

# Wellbeing Services & Work Shops

MIND— One for sorrow	Phone	Friday	Variable
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 @ Winsford Work zone 12.45 - 14.45 TBC


**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

MIND— One for sorrow	'One for Sorrow' Our aim is to provide wrap-around bereavement support based in local community hubs to anyone aged 17+ living in Northwich, Winsford or Middlewich
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



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 3 April — July 22

Course	Start Date	Day (s)	Time
<b>April</b>			
Health and Social Care Job Fair TBC	28/04/2022	Thurs	10.00—14.00
<b>May</b>			
L2 Business Admin	03/05/22—06/05/22	Tue—Fri	9.15— 14.45
L2 Business Admin/Finance	09/05/22—13/05/22	Mon —Fri	9.15—14.45
L2 Food Hygiene	19/05/22	Thu	9.30—16.30
E3 Pathway to Wellbeing	24/05/22—27/05/22	Tue—Fri	9.15—14.45
<b>June</b>			
Level 1 Health and Wellbeing	07/06/22—10/06/2022	Tue—Fri	9.30—12.30
Basic First Aid	13/06/22	Mon	9.30—12.30
L1 Warehousing	14/06/22—16/06/22	Tue—Thu	9.15—14.45
L1 Award in Child Development	20/06/22—24/06/22	Mon—Fri	9.15—14.45
CSCS	27/06/22—29/06/22	Mon—Wed	9.30—15.30
<b>July</b>			
L1 Business Admin	05/07/22—08/07/22	Tue—Fri	9.15—14.45
<b>FLT</b>			
FLT Counterbalance & Reach	21/03/22– 26/03/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	28/03/22– 02/04/22	Mon—Sat	8:30 - 15:30
FLT Counterbalance & Reach	04/04/22– 09/04/22	Mon—Sat	8:30 - 15:30

## IT Skills & Digital Support

Course	Duration	Day	Start/End time
Computing for Beginners	Ongoing	Monday	10.00—12.00
IT Assessments ICDL Catch Up /Job Search Catch Up (Bookable)	Ongoing	Friday	Appointment Only
Essential Digital Skills E3 (Skills for Work)	Ongoing	TBC	TBC 14.00—16.00
ITQ ICDL Level 1 & 2	Ongoing	Wednesday	09.30—11.00 11.15—12.45
*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 Fair **Thurs 26th May/ Thurs 6th June 10.00—2pm** Have Your Say (Wednesday 1st June)

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.
Basic 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 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
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.
Computing for beginners	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.
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.
ITQ - ICDL Level 1 & 2	ICDL 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
Transferable & Essential Skills	These are commonly defined as... 'the bundle of knowledge, attributes and capacities that can be learned and that enable individuals to successfully and consistently perform an activity or task and
L1 Customer service	Learners will know about the possible impacts of good and bad customer service and will know how to make a good first impression when dealing with customers through a variety of media. They will also know about client confidentiality, respecting and meeting the needs of customers with diverse backgrounds and dealing with customer complaints.
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)	Work Zone	Tuesday	9:00 - 16:00
WVHT—Employment Horizons	Work Zone	Tuesday	9:00 - 13:00
National Careers Service	Virtual	Daily	By Appointment
Army Careers Drop In Service	Work Zone	Every 4th Tuesday	11:00 - 14:00
Springboard	Work Zone	Wednesday	9:30 - 14:30
MIND—Free Counselling	Work Zone	Friday	By Appointment
WVHT - Debt and Financial help only	Virtual / Phone	Monday—Friday	By Appointment
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	Tuesday	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.
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 +.
MIND—Free Counselling	Free Counselling
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</b>	Tuesday	12.45—14.15 / 14.30—16.00
<b>Steps to Work (IPI)</b>	Tue / Thur	Appointment Only
<b>Employment Support Mentoring</b>	Wednesday / Thursday	Appointment Only

Ongoing Courses and Support overviews	
Structured/Virtual	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.
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.