



We're here to help you

Autumn/Winter Prospectus

4th November 2025 - 11th December 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



Download a digital copy here

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





Winter is here!

Now the clocks have changed, winter is officially here!

We know that dark mornings and dark nights can take its toll on motivation and determination but here at Working for Health, we are always here to support you on your journey.

For those who are ready for the world of work, these next couple of months are a fabulous way to gain experience through seasonal work. This is a great way to kickstart your employment journey!

Why not warm up with a nice cup of tea in our Tea and Talk sessions? or join us for Art where you can cosy up with the scent of incense whilst you get creative.

We look forward to welcoming you into the warmth of Working for Health.

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 and want to try something new. 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.



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. 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.

This session can be attended online or in person.



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





Welcome to WfH

Tuesday 11am - 12:30pm, Wednesday 1:30pm - 3pm

These Welcome sessions will have 2 different focuses.

One is a focus on you and your wellbeing. This will be done through an interactive and fun session that explores who you are, what your skills, strengths and passions are and how you can look after yourself.

The other is a focus on improving confidence within the main skill areas. This will be done through another interactive session which aims to boost your confidence and get you ready for the world of work.

Whether already a member or new to Working for Health, this is a chance to refresh and re-engage.

To book on, please email admin@workingforhealth.co.uk



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 or call 01482 242808.



Prospectus
Calendar



citizens
advice

November 2025

Mon	Tue	Wed	Thu	Fri
3	4 The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm	5 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:30pm - 3pm	6 The Workplace 10am - 12pm, 1pm - 3pm	7
10	11 The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm	12 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:30pm - 3pm	13 The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	14
17	18 The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 3pm - 6:30pm Offload 6:30pm - 8pm	19 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:30pm - 3pm	20 The Workplace 10am - 12pm, 1pm - 3pm	21
24	25 The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm	26 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:30pm - 3pm	27 The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	28

December 2025

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8	9 The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm	10  Christmas Party 11am - 3pm Tea and Talk 12:30pm - 2pm Welcome Day 2 1:30pm - 3pm	11 The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	12
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