



# We're here to help you

## Autumn Prospectus

22<sup>nd</sup> September - 23<sup>rd</sup> October 2025

Call **01482 242808** to see how we can get you back to work - or drop us an email at [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk)



Bridging the gap between mental health and employment services



Start the conversation at [workingforhealth.co.uk](http://workingforhealth.co.uk)



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

Please contact our office for an alternative format.



The Station, Station Road  
Cottingham, HU16 4LL





## Autumn is around the corner!



We are switching things up a little bit here at Working for Health. Our prospectus events will now run Tuesday to Thursday. This will allow you all to experience more of the prospectus at once and take a look at groups you may have previously considered attending. Also look out for NEW sessions coming soon!

Our Workplace session will now run on a Tuesday and Thursday but this doesn't change a thing. You can still book on to job search, edit your CV or get support with interview skills.

On Wednesday 24<sup>th</sup> September, we will have a visit from Citizens Advice who will drop into our Tea and Talk session to discuss housing.

October 10<sup>th</sup> is World Mental Health day and this year the topic is "Access to Services - Mental Health in Catastrophes and Emergencies".

This year's Takeover festival coincides with 10 years of Working for Health and will take place on Friday 10<sup>th</sup> October and Saturday 11<sup>th</sup> October. Join us to celebrate 10 wonderful years of our service.

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](mailto:Ruth@workingforhealth.co.uk) for more details.



Work  
Experience



# The Workplace

**Tuesdays and Thursdays  
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**

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](mailto:admin@workingforhealth.co.uk) to book a place or enquire.



## Self-Employment Weekly Plan

Why be self-employed? Benefits vs Drawbacks.

Business idea?  
The Business Model Canvas.

Money Matters:  
Income and Expenditure.

Marketing:  
Introduction to Canva, a free publishing tool.

Online Marketing:  
Social Media and Websites.

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



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.



# We need you!

Have you got a spare few hours or even a spare day and want to expand on your skills?

We are looking for volunteers to support us with various aspects of Working for Health.

We are looking for:

- Workshop Support Volunteers
- Station Adoption Volunteers
- Handyperson Volunteers

For more information, please email [ruth@workingforhealth.co.uk](mailto:ruth@workingforhealth.co.uk) or call 01482 242808.



Prospectus  
Calendar



citizens  
advice

# September 2025

Mon	Tue	Wed	Thu	Fri
1	2	3	4	5
PREVIOUS PROSPECTUS				
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
	The Workplace 10am - 12pm, 1pm - 3pm Nature for Health 10am - 12pm Self-Employment 1pm - 3pm	Tea and Talk 12:30pm - 2pm	The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	
29	30			
	The Workplace 10am - 12pm, 1pm - 3pm Nature for Health 10am - 12pm Self-Employment 1pm - 3pm			

# October 2025

Mon	Tue	Wed	Thu	Fri
		1	2	3
		Tea and Talk 12:30pm - 2pm	The Workplace 10am - 12pm, 1pm - 3pm	
6	7	8	9	10
	The Workplace 10am - 12pm, 1pm - 3pm Nature for Health 10am - 12pm Self-Employment 1pm - 3pm	Tea and Talk 12:30pm - 2pm	The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	
13	14	15	16	17
	The Workplace 10am - 12pm, 1pm - 3pm Nature for Health 10am - 12pm Self-Employment 1pm - 3pm	Tea and Talk 12:30pm - 2pm	The Workplace 10am - 12pm, 1pm - 3pm	
20	21	22	23	24
	The Workplace 10am - 12pm, 1pm - 3pm Nature for Health 10am - 12pm Self-Employment 5pm - 6:30pm OFFLOAD 6:30pm - 8pm	Tea and Talk 12:30pm - 2pm	The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	
27	28	29	30	31
		HALF TERM		