

# 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 Monday Workshop By W&VRC @ Winsford Work zone 10.00am - 12.00pm

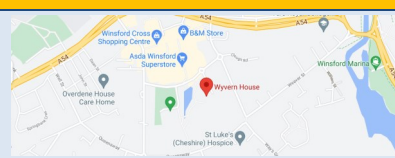
19/9	Mindfulness				
26/9	Mindfulness				
3/10	Mindfulness				
10/10	Mindfulness				
17/10	Mindfulness				

**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.**



Wyvern House

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



**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 1 Aug 22—Dec 22

Course	Start Date	Day (s)	Time
<b>September/October</b>			
First Aid (5 Learners each session)	05/09/22	Mon	9.30—12.30/13.00—15.30
CSCS	06/09/22—08/09/22	Tue—Thu	9:30 - 15:30
Bitesize English (6 Weeks/ followed by Maths)	12/09/22	Mon	12.30—14.30
L1 Business Admin	13/09/22—16/09/22	Tue—Fri	9.15—14.45
E3 Health & Wellbeing	20/09/22—/09/22	Tue—Thu	9.15—14.45
L1 Retail	11/10/22—14/10/22	Tue—Fri	9.15—14.45
L2 Food Safety (Room G1)	13/10/22	Thurs	9.30—16.30

### November/December

L1 Award in Child Development ( Venue Grange Primary School—Winsford)	07/11/22—11/11/22 (Not Thursday)	Mon—Fri	9.15—14.45
L2 Business Admin/Finance	22/11/22—25/11/22	Tue—Fri	9:30 - 15:30

### FLT

FLT Counterbalance & Reach	5/09/22—10/09/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	12/09/22—17/09/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	19/09/22—24/09/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	3/10/22—8/10/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	10/10/22—15/10/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	17/10/22—22/10/22	Mon—Sat	8:30 - 15:30

### SIA Dates— 6 Day Course

SIA Door Supervision & CCTV Course	5th, 6th , 7th Sept 8.30 am -5pm Chester Face to Face plus 3 virtual sessions
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### IT Skills & Digital Support

Course	Duration	Day	Start/End time	Fee
Computing for Beginners	Ongoing	Monday	9.00—11.00 or 11.00—13.00	Free
Essential Digital Skills (Skills for Life)	4 weeks	Monday WVRC	TBC 9.30—16.30	FREE
ITQ - ECDL Level 1 & 2 (Winsford)	Ongoing	Wednesday	09:30—11.00 11.15—12.45	£199*
Flexible ITQ - Level 2 (Northwich) Essential Digital Skills (Skills for Work) E3/L1	Ongoing	Thursday	09:15—11.15 11.30—13.30 14.00—16.00	£199*

*\*Earning Less than £18,525 If you are in employment and earning less than £18,525 .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 Fair ( Thu 8th Sept) Health & Social Care Job Fair (Wed 12th Oct) Get Online Week (18—24 Oct) Have Your Say (9th Nov)

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)
L1 Award in Child Development	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/L1 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.
Bitesize English/Maths	A course designed to help improve your English/Maths skills & achieve a basic overview.
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 three 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. For the course you will need a passport photo or photo ID for your online test application.
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
SIA Door Supervision	4 days Online followed by 2 days classroom. You the support with applying for your licence then accompanied to the post office to pay for your licence. With a potential employer coming in to see you. The SIA usually takes 3 to 4 weeks to process licences.
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 /WVHT—Employment Horizons	Work Zone	Tuesday	9:00 - 16:00
Cheshire West Voluntary Action	Work Zone	Every 1st Wednesday	10:30 - 14.45
Springboard	Virtual	Wednesday	9:30 - 14:45
National Careers Service	Virtual	Monday-Friday	9:30 - 16:30
Army Careers Drop In Service	Work Zone	Every 2nd Tuesday	10.30—12.30
Healthwatch	Work Zone	Every 1st Thursday	10:00 - 12:00
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	Work Zone	2nd Wednesday	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.
Cheshire West Voluntary Action (CWVA) – Volunteer Brokerage Service	Support finding volunteering opportunities using the CWVA's online volunteering platform
Springboard	Springboard is a new employment and skills support programme that will give support to anyone unemployed. The programme is open to anyone aged 18 +.
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.
Healthwatch	we are the peoples voice of the NHs and care service, gathering feedback to effect change
WVHT - Debt and Financial help only	Support to WVHT tenants on sustaining tenancy

Ongoing Courses and Support		
<b>Structured 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.</b>	Tuesday	10.00—12.00
<b>Steps to Work (IPI) * Virtual Session available on Teams</b>	Tue / Thur	Appointment Only
<b>Employment Support Mentoring * Virtual Session available on Teams</b>	Wednesday / Thursday	Appointment Only

Ongoing Courses and Support overviews	
Structured 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.