



# We're here to help you

## Summer Prospectus

2nd June 2026 - 16th July 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)



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

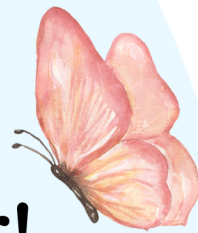
Please contact our office for an alternative format.

Download a digital copy here



The Station, Station Road  
Cottingham, HU16 4LL





# Hello, Summer!

Welcome to the summer prospectus!  
As the heat rolls in, make sure you are using plenty of sun cream and staying hydrated.

If you are looking to start a new business venture, our exploring self employment talks will begin again and continue across the summer prospectus.

If being your own boss isn't for you, we also have work tasters and volunteering opportunities that will help you pick up skills and will look great on your CV!

Remember each of our sessions are open to all clients. All you have to do is let us know what you want to get involved in so we can get you booked on an ready to go.

We hope to see 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 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, and it's amazing for your CV.

Available opportunities include:

Administration, Station Adopter and Allotment Volunteer.

Please email [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk) for more details.

# Volunteering!

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, such as:

- Workshop Support Volunteers
- Station Adoption Volunteers
- Handyperson Volunteers

For more information, apply on our website, email or talk to us!





# 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

**Tuesdays 10am - 12pm**

Summer 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](mailto: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](mailto:admin@workingforhealth.co.uk)

C O N F I D E N C E



## 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.





# 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.

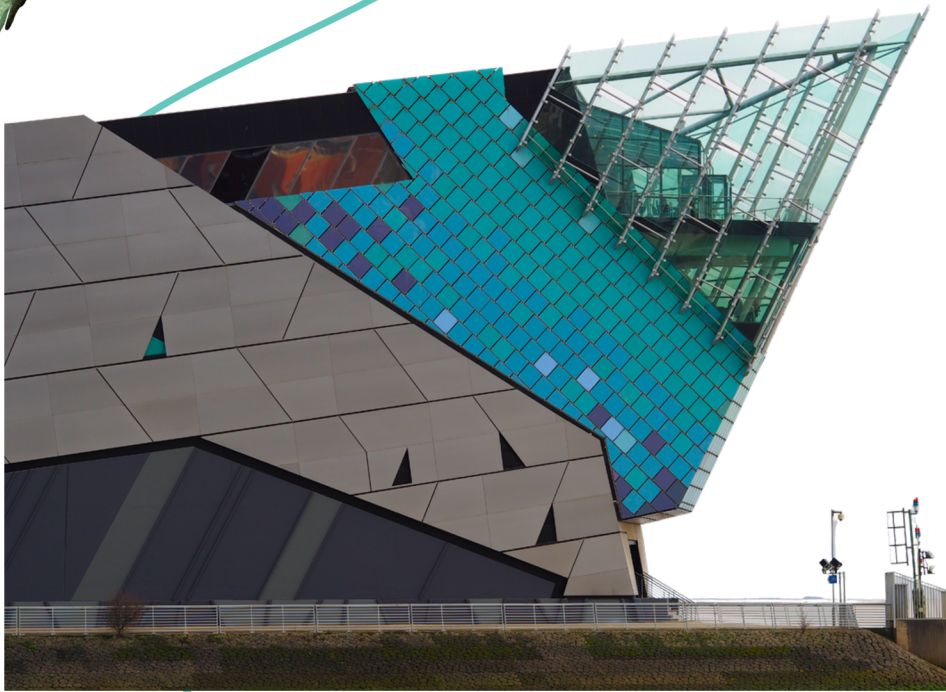


## Art for All

**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.



# Walk and Talk

**Every Wednesday 1pm - 3pm**

Our Weekly Walk and Talk sessions run on Wednesdays at 1pm (weather permitting) and last for two hours. Everyone can walk at their own pace. The walks are designed to benefit both your mental and physical health by getting you moving and connecting with others. We walk different routes each week and discuss and discover Hull's heritage and local history.

For more information, send us an email at [admin@workingforhealth.co.uk](mailto:admin@workingforhealth.co.uk)

## Prospectus Calendar

Want to refer  
someone?

Follow the  
QR code.



# June 2026

Mon	Tue	Wed	Thu	Fri
1	2 The Workplace 10am - 12pm, 1pm - 3pm	3 Tea and Talk 12:30pm - 2pm	4 The Workplace 1pm - 3pm	5
8	9 Nature for Health 10am - 12pm The Workplace 10am - 12pm, 1pm - 3pm Self-Employment 1pm - 3pm	10 Tea and Talk 12:30pm - 2pm Walk and talk 1pm - 3pm	11 The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	12
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22	23 Nature for Health 10am - 12pm The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm Offload 6:30pm - 8pm	24 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:00pm - 2:30pm Walk and talk 1pm - 3pm	25 The Workplace 10am - 12pm, 1pm - 3pm Art for All 11:30am - 3pm	26

# July 2026

Mon	Tue	Wed	Thu	Fri
	30 Nature for Health 10am - 12pm The Workplace 10am - 12pm, 1pm - 3pm Welcome Day 1 11am - 12:30pm Self-Employment 1pm - 3pm	1 Tea and Talk 12:30pm - 2pm Welcome Day 2 1:00pm - 2:30pm Walk and talk 1pm - 3pm	2 The Workplace 1pm - 3pm	3
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20	21 Half Term	22 Half Term	23 Half Term	24
27	28 Half Term	29 Half Term	30 Half Term	