



Prospectus

Feb - March

2023

V2.0

SIGNS OF SPRING?



This is part 2 of the Q1 prospectus. We were hoping we could keep it all the same until Easter. However, with new ideas and suggestions, and a re-shuffle of times, we've decided it was best to re-release an updated prospectus to reflect the changes.

We hope you enjoy our pre-Easter prospectus. If you have any suggestions of what you'd like to see in the future do let us know!

Our offices are now back open on Fridays!

You can book onto workshops in the usual way by emailing admin@workingforhealth.co.uk*

The WFH team



*Booking does not result in a guaranteed place. Places will be allocated on a first come first serve basis. If you are unable to attend you need to email admin@workingforhealth.co.uk to let us know at the earliest opportunity. Repeated fail-to-attends without reason may result in limited access to workshops and a review by your keyworker.





FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
HALF TERM						
19	20 11AM-12PM Get That Job! Job search: Where to start	21 18:30PM-20PM Offload	22 10AM-13:00PM Victorian Adventures! (D&D)	23 10:30AM-15:30PM Art for All	24 10AM-12PM Get That Job! Supported Job Search	25
26	27 11AM-12PM Get That Job! CV Basics 13PM - 14PM Online Safety and Social Media	28 10AM-12PM Entering the Health and Social care sector	1 13:00PM-15PM Tea 'n' Talk	2 13PM-15PM Make Some Noise	3 10AM-12PM Get That Job! Supported Job Search 13PM - 15PM Walking for Wellbeing	4



MARCH

SUNDAY

26

5

12

19

26

MONDAY

27

11AM-12PM Get That Job!
CV Basics

13PM - 14PM Online Safety
and Social Media

6

11AM-12PM Get That Job!
Cover letters

13

11AM-12PM Get That Job!
Introduction to interviews

20

11AM-12PM Get That Job!
Supported Job Search

27

11AM-12PM Get that Job!
Supported Job Search

13PM-14PM Understanding
Salaries and Payslips

TUESDAY

28

10AM-12PM Entering the
Health and Social care sector

7

10PM - 12PM Digging for
Health

13PM-14PM Fundamentals of
Self-employment

14

10PM - 12PM Digging for
Health

13PM-14PM Fundamentals of
Self-employment

21

10PM - 12PM Digging for
Health

13PM-14PM Fundamentals of
Self-employment

28

10PM - 12PM Digging for
Health

13PM-14PM Fundamentals of
Self-employment

WEDNESDAY

1

13:00PM-15PM Tea 'n' Talk

8

10AM-13:00PM Victorian
Adventures! (D&D)

13:00PM-15PM Sleep Nutrition
and Exercise

15

10AM-13:00PM Victorian
Adventures! (D&D)

13:00PM-16PM Neurodiversity
celebration event

22

10AM-13:00PM Victorian
Adventures! (D&D)

13:00PM-15PM Mental Health
Awareness and resilience

29

10AM-13:00PM Victorian
Adventures! (D&D)

13:00PM-15PM Tea 'n' Talk

THURSDAY

2

13PM-15PM Make Some Noise

9

10:30AM-15:30PM Art for All

16

13PM-15PM Make Some Noise

23

10:30AM-15:30PM Art for All

30

13PM-15PM Make Some Noise

FRIDAY

3

10AM-12PM Get That Job!
Supported Job Search

13PM - 15PM Walking for
Wellbeing

10

10AM-12PM Get That Job!
Supported Job Search

13PM-15:30PM GameCon

17

10AM-12PM Get That Job!
Supported Job Search

13PM - 15PM Walking for
Wellbeing

24

10AM-12PM Get That Job!
Supported Job Search

31

10AM-12PM Get That Job!
Supported Job Search

13PM-15:30PM GameCon

SATURDAY

4

11

18

25

1



Get that Job!

Every Monday 11AM - 12PM
Fridays 10AM - 12PM

Taught sessions also available on [zoom](#)

Each week we will cover the fundamentals of different job search skills (CVs, cover letters, interviews). After the session you can use the knowledge and supporting material to build your own job search material or develop your interview technique. Alongside this, are sessions where you can be supported in your own job search. Check the calendar for full details.

Fundamentals of Self-employment

Tuesday 13PM-14PM (See calendar for full details)

Starting a business can be a daunting experience so we have developed a series of sessions to make sure that you can get off to the best possible start - with confidence and focus.



Entering the Health & Social Care Sector

Tuesday 28th February 10AM-12PM

We will introduce you to the various roles and employers within the sector, as well as the training and qualifications required to succeed. We'll also discuss the values and personal qualities needed to excel in this line of work.

We'll go over some of the key terminology associated with the sector, so you can gain a better understanding of the language used.



Understanding Salaries and Payslips

Monday 27th March 13PM-14PM

Our workshop will help you understand payslips, tax codes, national minimum and living wage, and National Insurance, so you can effectively manage your finances.

**SKILLS
FOR LIFE**
Multiply



Online Safety and Sharing

Monday 27th February 13PM-14PM

We will cover the basics of online safety, including the importance of creating strong passwords and understanding the risks of sharing personal information online. We'll also discuss social media best practices and provide you with practical tips and strategies to stay safe while using the internet.

WELLBEING

Get Creative



Make Some Noise!

Alternate Thursdays 13PM - 15PM

No matter what your level musical ability you have, if you love music come and join in! Bring your own instruments (or your voice!) or use one of ours! - We have a keyboard, two guitars and some percussion.



Art for All

Alternate Thursdays 10:30AM - 15:30PM

Whether you're the next Picasso or just like to doodle here and there, as the name suggests, this group is for all. We will put on some on some relaxing music, light some incense and create art in a small group setting. We have lots of art supplies you can use, but feel free to bring your own!



WELLBEING

Be Social



Tea 'n' Talk

Select Wednesdays 13:00AM - 15:00PM

A relaxed and informal social space for you to connect with others, share tips and make new friends. Join in with this lovely, supportive bunch. We will have board and card games available to play every session.

Offload at Platform2

Check Calendar for dates & times

This group is for people currently in work and brings together a wealth of experience of coping with challenges in the workplace. Topics of interest are determined by the group, and may sometimes feature guest speakers.



WELLBEING

Supporting yourself

Mental Health Awareness and Resilience

Wednesday 22nd March 13PM - 15PM

Looking to develop your understanding of mental health and build your resilience? Learn how to support yourself and those around you. Our workshop will cover common mental health challenges, such as anxiety and depression, and teach you how to recognize the signs and symptoms of mental health conditions. We'll also discuss where to get support and provide you with the tools and strategies you need to develop your resilience and coping skills.

Sleep Nutrition and Exercise

Wednesday 8th March 13:00PM - 15:00PM

We will cover the science behind getting a good night's sleep, as well as the Eatwell Plate and the importance of good nutrition for overall health and wellbeing. We'll also discuss the benefits of exercise for both physical and mental health, and provide you with practical tips and strategies to help you make positive changes in your life.



Neurodiversity Celebration Event

Wednesday 15th March 13PM - 16PM

Join us to challenge stereotypes and misconceptions about autism and learning disabilities during Neurodiversity Celebration Week. Recognise the strengths and talents of those who are neurodiverse and who think and learn differently.

WELLBEING

Experience Nature

Digging for Health

Every Tuesday 10AM - 12PM from March

There's always work to do at our allotment. You don't have to be a gardener, just come and enjoy the outdoors with a friendly group. Our allotment is located off of Newland Avenue. Access is via a gated entrance on Tavistock Street.



Walking for Wellbeing

Alternate Fridays 13:00PM - 15:00PM

Walking and being active is great for both physical and mental health and is completely FREE! Come along and have a chat, explore the community, appreciate the beautiful outdoors, feel good and most importantly let's have some fun! Routes to be decided nearer the time.

WELLBEING

Get your Geek on



Join our online community!

Our virtual group complements our real life space. Interact with other members, get support, use it as a place to share stories, creations, photos, training and job opportunities. You can have access to our Working For Health Discord server at any time. Just email us for a link to join or speak your keyworker



Victorian Adventures! (D&D)

Wednesday's 10AM-13PM (Check calendar for full dates)

Taking you, as a team, on secret missions to foil dangerous plots in the late 1880s. Offering a chance to meet people, throw dice, and maybe pick up some historically themed trivia along the way.



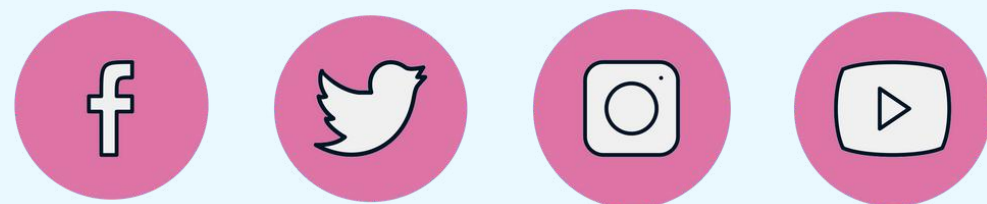
GameCon

Select Fridays 13AM - 15:30PM

Get competitive or work with others and come together when our training room is transformed into a gaming cave! Each session will vary in terms of games on offer.

We're here to help you

Start the conversation at [workingforhealth.co.uk](https://www.workingforhealth.co.uk)



Call **01482 242808** to see how we can get you back to work or drop us a line at hello@workingforhealth.co.uk

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