



# We're here to help you

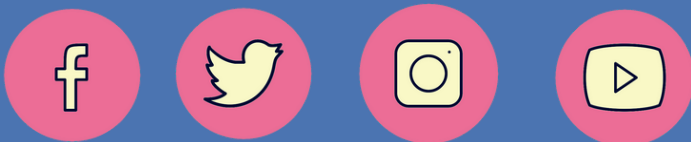
## Winter Prospectus

6<sup>th</sup> January 2026 - 12<sup>th</sup> February 2026

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)



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**





# Happy New Year!



New year, new you!

The new year has arrived and there's lots to look forward to. Why not try making some positive changes this year and introduce something new into your schedule and routine.

Our Workplace sessions on a Tuesday and Thursday are a great way to get support with employability. This can include CV support, job search and improve on your digital skills. Why not start the new year off right?

If you're looking to work on your wellbeing then our Wednesday Tea and Talk or Art for All on Thursday could be the 2026 start you need. These relaxed and friendly sessions are a great way to meet and chat with new people.

Whatever your goals for the new year, 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](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. 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.



## 5 Ways to Wellbeing +1

These actions are simple ways to improve mental health and can be incorporated into daily life through various activities, many of which are free.

1. Connect to other people
2. Be physically active
3. Learn new skills
4. Give to others
5. Take notice of the present
6. Be creative

### The 5 ways to wellbeing + 1

Work in pairs and discuss how you maintain your wellbeing







# 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](mailto: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](mailto:ruth@workingforhealth.co.uk) or call 01482 242808.



## Prospectus Calendar



**citizens  
advice**

# January 2026

| Mon | Tue   | Wed  | Thu   | Fri |
|-----|---|--|---|-----|
| 5   | 6<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Welcome Day 1<br>11am - 12:30pm<br>Self-Employment<br>1pm - 3pm                             | 7<br>Tea and Talk<br>12:30pm - 2pm<br>Welcome Day 2<br>1:30pm - 3pm  | 8<br>No Prospectus  | 9   |
| 12  | 13<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Welcome Day 1<br>11am - 12:30pm<br>Self-Employment<br>1pm - 3pm                            | 14<br>Tea and Talk<br>12:30pm - 2pm<br>Welcome Day 2<br>1:30pm - 3pm | 15<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Art for All<br>11:30am - 3pm | 16  |
| 19  | 20<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Welcome Day 1<br>11am - 12:30pm<br>Self-Employment<br>1pm - 3pm<br>Offload<br>6:30pm - 8pm | 21<br>Tea and Talk<br>12:30pm - 2pm<br>Welcome Day 2<br>1:30pm - 3pm | 22<br>The Workplace<br>10am - 12pm, 1pm - 3pm                                 | 23  |
| 26  | 27<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Welcome Day 1<br>11am - 12:30pm<br>Self-Employment<br>1pm - 3pm                            | 28<br>Tea and Talk<br>12:30pm - 2pm<br>Welcome Day 2<br>1:30pm - 3pm | 29<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Art for All<br>11:30am - 3pm | 30  |

# February 2026

| Mon | Tue  | Wed  | Thu   | Fri |
|-----|--|--|---|-----|
| 2   | 3<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Welcome Day 1<br>11am - 12:30pm<br>Self-Employment<br>1pm - 3pm  | 4<br>Tea and Talk<br>12:30pm - 2pm<br>Welcome Day 2<br>1:30pm - 3pm  | 5<br>The Workplace<br>1pm - 3pm   | 6   |
| 9   | 10<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Welcome Day 1<br>11am - 12:30pm<br>Self-Employment<br>1pm - 3pm | 11<br>Tea and Talk<br>12:30pm - 2pm<br>Welcome Day 2<br>1:30pm - 3pm | 12<br>The Workplace<br>10am - 12pm, 1pm - 3pm<br>Art for All<br>11:30am - 3pm | 13  |
| 16  | 17<br>Half Term<br>Offload<br>6:30pm - 8pm   | 18<br>Half Term  | 19<br>Half Term   | 20  |
| 23  | 24<br>Next Prospectus  | 25<br>Next Prospectus  | 26<br>Next Prospectus   | 27  |