

Wellbeing Services & Work Shops

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

Wellbeing Wednesday Workshops By WVRC @ Winsford Work zone 12.45 - 14.45

15/9	Mindfulness				
22/9	Mindfulness				
29/9	Mindfulness				
6/10	Mindfulness				
13/10	Mindfulness				

5 Weeks This relaxed and informal course is for adults aged 19+, who are wanting to boost their self-confidence, feel better in themselves and find the courage to go out and do more to enrich their lives. You will learn coping strategies and understand anxiety, signs and symptoms and learn ways you can become more resilient.

Wellbeing Services & Work Shops Overviews

Action On Cancer	These sessions run on Thursdays to offer help and advice reducing cancer risk and supporting choices to make a healthy lifestyle.
Healthwatch	A leading organisation designed to represent the views of the people of Cheshire in shaping how health and social care services are delivered.
For Futures	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.
Brio Leisure 7 day pass	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.
CAB Community Connector	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.
Mid Cheshire Food Bank—Vouchers	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 Work Zone Tel: 01606 288901 Mobile: 07766205389

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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 1 Aug 21—Dec 21

Course	Start Date	Day (s)	Time
August			
E3 Money Management	17/08/21– 18/08/21	Tues—Wed	9.15—14.45
September			
CSCS Room G2	15/09/21—17/09/21	Wed—Fri	9.30—15.00
L1 Pathway to Retail	21/09/21—24/09/21	Tues—Fri	9.15—14.45
October			
L1 Warehouse & Storage	04/10/21—06/10/21	Mon—Wed	9.30—14.30
First Aid (5 Learners each session)	07/10/21	Thurs	9.30—12.30/13.00—15.30
E3 Health & Wellbeing	12/10/21—15/10/21	Tue—Fri	9.15—14.45
L2 Food Hygiene Room G2	14/10/21	Thurs	9.30—15.00
November			
L1 Pathway to Business Admin	09/11/21—12/11/21	Tues—Fri	9.15—14.45
L1 Pathway to Child Care	16/11/21—19/11/21	Tues—Fri	9.15—14.45
FLT			
FLT Counterbalance & Reach	16/08/21—21/08/21	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	23/08/21—28/08/21	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	30/08/21—4/09/21	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	6/09/21—11/09/21	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	13/09/21—18/09/21	Mon—Sat	8:30 - 15:30
SIA Dates			

IT Skills & Digital Support

Course	Duration	Day	Start/End time	Fee
Computing for Beginners	Ongoing	Monday	10.00—12.00	Free
IT Assessments ECDL Catch Up / Job Search Catch Up (Bookable)	Ongoing	Friday	Appointment Only	Free
Essential Digital Skills (Skills for Life)	4 weeks	Monday WVRC	TBC 9.30—16.30	FREE
ITQ - Level 2 Word (Winsford)	Ongoing	Wednesday	09:15—11.15 11.30—13.30	£199*
Flexible ITQ - Level 2 (Northwich)	Ongoing	Thursday	09:15—11.15 11.30—13.30 14.00—16.00	£199*

**Earning Less than £17,374 If you are in employment and earning less than £17,374.00 (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

Job & Volunteer Fair **(TBC)** Have Your Say **(TBC)** Get Online Week 18th—24th Oct Christmas Social Event **(TBC)**

Course Overviews	
FLT Counterbalance & Reach	Each course will be 6 days duration and each successful candidate will receive a certificate of training for Counterbalance and Reach Truck.
Prepare for interview	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.
Introduction to Emergency First Aid	Course content includes: CPR in Adults, Children and babies recovery position, Choking and how to use and locate a Defibrillator (AED)
Level 1 Pathway to Childcare	This course is aimed at people who may be interested in working in early years childcare. It will help learners understand the link between children's learning and development and play activities which support and encourage each stage of development.
E3 Pathway to Health & Wellbeing	This course will assist the learner in understanding the importance of a healthier lifestyle, including emotional and mental wellbeing.
Level 1 Award in Warehousing & Storage Skills	This programme has been developed based on the roles, responsibilities and personal skills to perform effectively within a warehousing & storage environment. This includes time management, team-working, customer services skills and how communication is key to getting this role completed effectively. Those attending will use problem-solving skills, process data and focus on the skills to gain employment in this sector. Develop skills, knowledge and understanding based around warehousing & distribution by completing activities. In the sessions they will be covering manual handling, health & safety focusing on types manual handling injuries that are common and the types of injury that can be a consequence of incorrect handling techniques.
E3 English/Maths	A course designed to help improve your English/Maths skills & achieve an Entry 3 Award.
L1 - Pathway to Retail	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.
Online Basics/E3 Digital Skills Award	These 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.
Introduction To Construction—CSCS	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.
Introduction to Volunteering	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.
Steps To Work	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.
Flexible ITQ - Level 2	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.
Employment Support Mentoring	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.
Work Club Supported	Weekly subject based activities ranging from interview techniques, navigating the web and applying for work
Work Club Unsupported	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
Level 1—Pathway to Care	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.
Level 1—Pathway to Business Admin	This four day course has been designed to enhance the learner's skills to enable you to work in an office/ receptionist environment. It will give you both practical and theoretical skills covering all aspects of business communications, customer services skills and an overview of office work. On completion of your course, you will be offered a 'Half day in the life of an administrator/receptionist/ with a local employer, which will help you develop a greater understanding of the practicalities of working in an office environment..

Partner Services			
New Leaf (Mentoring)	Virtual	Monday, Tuesday	9:00 - 16:30
WVHT—Employment Horizons	Virtual	Monday	9:00 - 13:30
National Careers Service	Virtual	Tuesday	9:30 - 16:30
Army Careers Drop In Service TBC	Work Zone	Every 3rd Tuesday	11:00 - 14:00
Remploy	Virtual	Wednesday	9:00 - 16:00
Seetec Pluss	Virtual	Tuesday	Appointment Only
WVHT - Debt and Financial help only	Virtual / Phone	Monday / Thursday	10:00 - 13:30
Job Centre Support	Job Centre Plus	Monday-Friday	9:00-17:00 (Wed10am)
Citizen Advice - Help to claim	Virtual / Phone	Monday - Friday	Appointment only
WVR Apprenticeship Job Match & Advice Service	Virtual / Phone	3rd or 4th Monday	Appointment Only
ESOL—English for Speakers of Other languages	Northwich WZ	Friday	13.00—14.30

Service Overviews	
WVR Apprenticeship Job Match & Advice Service	Warrington & Vale Royal College offer appoints for support, advice & guidance on finding suitable apprenticeships.
Weaver Vale Housing Trust (Work and Enterprise Team)	Employment mentoring support.
National Careers Service	Support with CV writing and advice & guidance for a chosen career.
Army Careers Drop In Service	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.
Remploy	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.
Seetec Pluss	Helping people with "barriers to employment" looking for support to get into work and keeping that support whilst in work.
WVHT - Debt and Financial	Support to WVHT tenants on sustaining tenancy

Ongoing Courses and Support		
Structured Work Club	Tuesday	12.45—14.15 / 14.30—16.00
Steps to Work (IPI) * Virtual Session available on Teams	Tue / Thur	Appointment Only
Virtual Work Club Inc. CV Workshop, Using Job Sites effectively, Maximise your application, Hidden Job Market , Interview Essentials and Using Social Media to search for jobs.	Thursday	11.00—12.00
Employment Support Mentoring * Virtual Session available on Teams	Wednesday /	Appointment Only

Ongoing Courses and Support overviews	
Structured/Virtual Work Club	Weekly subject based activities ranging from finding hidden job opportunities, navigating the web and applying for work.
Steps to Work	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.