

Autumn/Winter Provision

6th November - 15th December



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Bridging the gap between mental health and employment services



Our final group sessions of 2023!

As the days grow shorter and the weather turns crisp, we present our Autumn/Winter provision filled with engaging opportunities to brighten the darker days.

The autumn months can be a time of change that impacts mental health. We remain committed to providing activities and events that connect our community and combat isolation. From creative workshops where you can connect over shared passions, to our Tea and Talk session that offers a casual space to socialise over a warm beverage. There is something for everyone.

Join us this autumn and winter as we find joy, connection, and meaning in the darker months ahead. We look forward to supporting you on your journey.



The WFH Team



Our employability hub - Mondays & Fridays 10 - 3



The Workplace is a drop-in service offering support for all aspects of finding and progressing in employment. Get assistance with your CV, applications, and interview preparation. Learn effective job search strategies and techniques. Develop your career, CPD, and digital skills. Understand salaries, payslips, and tax. Find volunteering and training opportunities. Attend interactive taught sessions throughout the day on communication, numeracy, and other essential skills. The Workplace provides the tools and guidance you need to find and succeed in the right job. Drop in anytime for personalised support from our advisors. Booking is required should you wish to use the IT suite.



Make Some Noise!

Alternate Thursdays 1- 2:30

Music is for everyone! No matter your background or experience, if you love music, come join our relaxed and welcoming music workshop. Leave the stresses of life behind and enjoy the therapeutic benefits of creating sound together.



Art for All

Alternate Thursdays 11-4

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.



Reiki Taster Session with Sue Care

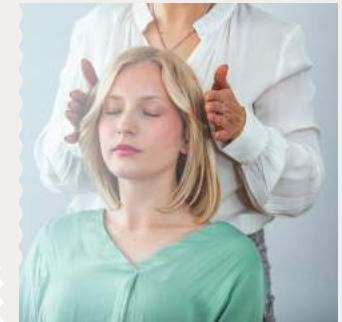
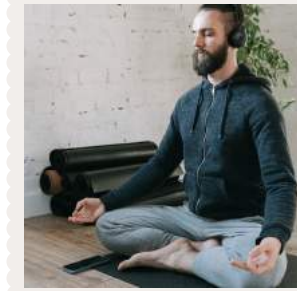
NEW!

Tuesday 21st November 1 -3

We are pleased to host Sue Care, holistic therapist who recently delivered a session for our Offload evening group. Sue has been an holistic therapist for almost 20 years and will be delivering a taster session of some of the therapies she practices. The session will include a talk about Sue's Journey into health and wellness, a mindfulness meditation, and an opportunity for you to learn how you can feel energy, including a chance for you to experience Reiki healing.

Did You Know?

Preliminary research suggests certain holistic practices like meditation, massage, yoga, and guided imagery may support recovery and functioning for some individuals with mental health challenges beyond just symptom management. While more research is still needed, research indicates holistic health approaches may benefit well-being for people with a range of mental health challenges. A study highlighted holistic therapies as a complementary approach that could potentially support healing for some individuals living with mental health difficulties.



Mindfulness meditation is where we allow ourselves to focus on the present moment. Mindfulness has been shown to reduce anxiety and depression, lower blood pressure and improve sleep, it can even help some people cope with pain. Studies suggest that focusing on the present can have a positive impact on health and well-being.

Reiki is a gentle healing energy, it's very soothing and relaxing and works on a mental, emotional physical and spiritual level. According to practitioners, Reiki promotes natural healing and gives you what your body needs to bring you back to a state of equilibrium.

Come along and give yourself some time to relax and just focus on you and your well-being.

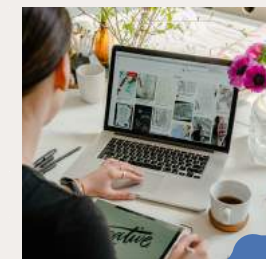
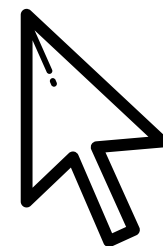
Tea and Talk

Every Wednesday 12:30 - 2

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.



http://



NEW!



Website Design for Beginners

Select Tuesdays 10 - 12

Create a website without coding or prior experience! Our beginner website design workshop teaches you to easily build a professional, responsive site from scratch using Weebly's drag-and-drop platform. In our hands-on series, you'll learn web design principles, customising templates, optimising content and more. No prior experience needed - we provide the tips and tricks to get you launched quickly. Bring your ideas and turn them into reality at our upcoming workshop.



NEW!

**Both Sessions alternate
fortnightly on Wednesdays
10:30 - 12**

Numbers for life & Wellbeing

In "WfH Pub Quiz," we transform our training room into a cosy pub setting for pub quizzes and darts tournaments in small groups. This relaxed social atmosphere helps build confidence in using numbers. "In the Home" focuses on handy household skills like measuring for those new curtains you've had your eyes on or splitting bills evenly. Through real-life examples, we show how numbers can make daily tasks easier and less stressful.

Sessions:

Numbers for Wellbeing: WfH Pub Quiz
Numbers for life: In the home

**SKILLS
FOR LIFE**

Multiply



Money Matters

In times of economic uncertainty, it's more important than ever to get a handle on your finances. Our Money Matters workshop series equips you with the skills and knowledge to take control of your money during the cost of living crisis.

Learn budgeting strategies to help make your income stretch further. Discover meal planning tips to save money on groceries. Understand your payslip and make sure you're getting all the financial support you're entitled to.

Each workshop provides practical guidance you can put into action straight away. Build your confidence in managing personal finances, so you can weather economic storms.

Sessions:

Money Matters: Budgeting
Money Matters: Meal Planning
Money Matters: Understanding your Payslip



Self-Employment Peer Support

Alternate Tuesdays 1 - 3

Whether you are just starting out, or have an established enterprise you want to grow, join this vibrant community. 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.



SUPPORTING EACH OTHER IN EMPLOYMENT

Once monthly Tuesday Evening 6:30 - 8

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.





Art for All: Winter Crafts

Thursday 14th December 11 - 4

We're adding some festive cheer to our final art session of the year. 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. Come and get creative in a small group setting and enjoy the cosy ambience.



Festive Party 2023

Wednesday 13th December 11 - 3

Come one, come all to our festive end of term celebration! Join us for an afternoon of holiday cheer including delicious buffet offerings, festive games, and karaoke. Additionally, the £50 Amazon voucher prize draw winner will be announced.



This document is available in large print or electronic versions upon request. Please contact our office to request an alternate format.




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



NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 10 AM - 3 PM The Workplace 	7 10AM - 12PM Website Design 	8 10:30 AM - 12 PM Meal Planning 12:30 PM - 2 PM Tea 'n' Talk 	9 1 PM - 2:30 PM Make Some Noise! 	10 10 AM - 3 PM The Workplace 
13 10 AM - 3 PM The Workplace 	14 10AM - 12PM Website Design 1 PM - 3 PM Self-Employment Group 	15 12:30 PM - 2 PM Tea 'n' Talk 	16 11 AM - 4 PM Art for All 	17 10 AM - 3 PM The Workplace 
20 10 AM - 3 PM The Workplace 	21 1 PM - 3 PM Reiki Taster Session  OFFLOAD 6:30 PM - 8 PM	22 10:30 AM - 12 PM Budgeting 12:30 PM - 2 PM Tea 'n' Talk 	23 1 PM - 2:30 PM Make Some Noise! 	24 10 AM - 3 PM The Workplace 
27 10 AM - 3 PM The Workplace 	28 10AM - 12PM Website Design 1 PM - 3 PM Self-Employment Group 	29 12:30 PM - 2 PM Tea 'n' Talk 	30 11 AM - 4 PM Art for All 	

DECEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10 AM - 3 PM The Workplace 
4 10 AM - 3 PM The Workplace 	5 1 PM - 3 PM Self-Employment Group 	6 10:30 AM - 12 PM WFH Pub Quiz 12:30 PM - 2 PM Tea 'n' Talk 	7 1 PM - 2:30 PM Make Some Noise! 	8 10 AM - 3 PM The Workplace 
11 10 AM - 3 PM The Workplace 	12	13  11 AM - 3 PM Festive Party	14  11 AM - 4 PM Winter Crafts	15
18	19 OFFLOAD 6:30 PM - 8 PM 	20	21	22

Please email admin@workingforhealth.co.uk to book onto any workshop.

Our offices will close on the 22nd December and we re-open again **Tuesday 2nd January.**