We're here to help you

Autumn/Winter Prospectus

2nd November 2026 - 18th December 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



Winter

Welcome to our new prospectus!

The clocks have gone back and the days feel shorter but there's still so much to look forward to at Working for Health. Whether you love staying warm and cosy indoors or wrapping up for the great outdoors, our new prospectus has something for everyone.

We've listened to your feedback and our Nature for Health and Walk & Talk sessions will continue to run throughout the winter.
We're also adding an extra Art for All session, which will be unsupported and peer led.

So come along and embrace the crisp winter air in our outdoor workshops then bring that fresh seasonal inspiration inside!

As always, workshops are open to all clients.
Simply let us know what piques your interest and we'll do the rest!

The WFH Team

Christmas Party

Wednesday 9th December
11am - 3pm

It's that time of year again where we all join together for some festive fun!
Our Christmas party is open to all clients, regardless of programme and is a great way to meet others in a relaxed environment. Plenty of good food, quizzes and party games to get everyone into the holiday spirit.

To book your place email
admin@workingforhealth.co.uk



The Workplace

Tuesday and Thursday
9:30am - 12:30pm

The Workplace is your all-in-one hub for finding and progressing in employment. From mastering digital skills and perfecting your CV to discovering new training or volunteer paths, you can do it all in our digital suite and our helpful volunteers are on hand to provide any guidance you might need.

Book on today and get ready to sharpen your skills and map out your next steps.



Tea and Talk

Wednesday
12:30pm - 2pm

Looking for a place to connect, chat and recharge?

Our Tea & Talk session is designed to bring people together, whether it's engaging in lively discussions or listening to others speak about their passions, it's the perfect environment to unwind.

Grab a cup, pull up a chair and enjoy a relaxed space where every voice is heard.



Exploring Self-Employment

Tuesday
1pm - 3pm

Turn your ideas into action with this six-week rolling programme guiding you all the way from ‘start up’ to ‘next steps.’

Whether you are testing the waters of self-employment, launching your first venture or growing an existing enterprise, you don’t have to do it alone.

Join our supportive network to exchange insights, gain valuable feedback and stay accountable to your goals.

This session can be attended online or in person.



Nature for Health

Tuesday
10am - 12pm



Autumn is a magical and rewarding time of year at our Outdoor Wellbeing Hub at Newland Avenue Allotments. As the season changes, we come together to harvest our fresh produce, clear the beds and prepare the ground for winter but it’s not just all work, being outdoors in the crisp fresh air has a positive impact on our mental health as well - so whether you want to get your hands dirty or simply pop down for some company, everyone is welcome!





Wellbeing & Employability

Every Wednesday
10am - 12pm

Our Wellbeing & Employability session is designed to holistically support your journey.

This interactive and practical session helps you explore your unique passions and strengths and provides tools to help you manage your mental health and wellbeing, alongside practical skills such as building a strong CV and mastering cover letter writing, as well as valuable advice for financial stability.

Whether you are new to Working for Health or a long-time member, this is the perfect opportunity to refresh, re-engage, and reset your goals.

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.

Offload

Every third Tuesday
6:30pm - 8pm

This session 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.

Previous sessions have included tips for coping with stress at work, art creation, and a visit to the Working for Health allotment.



Art for All

Thursdays 11:30am - 3:00pm
(please note, alternate Thursdays are self-supported)

Whether you're a budding Picasso or simply enjoy doodling, our art group welcomes everyone. Relax and enjoy the ambiance 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

Wednesday 12:15pm - 2:30pm

(Meets Figflex Offices, Ferensway, Hull)

Walk different routes around the historic city of Hull and it's waterfronts each week, uncovering layers of the city's rich history whilst also venturing into lesser known corners..

A great opportunity to meet people, learn about local history and improve your physical and mental wellbeing.





Prospectus Calendar

Want to refer someone?

Follow the QR code.

November 2026

Tue	Wed	Thu
3 The Workplace: 9:30am -12:30pm Nature for Health: 10am - 12pm Self-Employment: 1pm - 3pm	4 Wellbeing & Employability: 10am -12pm Walk and Talk (Hull): 12:15pm - 2.30pm Tea and Talk: 12:30pm - 2pm	5 The Workplace: 9:30am - 12:30pm Art for All: 11:30am - 3pm
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