



We're here to help you

Spring Prospectus

24th February 2026 - 26th March 2026

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**





Spring has Sprung!

Spring is finally here! The days will start to get longer, the weather will get warmer and the wildlife will start to appear again. There will be lots to do on our allotment so why not get your gloves on and join us on one of our Nature For Health sessions!

As Spring is a time of fresh starts and new beginnings, now is the perfect time to get involved in our prospectus. We have our regular Workplace sessions running on a Tuesday and Thursday, which are a great opportunity to update your CV and receive support with your job search.

Our Wednesday Tea and Talk sessions are also a great opportunity and to chat and meet new people.

Whether you need support with your career, a creative outlet or simply need a chat, we have something for everyone at 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, Station Adopter and Allotment Volunteer.

Please email admin@workingforhealth.co.uk for more details.



Work
Experience



The Workplace

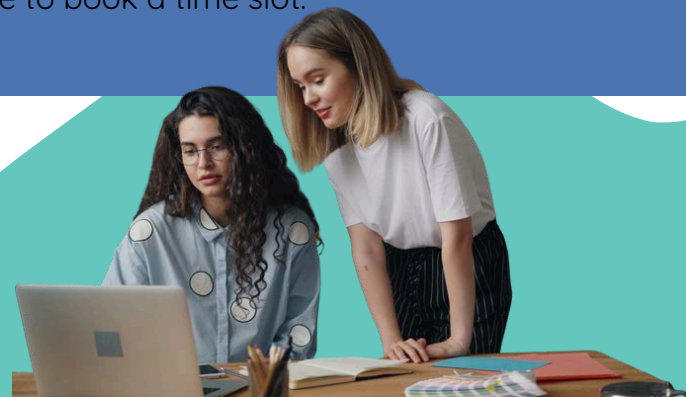
**Tuesdays and Thursdays
10am - 12pm & 1pm - 3pm**

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.



Nature for Health

Starting from 10th March

Spring is an important time of the year at our Outdoor Wellbeing Hub at Newland Allotments, 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.





Welcome to WfH

Tuesday 11am - 12:30pm, Wednesday 1:00pm - 2:30pm

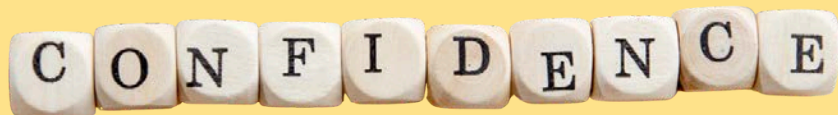
These Welcome sessions will have 2 different focuses.

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 admin@workingforhealth.co.uk or call 01482 242808.



Prospectus
Calendar

February 2026

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23	24 The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm	25 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:00pm - 2:30pm	26 The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	27

March 2026

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