# We're here to help you

# Summer/Autumn Prospectus

**4th August - 12th September 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**

# Autumn is around the corner!

**Why not prepare for the coming season by getting involved in something new? Whether that be our Wednesday Tea and Talk session or our Tuesday Allotment group - there's something for everyone at Working for Health.**

**The start of the new prospectus also means the start of our rolling 6 week self-employment group. Always wondered whether self-employment is for you? Why not use this opportunity to gain the basics you need to start your journey.**

**Remember our groups are open to all clients so why not come in and see what we have to offer? We do ask that you book onto our sessions as**

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

**Looking forward to seeing you soon!**

The WFH Team

# Work Tasters

Work Tasters are a fantastic way to gain work experience. Maybe you have never worked before, or a job didn't work out well last time, or maybe it's because you don't know what you are good at, scared to commit, or want to try something you've not done before. Each work taster will have clear goals to build skills and confidence and find out whether the job is right for you. It would be a perfect experience to add to your CV.

Available opportunities include:
Administration, Workshop Support, Station Adopter and Allotment Volunteer.
Please email Ruth@workingforhealth.co.uk for more details.

# 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 programme which takes you from ‘Start Up’ to ‘Marketing’.  Whether you are 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.

# Cover Letter Tips

**What is a cover letter?**
Your cover letter shouldn’t be a regurgitation of your CV. Instead, it should zoom in on a few key skills and experiences on your CV that the employer values the most.

**Things to consider:**
You should ALWAYS research around the job you are applying for! The important things you should research before writing are:
·Who will be receiving and reading your letter
·The skills and experience mentioned in the job description
·The company and its culture
·Their competitors and market position
·The sector and any recent news or trends

**Ask your Keyworker for more information**

# Nature for Health

**Every Tuesday 10am - 12pm**

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

The end of summer/beginning of Autumn 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!

Whether you want to come and get your hands dirty and try planting, or just pop in 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 third 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.

**Art for All will resume in September**

# The STAR method

**Using Star during interviews ensures you stay on track and your answers have structure.**

Practicing different scenarios using this method can alleviate those awkward pauses and waffly answers.

**S**ITUATION — Set the scene - a brief description

**T**ASK — What needed to be done?

**A**CTION — What I did

**R**ESULT — How it worked out / what I achieved

**Ask your Keyworker for more information**

COMMUNITY FUND

# Prospectus Calendar

OFFLOAD
SUPPORTING EACH OTHER IN EMPLOYMENT

# August 2025

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| 4<br>The Workplace<br>10am - 12pm<br>1pm - 3pm | 5<br>Nature for Health<br>10am - 12pm<br>Self-Employment (Week 1)<br>1pm - 3pm | 6<br>Tea and Talk<br>12:30pm - 2pm | 7 | 8<br>The Workplace<br>10am - 12pm<br>1pm - 3pm |
| 11<br>The Workplace<br>10am - 12pm<br>1pm - 3pm | 12<br>Nature for Health<br>10am - 12pm<br>Self-Employment (Week 2)<br>1pm - 3pm | 13<br>Tea and Talk<br>12:30pm - 2pm | 14 | 15<br>The Workplace<br>10am - 12pm<br>1pm - 3pm |
| 18<br>The Workplace<br>10am - 12pm<br>1pm - 3pm | 19<br>Nature for Health<br>10am - 12pm<br>Self-Employment (Week 3)<br>1pm - 3pm<br>OFFLOAD<br>6:30pm - 8pm | 20<br>Tea and Talk<br>12:30pm - 2pm | 21 | 22<br>The Workplace<br>10am - 12pm<br>1pm - 3pm |
| 25<br>BANK HOLIDAY | 26<br>Nature for Health<br>10am - 12pm<br>Self-Employment (Week 4)<br>1pm - 3pm | 27<br>Tea and Talk<br>12:30pm - 2pm | 28 | 29<br>The Workplace<br>10am - 12pm<br>1pm - 3pm |

# September 2025

| Mon | Tue | Wed | Thu | Fri |
|---|---|---|---|---|
| 1<br>The Workplace<br>10am - 12pm<br>1pm - 3pm | 2<br>Nature for Health<br>10am - 12pm<br>Self-Employment (Week 5)<br>1pm - 3pm | 3<br>Tea and Talk<br>12:30pm - 2pm | 4<br>Art for All<br>11:30am - 3pm | 5<br>The Workplace<br>10am - 12pm<br>1pm - 3pm |
| 8<br>The Workplace<br>10am - 12pm<br>1pm - 3pm | 9<br>Nature for Health<br>10am - 12pm<br>Self-Employment (week 6)<br>1pm - 3pm | 10<br>Tea and Talk<br>12:30pm - 2pm | 11 | 12<br>The Workplace<br>10am - 12pm<br>1pm - 3pm |
| 15 | 16 | 17 | 18 | 19 |
| 22 | 23 | 24 | 25 | 26 |
| 29 | 30 | | | |