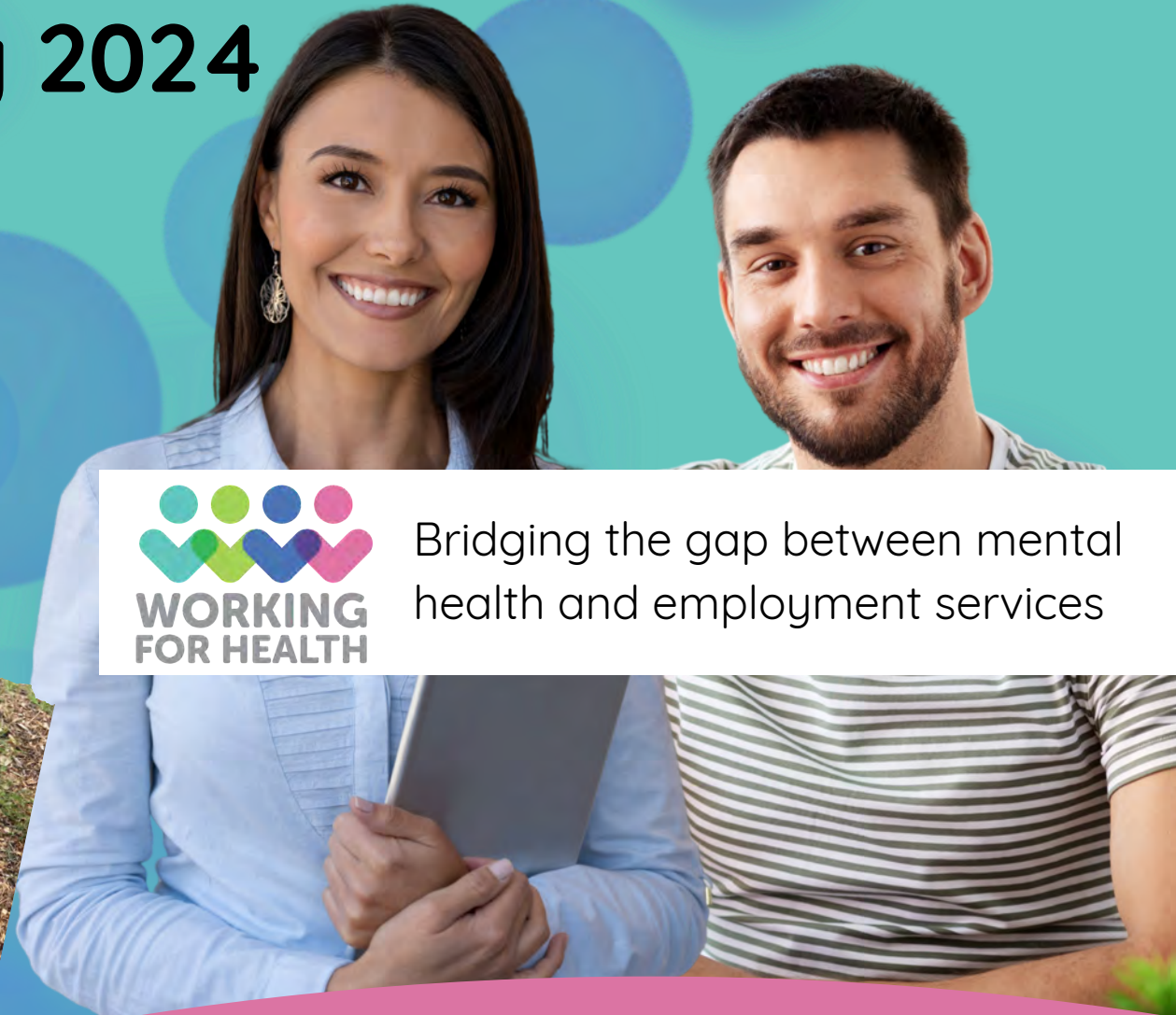


# Spring Prospectus

1st April-24th May 2024



Bridging the gap between mental health and employment services



*Download a digital copy here*

The Station, Station Road  
Cottingham, HU16 4LL





# Spring is here!

Here comes the sun!

Welcome to our Spring 2024 prospectus. We hope you will find something tempting to enjoy. Every Monday and Friday you can join our employability hub 'The Workplace'. After that, there's plenty to choose from.

April is Stress Awareness Month so come and relax with Art and Music. We have Mental Health Awareness Week in May when we'll be running dance, Tai Chi and a Spring walk as well.

And our wonderful allotment is open again! Get your gloves and join the team growing and improving this fabulous facility.

Other exciting news - we're now open in Hull! A brand new office and brand new staff are ready to welcome you.

We look forward to sharing your journey.

*The WFH Team*



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# The Workplace

## 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 help with your CV, applications, and interview preparation.
- Learn effective job search strategies and techniques.
- Develop your career, CPD, and digital skills.
- Understand salaries, payslips, tax.
- Find volunteering and training opportunities.
- Attend interactive taught sessions on communication, numeracy, and other skills.

The Workplace provides the tools and guidance you need to find and succeed in the right job.

Drop in any time for personalised support from our advisors. Booking is required should you wish to use the IT Suite.



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# Make Some Noise!

## Alternate Thursdays 1-3

Music is for everyone! No matter your background or experience, if you love music, come and join our relaxed and welcoming music workshop.

Make Some Noise will give you chance to explore the music you love and and work together to create some yourself!



# Art for All

## Alternate Thursdays 11-3.30

Whether you're a budding Picasso or simply enjoy doodling, our group welcomes everyone. Relax and enjoy the ambience of incense as we come together in a quiet, intimate setting to learn about and create art.

The first hour will be guided by our facilitator, followed by a relaxed exploration of an art style or technique. We do trips out too! All skill levels are very welcome.





# 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**

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.



# Moving and Meditating

Special sessions to bring a new energy to your daily life, marking Mental Health Awareness Week and Stress Awareness Month.

## Meditation Technique and Practice

Take a guided meditation to a calm place. Then sit quietly and let your own understanding of meditation flow through you. A beautiful, relaxing experience.

**Stress Awareness Month: Wednesday 17th April**

## Tai Chi start-up

Join us at the allotment for a breath of fresh air. Breathe deeply and move at the slow, gentle pace of Tai Chi in 15 minutes of rhythm and relaxation.

**Mental Health Week: Tuesday 14th May 10 - 12.**



# Money Matters

## Alternate Wednesdays 10.30-12

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.





# Exploring Self Employment

**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.



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# OFFLOAD

SUPPORTING EACH OTHER IN EMPLOYMENT



**Once a month 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.

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# Spring Prospectus Timetable



COMMUNITY FUND



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

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Save the date: Friday June 7th and

Sat June 8th 2024

It's the  
**WfH FAIRY FESTIVAL**



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# APRIL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Easter	2 Easter	3 Easter	4 Easter	5 Easter
8 10 AM - 3 PM The Workplace	9 10 AM - 12 Digging for Health 1 PM - 3 PM Self-Employment Group	10 10:30 AM - 12 PM Multiply Money Matters 12:30 PM - 2 PM Tea 'n' Talk	11 11 AM - 3:30 PM Art for All	12 10 AM - 3 PM The Workplace
15 10 AM - 3 PM The Workplace	16 10 AM - 12 Digging for Health OFFLOAD 6:30 PM - 8 PM	17 10:30 AM - 12 PM Meditation Theory 12:30 PM - 2 PM Tea 'n' Talk with Meditation	18 1 PM - 3:30 PM Make Some Noise!	19 10 AM - 3 PM The Workplace
22 10 AM - 3 PM The Workplace	23 10 AM - 12 Digging for Health 1 PM - 3 PM Self-Employment Group	24 10:30 AM - 12 PM Multiply Money Matters 12:30 PM - 2 PM Tea 'n' Talk	25 11 AM - 3:30 PM Art for All	26 10 AM - 3 PM The Workplace
29 10 AM - 3 PM The Workplace	30 10 AM - 12 Digging for Health			

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# MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7 10 AM - 12 Digging for Health 1 PM - 3 PM Self-Employment Group	1 12:30 PM - 2 PM Tea 'n' Talk	2 1 PM - 3:30 PM Make Some Noise!	3 10 AM - 3 PM The Workplace
Bank Holiday	14 10 AM - 12 Digging for Health + TAI CHI	8 10:30 AM - 12 PM Multiply Money Matters 12:30 PM - 2 PM Tea 'n' Talk	9 11 AM - 3:30 PM Art for All	10 10 AM - 3 PM The Workplace
13 10 AM - 3 PM The Workplace MENTAL HEALTH AWARENESS WEEK	21 10 AM - 12 Digging for Health 1 PM - 3 PM Self-Employment Group OFFLOAD 6:30 PM - 8 PM	15 12:30 PM - 2 PM Walk & Talk	16 1 PM - 3:30 PM Make Some Noise!	17 10 AM - 3 PM The Workplace
20 10 AM - 3 PM The Workplace	28 10 AM - 12 Digging for Health 1 PM - 3 PM Self-Employment Group OFFLOAD 6:30 PM - 8 PM	22 10:30 AM - 12 PM Multiply Money Matters 12:30 PM - 2 PM Tea 'n' Talk	23 11 AM - 3:30 PM Art for All	24 10 AM - 3 PM The Workplace
27 Half Term	28 Half Term	29 Half Term	30 Half Term	31 Half Term



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

