

# Winter/Spring Prospectus

## 15th January- 22nd March

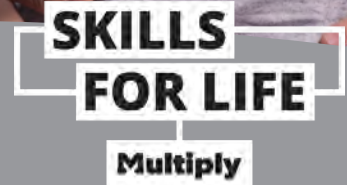


Bridging the gap between mental health and employment services



*Download a digital copy here*

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Cottingham, HU16 4LL



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](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)



# Welcome to 2024!

New Year, new you?

Welcome to the first prospectus of 2024. We're eager to get stuck in. We have our usual offerings this term from our employability hub 'The Workplace' every Monday and Friday. The wide variety of wellbeing sessions to boost your confidence and get creative. Plus, our popular allotment re-opens after February half-term.

The spring months can represent renewal and growth that benefits mental health. Join us at Working for Health as we find motivation, connection, and meaning during the days ahead. We look forward to supporting you on your journey of renewal this coming season.



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.

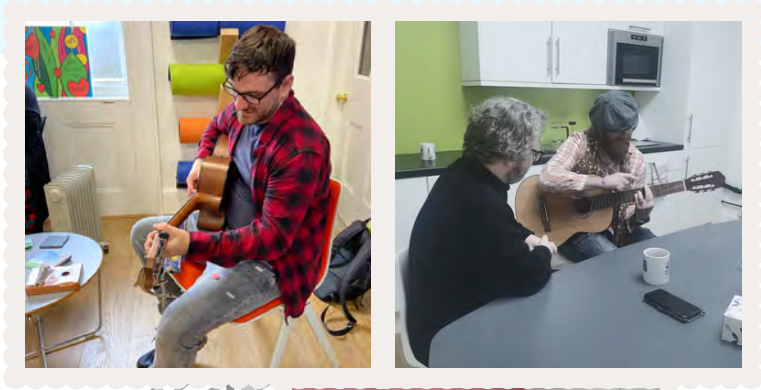




# Make Some Noise!

Thursday 29 February 1- 3:30

Music is for everyone! No matter your background or experience, if you love music, come join our relaxed and welcoming music workshop. The Make Some Noise special will give you chance to talk about the music you love and work together to create some music!



# Art for All



Alternate Thursdays 11-3.30

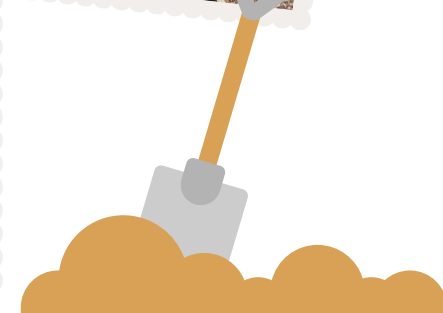
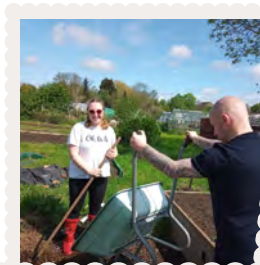
Whether you're a budding Picasso or simply enjoy doodling, our group welcomes everyone. Relax to soothing music and enjoy the ambiance of scented incense as we come together in a small, intimate setting to create art. We provide a wide range of art supplies, but feel free to bring your own favourites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



# 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, or prioritising your wellbeing, there's something for everyone.



## Digging for Health

Tuesdays 10 - 12 from February 20th

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.



**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 alcohol-free 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



## 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

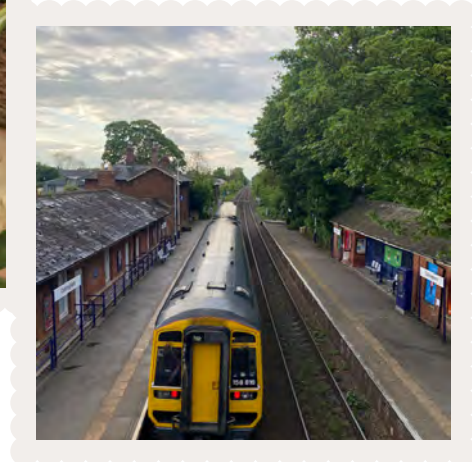
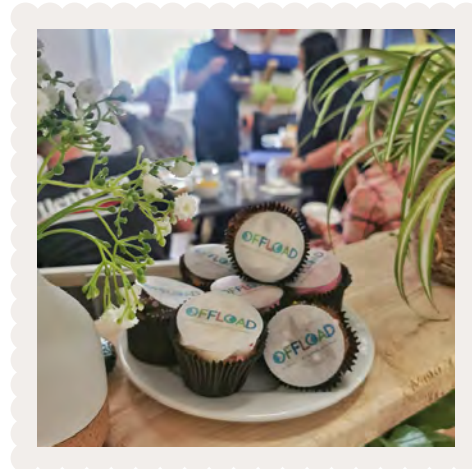
Money Matters: Understanding your Payslip



# 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.



# Winter/Spring Prospectus Timetable



Our office re-opens Tuesday 2nd January 2024! The first week and a half will be appointment only and then our prospectus officially starts on Monday 15th January, opening with our employability hub, The Workplace.

Please book onto any sessions by emailing [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk)

## JANUARY














MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		












10 AM - 3 PM The Workplace	Office Re-opens			
10 AM - 3 PM The Workplace	1 PM - 3 PM Self-Employment Group <b>OFFLOAD</b> 6:30 PM - 8 PM	10:30 AM - 12 PM Multiply Numbers for Life 12:30 PM - 2 PM Tea 'n' Talk	11 AM - 3.30 PM Art for All	10 AM - 3 PM The Workplace
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10 AM - 3 PM The Workplace	1 PM - 3 PM Self-Employment Group			



# FEBRUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2 10 AM - 3 PM The Workplace 
5 10 AM - 3 PM The Workplace 	6	7  12:30 PM - 2 PM Tea 'n' Talk	8  11 AM - 3.30 PM Art for All	9 10 AM - 3 PM The Workplace 
12	13	14	15	16
<b>HALF - TERM</b>				
19 10 AM - 3 PM The Workplace 	20  10AM - 12PM Digging for Health 1 PM - 3 PM Self-Employment Group  <b>OFFLOAD</b> 6:30 PM - 8 PM	21  10:30 AM - 12 PM Meal Planning <b>Multiply</b> 12:30 PM - 2 PM Tea 'n' Talk	22  11 AM - 3.30 PM Art for All	23 10 AM - 3 PM The Workplace 
26 10 AM - 3 PM The Workplace 	27  10AM - 12PM Digging for Health	28  12:30 PM - 2 PM Tea 'n' Talk	29  1 PM - 3:30 PM Make Some Noise Special!	

# MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 10 AM - 3 PM The Workplace 
4 10 AM - 3 PM The Workplace 	5  10AM - 12PM Digging for Health 1 PM - 3 PM Self-Employment Group 	6  10:30 AM - 12 PM Budgeting <b>Multiply</b> 12:30 PM - 2 PM Tea 'n' Talk	7  11 AM - 3.30 PM Art for All	8 10 AM - 3 PM The Workplace 
11 10 AM - 3 PM The Workplace 	12  10AM - 12PM Digging for Health	13  12:30 PM - 2 PM Tea 'n' Talk	14	15 10 AM - 3 PM The Workplace 
18 10 AM - 3 PM The Workplace 	19  10AM - 12PM Digging for Health 1 PM - 3 PM Self-Employment Group  <b>OFFLOAD</b> 6:30 PM - 8 PM	20  10:30 AM - 12 PM WfH Pub Quiz <b>Multiply</b> 12:30 PM - 2 PM Tea 'n' Talk	21  11 AM - 3.30 PM Art for All	22 10 AM - 3 PM The Workplace 
25	26	27	28	29
<b>EASTER</b>				