

# Prospectus

7th August - 27th October



With thanks to the

**COMMUNITY  
FUND**

*Download a digital  
copy here*



### **Welcome to the Summer Prospectus!**

We would like to express our appreciation for those who participated in our recent takeover festival. Whether you manned a stall, performed music, or showed up to support us, your contribution made a difference.

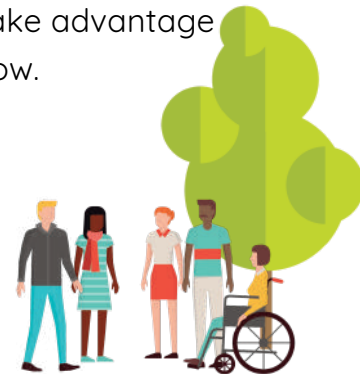
As we enter the summer season, we present our Summer Prospectus, which has been adjusted to accommodate staff holidays. While the prospectus is condensed for the first 6 weeks, we remain committed to providing engaging opportunities for our community.

Within this summer prospectus, you will find a range of activities and events: From creative workshops to outdoor activities and support finding that dream job, there is something for everyone.

We invite you to join us in embracing the summer journey, where warmth, joy, and exploration converge. Take advantage of this time to connect with others, learn, and grow.

*We can't wait to get stuck in!*

*The WFH Team*



This calendar 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.

Please email [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk) to be booked onto a workshop.

# AUGUST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7	8  <b>10 AM - 12 PM</b> Digging for Health	9	10  <b>11 AM - 4 PM</b> Art for All	11
14 <b>10 AM - 3 PM</b> The Workplace 	15  <b>10 AM - 12 PM</b> Digging for Health  <b>1 PM - 3 PM</b> Self-Employment Group <b>OFFLOAD 6:30 PM - 8 PM</b>	16  <b>12:30 PM - 2 PM</b> Tea 'n' Talk	17	18 <b>10 AM - 3 PM</b> The Workplace 
21 <b>10 AM - 3 PM</b> The Workplace 	22  <b>10 AM - 12 PM</b> Digging for Health	23	24  <b>11 AM - 4 PM</b> Art for All	25 <b>10 AM - 3 PM</b> The Workplace 
28 <b>10 AM - 3 PM</b> The Workplace 	29  <b>10 AM - 12 PM</b> Digging for Health  <b>1 PM - 3 PM</b> Self-Employment Group	30  <b>12:30 PM - 2 PM</b> Tea 'n' Talk	31	

# SEPTEMBER
























MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				<p><b>1</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 
<p><b>4</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 	<p><b>5</b></p>  <p><b>10 AM - 12 PM</b> Digging for Health</p>	<p><b>6</b></p>  <p><b>12:30 PM - 2 PM</b> Tea 'n' Talk</p>	<p><b>7</b></p>  <p><b>11 AM - 4 PM</b> Art for All</p>	<p><b>8</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 
<p><b>11</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 	<p><b>12</b></p>  <p><b>10 AM - 12 PM</b> Digging for Health</p>  <p><b>1 PM - 3 PM</b> Self-Employment Group</p>	<p><b>13</b></p>  <p><b>12:30 PM - 2 PM</b> Tea 'n' Talk</p>	<p><b>14</b></p>  <p><b>1 PM - 2:30 PM</b> Make Some Noise!</p>	<p><b>15</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 
<p><b>18</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 	<p><b>19</b></p>  <p><b>10 AM - 12 PM</b> Digging for Health</p> <p><b>OFFLOAD 6:30 PM - 8 PM</b></p>	<p><b>20</b></p>  <p><b>12:30 PM - 2 PM</b> Tea 'n' Talk</p>	<p><b>21</b></p>  <p><b>11 AM - 4 PM</b> Art for All</p>	<p><b>22</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 
<p><b>25</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 	<p><b>26</b></p>  <p><b>10 AM - 12 PM</b> Digging for Health</p>  <p><b>1 PM - 3 PM</b> Self-Employment Group</p>	<p><b>27</b></p>  <p><b>12:30 PM - 2 PM</b> Tea 'n' Talk</p>	<p><b>28</b></p>  <p><b>1 PM - 2:30 PM</b> Make Some Noise!</p>	<p><b>29</b></p> <p><b>10 AM - 3 PM</b> The Workplace</p> 



# OCTOBER














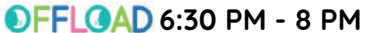








## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p><b>2</b> 10 AM - 3 PM The Workplace</p> 	<p><b>3</b> 10 AM - 12 PM Digging for Health</p> 	<p><b>4</b> 12:30 PM - 2 PM Tea 'n' Talk</p> 	<p><b>5</b> 11 AM - 4 PM Art for All</p> 	<p><b>6</b> 10 AM - 3 PM The Workplace</p> 
<p><b>9</b> 10 AM - 3 PM The Workplace</p> 	<p><b>10</b> 10 AM - 12 PM Digging for Health</p>  <p><b>1 PM - 3 PM</b> Self-Employment Group</p> 	<p><b>11</b> 12:30 PM - 2 PM Tea 'n' Talk</p> 	<p><b>12</b> 1 PM - 2:30 PM Make Some Noise!</p> 	<p><b>13</b> 10 AM - 3 PM The Workplace</p> 
<p><b>16</b> 10 AM - 3 PM The Workplace</p> 	<p><b>17</b> 10 AM - 12 PM Digging for Health</p>  <p><b>OFFLOAD 6:30 PM - 8 PM</b></p> 	<p><b>18</b> 12:30 PM - 2 PM Tea 'n' Talk</p> 	<p><b>19</b> 11 AM - 4 PM Art for All</p> 	<p><b>20</b> 10 AM - 3 PM The Workplace</p> 
<p><b>23</b> 10 AM - 3 PM The Workplace</p> 	<p><b>24</b> 10 AM - 12 PM Digging for Health</p>  <p><b>1 PM - 3 PM</b> Self-Employment Group</p> 	<p><b>25</b> 12:30 PM - 2 PM Tea 'n' Talk</p> 	<p><b>26</b></p>	<p><b>27</b> 10 AM - 3 PM The Workplace</p> 





# The Workplace

10:00 AM - 3:00 PM every Monday & Friday

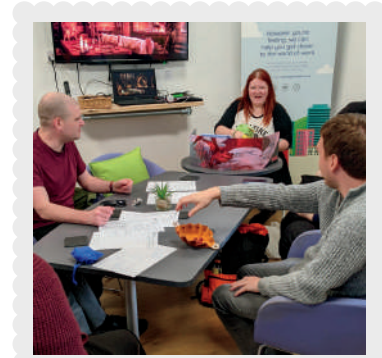
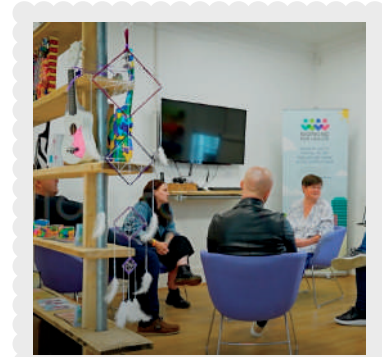
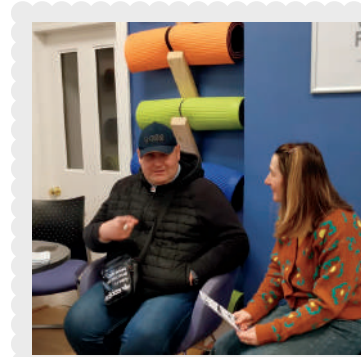
- Support with CV, supporting statements and interview preparation
- Assistance with job applications
- Effective job search strategies and techniques
- Developing your career and CPD
- Develop digital skills
- Understand salaries, payslips and tax
- Find volunteering and training opportunities
- Interactive taught sessions throughout the day
- Improve communication and numeracy skills



# Tea 'N' Talk



Step into a welcoming and relaxed social space where you can connect with others. Come together around a unique focus or theme for each session. Whether it's engaging in lively discussions on the topic of the day, challenging your knowledge with a pub quiz, or prioritising your wellbeing, there's something for everyone.



Also available on **zoom**



# 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.

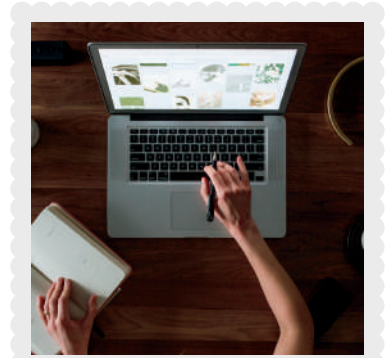
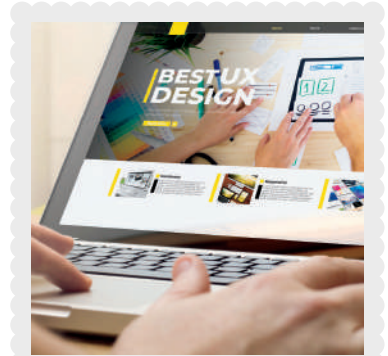





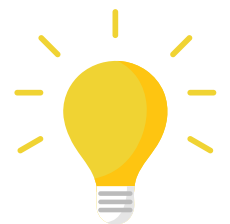
# Self-Employment Support



Whether you are just starting out, or have an established enterprise you want to grow, join this vibrant community to exchange insights, receive valuable feedback, and hold yourself accountable to take action towards your business goals, all while being part of a supportive network of like-minded individuals.



Also available on 

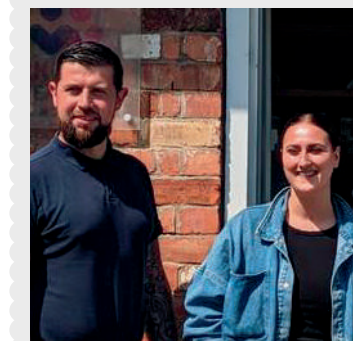
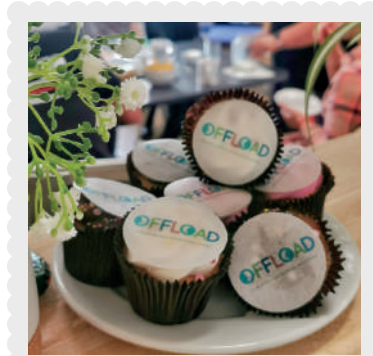


# OFFLOAD

SUPPORTING EACH OTHER IN EMPLOYMENT

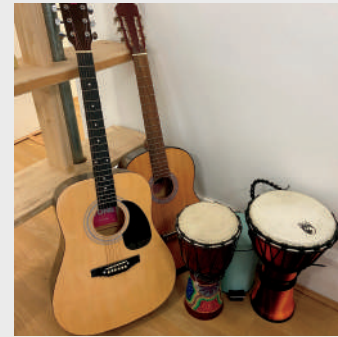


This group is for people currently in work and brings together a wealth of experience of coping with challenges in the workplace. Topics of interest are determined by the group, and may sometimes feature guest speakers.



# Make Some Noise

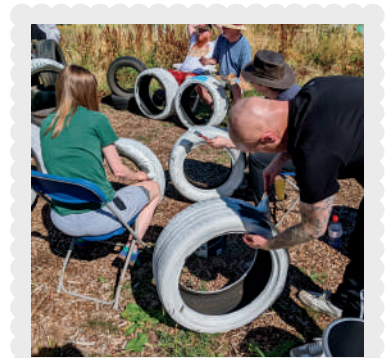
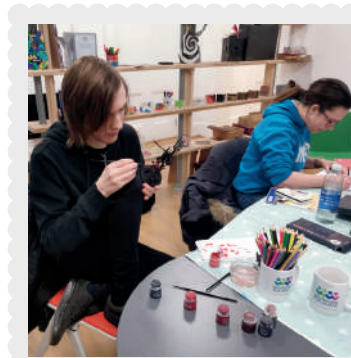
No matter what your level musical ability you have, if you love music come and join in! Bring your own instruments (or your voice!) or use one of ours! - We have a keyboard, two guitars and some percussion.



# Art for All



Whether you're a budding Picasso or simply enjoy doodling, our group welcomes everyone. Relax to soothing music and enjoy the ambiance of scented incense as we come together in a small, intimate setting to create art. We provide a wide range of art supplies, but feel free to bring your own favourites too! The first hour will be guided by our facilitator, followed by an open session for free drawing.



# 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](mailto:hello@workingforhealth.co.uk)

