# We're here to help you

# Spring/Summer Prospectus

**21st April - 23rd May 2025**

Call 01482 242808
to see how we can get you back to work
or drop us an email at **admin@workingforhealth.co.uk**

Bridging the gap between mental health and employment services

Start the conversation at
**workingforhealth.co.uk**

**This document is available in large print or electronic versions upon request.**

**Please contact our office for an alternative format.**

Download a digital copy here

**The Station, Station Road**
**Cottingham, HU16 4LL**

# Spring is here!

**Welcome to our spring/summer prospectus!**

**Spring is now underway and warmer weather has arrived! With the arrival of brighter days and longer daylight hours, why not try something new within our prospectus to bring joy to your week?**

**Our Nature for Health sessions are in full swing and are a great opportunity to help on the Working for Health Allotment! There are lots of jobs to get stuck in with, such as DIY, planting and seasonal jobs.**

**Why not book a session in the Workplace on a Monday or Friday and brush up on your computer and job searching skills?**

**Our Art for All sessions on a Thursday are a lovely opportunity to be a creative in a welcoming and friendly group.**

**Some of the sessions may be self-supporting, so please enquire for more details.**

**Looking forward to seeing you soon!**

*The WFH Team*

# Gaming-Lets Play!

## Every other Wednesday 2pm - 4pm

Step into a welcoming and relaxed social space where you can game with others.

Whether it's engaging in lively gameplay in teams or playing alone, there's something for everyone.

You will be able to bring your own handheld gaming device where appropriate. If you are unsure, please ask your keyworker.

# The Workplace

**Mondays & Fridays**
**10am - 12pm & 1pm - 3pm**

The Workplace is an opportunity for you to get support with 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.
- Work on your digital skills.
- Find volunteering and training opportunities.

The Workplace provides the tools and guidance you need to find and succeed in the right job. We have a brand new IT suite ready for you to utilise.

Booking is required should you wish to use the IT Suite. Please ask your keyworker or contact the office to book a time slot.

# Tea and Talk

**Every Wednesday 12:30pm - 2pm**

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.

# Exploring Self-Employment

## Tuesdays 1pm - 3pm

A rolling six-week overview programme which takes you from ‘Start Up’ to ‘Marketing’  Whether you are just curious to explore if self-employment is for you, starting out, or have an established enterprise you want to grow, then 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.

# Money Matters

## Ask your keyworker

In times of economic uncertainty, it's more important than ever to get a handle on your finances.

Our Money Matters series equips you with the skills and knowledge to take control of your money during the cost of living crisis.

- Learn budgeting and meal planning strategies to help make your income stretch further and save some money.
- If you’re going into work soon, then understand your payslip and see what different Tax and National Insurance will make.

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

# Nature for Health

**Every Tuesday from 10am - 12pm**

**Share and gain on the allotment with Nature for Health**

Spring is an important time of the year on the allotment, and many hands make light work. Come and join the group, share in the community spirit and enjoy the outdoors!

Either come and get your hands dirty, try planting, or pop for a cuppa and chat in the fresh air. Nature for health is for everyone.

The allotment is also looking for people with DIY experience to help maintain the site.

Email admin@workingforhealth.co.uk to book a place or enquire.

## Self-Employment Weekly Plan

**Week 1 -** Why be self-employed?
Benefits vs Drawbacks.

**Week 2 -**Business idea?
The Business Model Canvas.

**Week 3 -** Money Matters:
Income and Expenditure.

**Week 4 -** Marketing:
Introduction to Canva, a free publishing tool.

**Week 5 -** Online Marketing:
Social Media and Websites.

**Week 6 -** What's Next?:
Support networks & organisations to further self-employment.

OFFLOAD

SUPPORTING EACH OTHER IN EMPLOYMENT

## Every 3rd Tuesday evening 6:30pm - 8pm

### Keep connected and supported whilst in work!

This group supports people currently in work and brings together a wealth of experience of coping with challenges in the workplace.

The monthly topics are determined by the group, and may sometimes feature guest speakers.

Themes have previously included tips for coping with stress at work, art sessions and a visit to the Working for Health allotment.

# Art for All

## Alternate Thursdays 11:30am - 3:00pm

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, peaceful 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.

# Cover Letter Tips

**Why is a cover letter important?**
A cover letter is a great opportunity to explain to your future employers why you'd be a good fit for their job role and help you stand out as a viable candidate for the role.

**Top tips:**

- Format your cover letter like a standard business letter.
- Your first paragraph should explain which vacancy you are applying for and how you heard about the position.
- In the second paragraph you should include your skills and work history that is relevant to the job role and would make you qualified for the role.
- In the third paragraph you can conclude the letter and include the best way to contact you.

**It is important to:**

- Proof-read your cover letter and check it for spelling errors.
- Research the company of the job you're applying for.
- Make sure to include your contact details and telephone number and that these are correct.

**Ask your Keyworker for more information**

COMMUNITY FUND

Prospectus Calendar

OFFLOAD
SUPPORTING EACH OTHER IN EMPLOYMENT

# April 2025

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| | 1<br>Nature for Health<br>10am - 12pm<br>Self-Employment WK 6<br>1pm - 3pm | 2<br>Tea and Talk<br>12:30pm - 2pm<br>Gaming - Lets Play!<br>2pm - 4pm | 3<br>Art for All<br>11:30am - 3pm | 4<br>Workplace<br>10am - 12pm<br>1pm - 3pm |
| | Easter Half Term | | | |
| | | | | Easter Friday |
| Easter Monday | 22<br>Nature for Health<br>10am - 12pm<br>Self-Employment WK 1<br>1pm - 3pm | 23<br>Tea and Talk<br>12:30pm - 2pm | 24 | 25<br>Workplace<br>10am - 12pm<br>1pm - 3pm |
| 28<br>Workplace<br>10am - 12pm<br>1pm - 3pm | 29<br>Nature for Health<br>10am - 12pm<br>Self-Employment WK 2<br>1pm - 3pm | 30<br>Tea and Talk<br>12:30pm - 2pm | | |

# May 2025

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| | | | 1<br>Art for All<br>11:30am - 3pm | 2<br>Workplace<br>10am - 12pm<br>1pm - 3pm |
| 5<br>Workplace<br>10am - 12pm<br>1pm - 3pm | 6<br>Nature for Health<br>10am - 12pm<br>Self-Employment WK 3<br>1pm - 3pm | 7<br>Tea and Talk<br>12:30pm - 2pm | 8 | 9<br>Workplace<br>10am - 12pm<br>1pm - 3pm |
| 12<br>Workplace<br>10am - 12pm<br>1pm - 3pm | 13<br>Nature for Health<br>10am - 12pm<br>Self-Employment WK 4<br>1pm - 3pm | 14<br>Tea and Talk<br>12:30pm - 2pm | 15<br>Art for All<br>11:30am - 3pm | 16<br>Workplace<br>10am - 12pm<br>1pm - 3pm |
| 19<br>Workplace<br>10am - 12pm<br>1pm - 3pm | 20<br>Nature for Health<br>10am - 12pm<br>Self Employment WK 5<br>1pm - 3pm<br>OFFLOAD<br>6:30PM - 8PM | 21<br>Tea and Talk<br>12:30pm - 2pm | 22 | 23<br>Workplace<br>10am - 12pm<br>1pm - 3pm |
| 26<br>MAY BANK HOLIDAY | 27<br> Summer Half Term | 28 | 29 | 30 |