

# Wellbeing Services & Work Shops

Action on Cancer <b>Virtual</b>	Winsford	Alternative Wednesdays	10:00 - 14:00
Healthwatch <b>TBC</b>	Winsford	Every 1st Thursday	10:00 - 12:00
For Futures <b>Virtual</b>	Winsford	Daily	10:00 - 12:00
Brio Leisure 7 day pass	Winsford	Daily	Variable
CAB Community Connector <b>Virtual</b>	Winsford	Daily	Variable
Mid Cheshire Food Bank—Vouchers	Winsford	Daily	Variable

## Wellbeing Workshops 10:00 - 12.30 @ Wyvern House (please check room numbers) **TBC**

Group 1	5 People/5 Weeks	Group 2	5 People/5 Weeks		
					SOMA Programme
	SOMA Programme		SOMA Programme		SOMA Programme
	SOMA Programme		SOMA Programme		
	SOMA Programme		<b>Half Term</b>		
	SOMA Programme		SOMA Programme		

Soma Programme (5 Weeks) - This wellbeing course is designed to help with \*Focus and attention  
\*Reducing stress \*Boosting confidence (Building on your confidence and social connections)

## Wellbeing Services & Work Shops Overviews

<b>Action On Cancer</b>	These sessions run on Thursdays to offer help and advice reducing cancer risk and supporting choices to make a healthy lifestyle.
<b>Healthwatch</b>	A leading organisation designed to represent the views of the people of Cheshire in shaping how health and social care services are delivered.
<b>For Futures</b>	Drop in for support and advice in the following areas: Maximising Benefits, Tenancy Support, Staying Independent, Dealing With Debts, Accessing Community Groups, Getting back into education and training, Getting in touch with other agencies.
<b>Brio Leisure 7 day pass</b>	A FREE 7 day pass, giving you 7 days with brio leisure is available to Work Zone customers, please check with the Work Zone for eligibility.
<b>CAB Community Connector</b>	The Community Connector will provide a value role in helping people access services and will act as a key conduit between the individual and supporting agencies so that issues can be resolved more quickly and the individual has improved life chances.
<b>Mid Cheshire Food Bank—Vouchers</b>	Available to provide short term , emergency food to individuals and families in crisis.

All activities within this programme were confirmed at the time of creation, however are subject to alteration at the discretion of the Work Zone- so please check in plenty of time before attending a booked activity.



Winsford



Wyvern House

The place where public services are working together to support local people



**Term 3 - Winsford Work Zone Tel: 01606 288901 Mobile: 07766205389**

Wyvern House, The Drummer, Winsford, Cheshire CW7 1AU

winsfordworkzone@cheshirewestandchester.gov.uk

**Due to the current Coronavirus situation we can see customers by appointment only. If you feel unwell please don't come into the centre. Please call us on the number above if you can't make your appointment.**

**Term 3 April 21—July 21**

Course	Start Date	Day(s)	Time
<b>April</b>			
L1 Pathway to Business Administration	13/04/21—16/04/21	Tue—Fri	9:15—14.45
Emergency First Aid	26/4/21	Mon	9.30—12.30/13.00-16.30
CSCS	27/04/21— 29/04/21	Tue—Thu	9.30—15.00
L1 Pathway to Business Administration	27/04/21—30/04/21	Tue—Fri	9:15—14.45
<b>May</b>			
E3 Pathway to Health & Wellbeing	11/05/21—14/05/21	Tue—Fri	9:15—14.45
Money Management	24/05/21—25/05/21	Mon—Tue	9:30—15.00
<b>June</b>			
CSCS	21/06/21 - 23/06/21	Mon —Wed	9.30—15.00
L2 Food Hygiene	24/06/2021	Thursday	9.30—15.00
<b>July</b>			
<b>FLT</b>			
FLT Counterbalance & Reach (monthly)	<b>TBC</b>	Mon—Sat	8:30 - 15:30
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## IT Skills & Digital Support

Course	Duration	Day	Start/End time	Fee
Computing for Beginners	Ongoing	Monday	10.00 to 12	FREE
Entry Level 3 Digital Skills	8 weeks	Monday	10.00—12.00	£88*
Word Processing for Beginners	1 day	Selected Fridays	09.30—13.30 <b>TBC</b>	FREE
Flexible ITQ - Level 1 & Level 2	Ongoing	Wednesday 12.30 - 13.30 test time	09:15—10:45 13:00—14:00 <b>(Tests)</b> 10.45—12:15 14:15—15.45	£199*

*\*Earning Less than £17,004? If you are in employment and earning less than £17,004.00 (gross salary) your course may be FREE. Please bring in your last two month's pay slips on enrolment.*

These courses are FREE if you are in receipt of an income based benefit

## Events

Get Online Week (19th—25th Oct ) Have Your Say (10th Oct)

Course Overviews	
<b>FLT Counterbalance &amp; Reach</b>	Each course will be 6 days duration and each successful candidate will receive a certificate of training for Counterbalance and Reach Truck.
<b>Prepare for interview</b>	This course explores current life situation, along with positive thinking and challenging barriers. It will identify a short term career goal and complete preparation work for interviews. The course includes a mock interview and feedback.
<b>Introduction to Emergency First Aid</b>	Course content includes: CPR in Adults, Children and babies recovery position, Choking and how to use and locate a Defibrillator (AED)
<b>Wellbeing Fridays</b>	This course is designed to help overcome anxiety within a work environment and work related activities such as job interviews, phone calls and help improve confidence.
<b>E3 Pathway to Health &amp; Wellbeing</b>	This course will assist the learner in understanding the importance of a healthier lifestyle, including emotional and mental wellbeing.
<b>E3 Pathway to Work</b>	Provides an opportunity for self- development through a series of self assessment activities. It supports the learner journey through planning, development, targets, completion of application form, covering letter and interview skills. To support entry into employment positive attitudes and behaviours are covered as an essential part of a workplace success. You will be expected to complete sections of the workbook from home. On a Thursday your sessions will be delivered by Microsoft Teams throughout the day
<b>E3 English/Maths</b>	A course designed to help improve your English/Maths skills & achieve an Entry 3 Award.
<b>L1 - Pathway to Retail</b>	The course is aimed at people who want to develop their customer service skills and who may want to work in hospitality, retail or customer service environment.
<b>Computing for Beginners</b>	This courses improve confidence and skills using computers and the internet. Learn to use a mouse, keyboard, access the internet, and develop your web browsing skills. Introduction to social networking and development of a social network profile.
<b>Introduction To Construction—CSCS</b>	This four day course has been designed to look at the industry, the size and scope of the organisations involved as well as the teamwork skills required and most importantly the health and safety for this high risk, high hazard environment.
<b>Introduction to Volunteering</b>	This course offers learners the opportunity to consider volunteering roles of their choice, allowing them to match their interests and skills to the volunteering opportunity.
<b>Steps To Work</b>	Registration to the Work Zone, looking at all previous skills, knowledge and employment history to develop an action plan for all you needs moving forwards.
<b>Flexible ITQ - Level 1 &amp; Level 2</b>	ECDL is now available as a flexible ITQ qualification enabling you to build qualifications around your needs. Select the relevant modules to create your tailored solution. Choose from a range of units including: word processing, spreadsheets, PowerPoint, Internet and Email—these courses are flexible so you can learn at your own pace.
<b>Employment Support Mentoring</b>	One to one support that will help you find the right pathway to employment. We can offer ongoing support and guidance along with mock interviews.
<b>Work Club Supported</b>	Weekly subject based activities ranging from interview techniques, navigating the web and applying for work
<b>Work Club Unsupported</b>	Weekly job club to Job Search and seek advice and guidance with your journey including recreating and uploading you cover letter and CV uploading and applying for work
<b>Level 1—Pathway to Care</b>	Looking at different areas of provision Health & Social Care including roles and responsibilities. This course also looks at identifying the right job in care for you, applying for the job and paperwork involved on the job.
<b>SIA Door Supervision &amp; CCTV</b>	You will get all the support with applying for your licence and then will be accompanied to the post office to pay for your licence. With a potential employer coming in to see you at 12.00. The SIA normally take 3 weeks to 4 weeks to process licences.

Partner Services			
<b>New Leaf (Mentoring) Virtual</b>	Work Zone	Monday, Tuesday, Friday	9:00 - 16:30
<b>WVHT—Employment Horizons Virtual</b>	Work Zone	Monday	9:00 - 13:30
<b>National Careers Service—Virtual</b>	Job Centre Plus	Tuesday	9:30 - 16:30
<b>Army Careers Drop In Service TBC</b>	Work Zone	Every 3rd Tuesday	11:00 - 14:00
<b>Remploy Virtual</b>	Job Centre Plus	Wednesday	9:00 - 16:00
<b>Seetec Pluss Virtual</b>	Job Centre Plus	Tuesday	Appointment Only
<b>WVHT - Debt and Financial help only Virtual</b>	Job Centre Plus	Monday and Thursday	10:00 - 13:30
<b>Job Centre Support</b>	Job Centre Plus	Monday-Friday	9:00-17:00 (Wed 10am)
<b>Citizen Advice - Help to claim Virtual</b>	Winsford Hub	Monday - Friday	Appointment only
<b>WVR Apprenticeship Job Match &amp; Advice Service Virtual</b>	Work Zone	Every 3rd or 4th Monday	Appointment Only
<b>ESOL—English for Speakers of Other Languages</b>	Northwich Work Zone	Friday	13.00—14.30

Service Overviews	
<b>WVR Apprenticeship Job Match &amp; Advice Service</b>	Warrington & Vale Royal College offer appoints for support, advice & guidance on finding suitable apprenticeships.
<b>Weaver Vale Housing Trust (Work and Enterprise Team)</b>	Employment mentoring support.
<b>National Careers Service</b>	Support with CV writing and advice & guidance for a chosen career.
<b>Army Careers Drop In Service</b>	The Army offer a variety of roles including: Engineering & Combat. The regular army offers apprenticeships ages 16 to 33. The army accepts reserves ages 18 to 50.
<b>Remploy</b>	This course offers help and assistance to get a job for or those with mental health conditions. Remploy will offer support through the ‘Works Well 4 Me’ programme.
<b>Seetec Pluss</b>	Helping people with “barriers to employment” looking for support to get into work

Ongoing Courses and Support			
<b>JF Structured Work Club TBC</b>	Tuesday	Ongoing	9.30—11.30
<b>Unsupported Job Search</b>	Friday	Ongoing	Appointment Only
<b>Steps to Work (IPI)* Virtual Session available on Teams</b>	Tuesday/Thursday	Ongoing	Appointment Only
Virtual Work Club	Thursday	Ongoing	13.00—14.00
Mentoring	Monday—Friday	Ongoing	Appointment Only

Ongoing Courses and Support overviews	
<b>Structured/Virtual Work Club</b>	Weekly subject based activities ranging from finding hidden job opportunities, navigating the web and applying for work.
<b>Steps to Work</b>	Registration to the Work Zone, looking at all previous skills, knowledge and employment history to develop an action plan for all you needs moving forwards.
<b>Unsupported Job Search</b>	Hourly sots available to book a PC to come in and job search by appointment only.