



We're here to help you

SummerProspectus

1st June - 30th August 2024

Call 01482 242808
to see how we can get you back to work
or drop us a line at hello@workingforhealth.co.uk



Bridging the gap between mental
health and employment services



Start the conversation at
workingforhealth.co.uk

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The Station, Station Road
Cottingham, HU16 4LL





Summertime

Welcome to our Summer prospectus.

It's time for our popular **TakeOver Festival** where we ask you to step up and take over our fete. You can volunteer for a day, have a stall of your own, put some art or crafts in to sell or display, sit and paint, sing a song. Or just visit and enjoy the company of friends, watch the Chinese Lion Dancing, join the Civil War Regiment and browse the stalls.

Talk to your key worker for more information. And once again we're pitching it as a **Fairy Festival** so children are especially welcome and the Fairy Queen is ready to meet them.

Later on we'll be running Tai Chi and a return to Meditation for those already on the journey and those who want to start. In July there's a crochet special at OFFLOAD and August will see Art going outdoors. Also coming are special one-off presentations by our staff for you to enjoy.

Our regular events will run as always and we look forward to welcoming you at any of them.

Have a great summer!

The WFH Team

P.S. Want to get involved with the Fairy Festival? Get in touch quickly!





Walk & Talk

Most Wednesdays 2 - 2.30

Follow up your Tea & Talk with a relaxing stroll.

A chance to breathe in the summer air and enjoy and enjoy a casual walk and a natter as you go.

We'll take different routes around Cottingham and keep the pace easy and comfortable.

Join us for both Tea & Talk or just for the walk.



THE FAIRY FESTIVAL

FRI 7 JUNE

SAT 8 JUNE



11-3.30 The Train Station, Cottingham

Stalls, Crafts, Arts, Music and Events

Plenty to buy, browse, do and see for all the family

Meet the Fairy Queen

Try Civil War re-enacting with Glemham's Regiment

PLUS, SAT ONLY:

CHINESE LION DANCING

RAVENS MORRIS

FAIRY & GOBLIN FANCY DRESS FOR KIDS



The Workplace

Our Employability Hub

Mondays & Fridays 10 - 3

Wed afternoons 12 - 3 (self-supporting)

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.



Tea & 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.

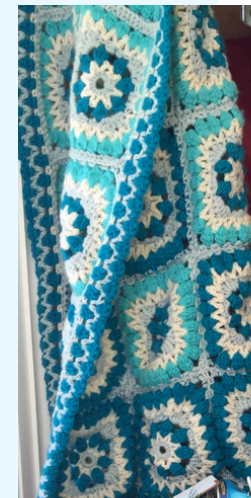




Once a month Tuesday Evening 6:30 - 8

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.



Crochet

AN OFFLOAD special event Tuesday 16th July 6.30 - 8pm

Special guest Rachel shares her remarkable skills in an introduction to crochet.

Give it go! For all ages, all sexes and all levels of experience.

If you already know how, take this opportunity to dig deeper for tips and techniques from our expert. If it's all new to you, relax and let Rachel guide you into the mysterious world of wool.

From blankets to cuddly toys, anything is possible!



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 11-2.30

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.



Exploring Self Employment

Alternate Tuesdays 1 - 3

A rolling six-week programme which takes you from 'Start Up' to 'What Next?' 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.



Digging for Health

Tuesdays 10 - 2pm

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. Directions available on request.



Moving and Meditating

Bring a new energy to your daily life.

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.

Tuesday June 25th 10-12. Followed by Meditation.

Meditation Technique and Practice

Follow up your introductory session, or start over as we take time in the allotment to refresh our understanding, learn from scratch, and meditate together.

Tuesday June 25th 10-12



Money Matters

Every 4th Wednesday 10 - 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.



Create a Book

Bookbinding and book folding

An Art for All Special Event

Thursday 11th August 11 - 2.30 (tbc)

Working for Health ally David will be presenting a special Art for All day where he reveals the secrets of how to bind a book and shows some of his masterful creations.

Come and join in. From 11 in the morning David will share with us the techniques of bookbinding. From stitching to paper selection.

Then you'll have the chance to try something similar as you fold and shape paper to become different types of book.

Draw your own content, or write your own messages. Once you know how to do it you'll have a fun activity for life!



My Guilty Secret

First Wednesday of every month

2 - 3pm

Straight after Tea & Talk, get ready for something completely different.

A new monthly meeting where you can discover the guilty secrets of someone else.

Each session is presented by a different member of staff or volunteer who will share with you something about themselves you may not know.

That is: their interest, their hobby, what makes them come alive, what passionate interest each of them has outside of work. Find out about the secret lives of Working for Health and get an insight into what drives us.

We hope that our interests will inspire yours.

Wed July 3: Ricky

Wed August 7: Jamie





Phone Photography

An Art for All Special Event

Thursday 22nd August 11 - 2.30

To mark World Photography Day earlier in the week, here's the return of our popular Phone Photography day.

All you have to do is bring along your smartphone (or a camera if you prefer) and we'll head out together and see what we can see.

Fingers crossed for good weather as we explore Cottingham with one aim: to take photos which show how the area engages you.

Maybe you'll concentrate on photos of insects, or alleyways, stonework or rooftops. Whatever you choose, after a couple of hours we'll head back, edit and share the best ones, each person telling us what they have discovered.



Special Events & Key Dates Summary

JUNE

**Fri 7 - Sat 8
Tue 25**

**The Fairy Festival
Tai Chi & Meditation at the
Allotment**

JULY

**Fri 5
Tue 16
Wed 24
Tue 30**

**Thank You Day
Offload Special: Crochet
Self Care Day
Friendship Day**

AUGUST

**Thurs 8
Mon 19
Thurs 22**

**Art Special: Bookbinding
World Photography Day
Art Special: Phone
Photography**



Prospectus Calendar Summer 2024



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