

Wellbeing Services

Wellbeing - Health Mentoring	Winsford	Wednesday	Appointment Only
Managing Your Health Online - Drop In	Winsford	Monday	13:00-15:00
Action on Cancer	Winsford	Alternative Wednesdays	10:00 - 14:00
Cheshire Communities Together	Winsford	Thursday	10:00 - 14:00
Healthwatch	Winsford	Every 1st Tuesday	10:00 - 12:00
For Futures	Winsford	Daily	10:00 - 12:00
Healthbox - Rapid Access To Psychological Therapy	Winsford	Wednesday & Friday	10:00 - 17:00
Turning Point	Winsford	TBC	TBC

Wellbeing Wednesday Workshops

All Workshops 10:00 - 12:00 @ Wyvern House, Winsford (please check room numbers)

01/05/19	Tai Chi	22/05/19	Managing Sleep
08/05/19	Support Networks	29/05/19	HALF TERM - no courses
15/05/19	Relaxation	05/06/19	Managing Anxiety

Wellbeing Course Overviews

Wellbeing - Health Mentoring	A health mentor encourages the development and learning of new interests, in order to make positive changes to overall health and wellbeing. The mentor can help to set life goals and take steps to realise them, such as returning to work/education.
Action On Cancer	These sessions run on Thursdays to offer help and advice reducing cancer risk and supporting choices to make a healthy lifestyle.
Cheshire Communities Together	Jane the Community Development Worker will be available to discuss any ideas you may have to help improve the Health and Wellbeing for the residents of Winsford, and furthering this by bringing the community together.
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.
Healthbox - Rapid Access To Psychological Therapy	An opportunity to discuss and explore any issues which may be preventing or contributing to difficulty returning to work and work related activity, such as low mood, anxiety or lack of confidence- in a safe and confidential setting.
Turning point	TBC
Wellbeing Wednesday Workshops	A range of courses will be delivered each Wednesday, including practical sessions and relaxation techniques centred around reducing anxiety and gaining focus.



Winsford



Wyvern House

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

April Courses Winsford Work Zone Learning Opportunities



Skills For Success - CV and Cover Letters	Winsford	26/04/19	Friday	9:30 - 15:30
Prepare For Interview	Winsford	30/04/19	Tuesday	9:30 - 13:30

May Courses



Busting Myths in Health & Social Care	Winsford	02/05/19	Thursday	10:00 - 12:00
Overcoming Anxiety	Winsford	3/05/19 - 25/05/19	Friday	10:00 - 13:00
Cheshire Constabulary Insight Course	Winsford	7/5/19	Tuesday	9:30 - 12:30
Get That Job, Keep That Job	Winsford	08/05/19 - 10/05/19	Wednesday - Friday	9:30 - 14:30
Skills For Success - CV and Cover Letters	Winsford	17/05/19	Friday	9:30 - 15:30
Entry Level 1 - English	Northwich	28/05/19 - 31/05/19	Tuesday - Friday	9:30 - 14:30

June Courses



Confidence At Interview	Winsford	04/06/19 - 06/06/19	Tuesday - Friday	9:30 - 14:30
Skills For Success - CV and Cover Letters	Winsford	14/06/19	Friday	9:30 - 15:30
Entry Level 1 - Maths	Winsford	17/06/19 - 21/06/19	Monday - Friday	9:30 - 14:30
Entry Level 1 - Customer Service Course	Winsford	25/06/19 - 28/06/19	Tuesday - Friday	10:00 - 14:00

July Courses



Skills For Success - CV and Cover Letters	Winsford	12/07/19	Friday	9:30 - 15:30
Busting Myths in Health & Social Care	Winsford	16/07/19	Wednesday	10:00 - 12:00
Prepare For Interview	Winsford	30/07/19	Tuesday	9:30 - 13:30

Ongoing Courses & Digital Support

Entry Level 3 - Digital Skills Award	Winsford	Monday	10:00 - 12:00
Online Basics/IT Drop In	Winsford	Monday	13:00 - 15:00
West Cheshire Homes - Housing Application Support	Winsford	Monday	13:00 - 16:00
Work Club	Winsford	Tuesday	9:30 - 12:00/13:00 - 15:30
Steps To Work	Winsford	Wednesday	Appointment Only
European Computer Driving Licence (ECDL)	Winsford	Thursday	9:30 - 11:30/13:30 - 15:30
Employment Support Mentoring	Winsford	Monday - Friday	Appointment Only
Digital Champion	Winsford	Thursday	10:00-12:00
Job Centre Support	Winsford	Monday-Friday	9:00-17:00
Citizen Advice - Help to claim	Winsford	Monday - Friday	Appointment only

Winsford Work Zone 01606 288 901

Wyvern House, The Drumber
Winsford, CW7 1AH

winsfordworkzone@cheshirewestandchester.gov.uk



Course Overviews

Confidence at Interview/Prepare For Interview	These courses explore your 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.
Skills For Success - CV and Cover Letters	An hourly drop-in session available for those looking to improve or update their CV's and/or Cover Letters.
Cheshire Constabulary Insight Programme	This course will cover an overview of Cheshire Constabulary covering roles of a police constable, police community support officer, force control centre roles and the application process.
Overcoming Anxiety	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.
Busting Myths in Health and Social Care	Looking at different areas of provision Health & Social Care including roles and responsibilities. This course will introduce the different care provision in the care sector and the opportunity to have an open debate about each area.
Get That Job, Keep That Job	A 3 day course designed to help on your journey into work, including barriers finding work, your skills and qualities, tailoring CVs and covering letter, and preparation for interview. This course also covers areas such as team working, time keeping, and personal hygiene.
Entry level 1 - English	A 3-day course designed to help you improve your English skills and achieve a Level 1 award.
Entry Level 1 - Maths	A 5-day course designed to help you improve your Maths skills and achieve a Level 1 award.
Entry Level 1- Customer Service Course	This course is for those who want to develop skills with the Customer Service sector and gain excellent customer service skills with the Retail sector, whether it's dealing with people on a face to face basis or over the phone.
Entry Level 3 - Digital Skills Course	Learn to develop basic skills including basic terminology, practice to use a mouse, keyboard and computer. Learn to use the internet, developing your web browsing skills. Introduction to social networking and development of a social network profile. Concluding with an introduction to a range of digital media including cameras and phones and how to get started.
Online Basics/IT Drop In	This course improves confidence and skills for those who aren't confident using computers. It will also offer support for any online applications e.g., a housing application form.
West Cheshire Homes - Housing Application Support	One to one support from one of our advisors to help you apply for housing.
Work Club	These sessions will provide you with a skills assessment including IT, Maths and English and help put together and action plan to discover the many job and learning opportunities available to you.
Steps To Work	Registration to the Work Zone, looking at all previous skills, knowledge and employment history to develop an action plan for all your needs moving forwards.
European Computer Driving Licence (ECDL)	Want to gain an accredited Level 1 or Level 2 IT qualification? Improving computer skills can help at work and with further learning. Choose from a range of courses that can give you a certificate and qualifications – 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.
Citizen Advice - Help to Claim	Citizen Advice are here to help claimants sign up to Universal Credit and manage their account. Contact Citizen Advice for more help.
Digital Champion	1 to 1 support for customers with a variety of online questions including completing forms, setting up online bank accounts. Help to apply for housing.



Partner Services

New Leaf (Mentoring)	Winsford	Monday, Tuesday, Friday	9:00 - 16:30
Weaver Vale Housing Trust (Work and Enterprise Team)	Winsford	Monday	9:00 - 13:30
National Careers Service	Winsford	Tuesday	9:30 - 16:30
Army Careers Drop In Service	Winsford	Every 3rd Tuesday	11:00 - 14:00
Remploy	Winsford (JCP)	Wednesday	9:00 - 16:00
PLUSS	Winsford	Tuesday	Appointment Only
WVHT - Debt and Financial help only	Winsford (JCP)	Monday and Thursday	10:00 - 13:30

Service Overviews

New Leaf (Mentoring)	One to One appointments with a New Leaf mentor.
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, Medical, Logistics, HR & Finance, Communications/IT/Intelligence, Musical and Combat. The regular army offers apprenticeships from 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.
PLUSS	A 15 month pre-employment programme followed by 6 months work support.
WVHT - Debt and Financial	Support to WVHT tenants on sustaining tenancy

Events

Have Your Say	Winsford	Tuesday	28/05/10	10:00 - 11:00
Hub Anniversary	Winsford	Tuesday	30/07/19	10:00 - 12:00
Employability Day	Winsford	Friday	28/06/19	10:00 - 12:00

Events Overviews

Hub Anniversary	Help to celebrate the 1st anniversary of the Wyvern House Hub. Residents can attend to have fun and see what services are available.
Have Your Say	An opportunity to come and discuss any future needs of the Work Zone to help shape what you would like to see in the programme.
Employability Day	A 2-hour event where you can come and meet employers offering vacancies in Winsford.