevant to the current labour market.



Understanding Salaries and Payslips

Our workshop will help you understand payslips, tax codes, national minimum and living wage. and National Insurance, so you can effectively manage your finances.

Also available on [zoom](#)



Get Creative



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 your voice!) or use one of ours! - We have a keyboard, two guitars and some percussion.



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



Be Social



Tea 'N' Talk

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.



Read and Relax

"Read and Relax" is a cosy and inviting book club that provides a space for book lovers to gather and discuss their favourite books in a relaxed and informal environment. Whether you're a seasoned bookworm or just starting to explore the world of literature, the club welcomes all readers who have a passion for books and a desire to connect with others who share their interests.



Offload at Platform2

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.



Wellbeing



Sleep, Nutrition & Exercise

We will cover the science behind getting a good night's sleep, as well as the Eatwell Plate and the importance of good nutrition for overall health and wellbeing. We'll also discuss the benefits of exercise for both physical and mental health, and provide you with practical tips and strategies to help you make positive changes in your life.



Mental Health Awareness & Resilience

Looking to develop your understanding of mental health and build your resilience? Learn how to support yourself and those around you. Our workshop will cover common mental health challenges, such as anxiety and depression, and teach you how to recognize the signs and symptoms of mental health conditions. We'll also discuss where to get support and provide you with the tools and strategies you need to develop your resilience and coping skills.



Online Safety and Sharing

We will cover the basics of online safety, including the importance of creating strong passwords and understanding the risks of sharing personal information online. We'll also discuss social media best practices and provide you with practical tips and strategies to stay safe while using the internet.



Get Outdoors!



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



Walking for Wellbeing

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!

All walks will be no longer than 2 and a half hours, every 10th week we will have a day out special.



Adventure Golf Trip

Join us for a morning of mini golf at The Lost City Adventure Golf! We'll be playing 18 holes of mini-golf. To attend, booking will be required at least one week in advance and places are limited, so be sure to book early to secure your spot. We'll meet at Hull St. Stephens and then head over to the golf course together. Don't miss out on this fun and exciting opportunity!



GET YOUR GEEK ON!



GameCon

Get competitive or work with others and come together when our training room is transformed into a gaming cave! Each session will vary in terms of games on offer.



Boardroom Blitz

Whether you're a seasoned board game enthusiast or just looking for a way to unwind and socialize, "Boardroom Blitz" is the perfect workshop for you. Our focus on fun and social interaction means you'll have a blast playing classic board and card games with new friends.



Discord

Our 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.



We're here to help you

Start the conversation at [workingforhealth.co.uk](https://www.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

