



Current and upcoming groups and courses in 2016

Works For Us

Norfolk House West (1st Floor)
433 Silbury Boulevard
Central Milton Keynes
MK9 2AH

Open Monday—Thursday

9am-4.30pm

 www.worksforus.org.uk

 info@worksforus.org.uk

 01908 200186

 07983 467438

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 Follow us at Works_for_Us

“Works for Us is a charity dedicated to helping people on their journey to economic independence and we do that by looking at every individual as a whole person—their skills and abilities, their interests and achievements, and their work histories, whether paid or unpaid.”

Regular groups

Day	Group	Time	Facilitator/s
Monday	Job Club: Supported session in the IT Suite to help you to find and apply for jobs, both voluntary and paid.	Drop-in 1-3pm	Simone
Monday	Group Focus Work Progression: Introduction to the National Careers Service and Universal Jobmatch. Chance to book a one to one with the advisor.	Drop-in 1-3pm	Sam
Monday	Rethink Book Club: Develop assertiveness skills, relaxation techniques and positive thinking. £10 monthly fee.	2-4pm	Annick
Tuesday	Relax & Explore: Build confidence skills and interact with others whilst building self-esteem.	10am-12pm	Annick
Tuesday	Photography: A monthly group for those who just want to have a go! £1 fee.	10am-12pm	Jayne / Nicky
Tuesday	Positive Focus: A fortnightly follow on group for everyone who has completed the 'Is This Me?' course.	1-3pm	Annick
Tuesday	Future Focus Club: A fortnightly follow on group for everyone who has completed the 'Solution Focus' course. £15 monthly fee.	2-4pm	Annick



Working Wardrobe

Interview clothes for sale

Men and Women

Summer 2016 **Wednesday 13.00–15.00**
Thursday 11.30–15.00

Reasonable Price

Good Quality

Discounts available if you receive benefits



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Donations of quality work clothes needed, for all ages and sizes (including teens)

Train The Trainer - Mondays 4.30-7.30pm.
 - 10 week course starting 9th May.
 Learning to facilitate groups, using a Solution Focus approach.



Confidence With Computers - Thursdays 1-3pm
 - 6 week course starting 9th June.

Do you need to improve your basic computer skills?
 Would you like to learn how to use Microsoft Word and Excel, and set up and/or use email? This course will get you up and running in IT.

Sew & Sew - Wednesdays 10am-12pm
 Learn to sew and learn new sewing skills. More information to follow.

Zentangling - Mondays 10am-12pm.
 - 6 week course starting 6th June.
 'Tangling' is a method of doodling which follows a specific process, but yet is very easy to learn. It promotes a calming and meditative state, and is incredibly useful for managing stress and negative emotions. It has been used therapeutically for people who have suffered trauma, and as a coping mechanism to manage a range of mental health problems because of its relaxing effect.

Check out our website or Facebook page for future courses!
Contact details on the back page.

Wednesday	Relax & Explore Wednesdays: Build confidence skills and interact with others whilst building self-esteem.	9.30-11.30am	Annick
Wednesday	Yoga for Wellbeing: Open to all ages and abilities. £2 fee.	10-11.15am	Sherree
Wednesday	Growing More: A weekly group for those who have completed the 'Growing Together' course.	10am-12pm	Stella
Wednesday	Job Club: Supported group advice/coaching and job search sessions.	Drop-in 1-3pm	Annick & volunteers
Wednesday	Stella's Support Session: Need help with interview skills or your CV? Come along!	Drop-in 1-3pm	Stella
Wednesday	Create Confidence Through Art A relaxing group where you can create art whilst building your confidence and having a chat.	Drop-in 1-3pm	Susie
Thursday	English Speaking for Other Languages: Help with improving your English.	Intermediate 10am-12pm Beginners 12-2pm	June / Wamedh / Luba
Thursday	Sit in with Sue: Have a go at crafts or just have a drink and a chat! Ideal for those who would like to boost their confidence.	1-3pm	Sue

New groups and courses 2016

Booking is essential. Please call 01908 200186 to book a place.

Solution Focus - Mondays 9.30am-12.30pm.

- 6 week course starting 6th June.

- ◆ Focus on the issues that are meaningful to YOU.
- ◆ Explore what YOU want to achieve in your personal or work life.
- ◆ Realise YOUR own strengths and resources for achieving your goals.
- ◆ Develop YOUR confidence and optimism as you take small steps to create positive change.
- ◆ Learn how YOU can keep moving forward using solution focus skills.

Is This Me? - 3 day course plus follow up one to one session.

9th, 16th, 23rd May - Mondays 9.30am-12pm.

7th, 14th, 21st June - Tuesday 4.30-7pm.

11th, 18th, 25th July - Mondays 9.30am-12pm.

Would you like to take stock of your life?

- ◆ Are you thinking of taking a different direction but don't know what it is you want yet?
- ◆ Do you have something in mind you'd like to try but feeling unsure you have the confidence to just go for it?
- ◆ If the answer is YES to any one of these questions, then this course is for you!



Upcycling Clothes for Work- Mondays 9.30am-12.30pm.

- 6 week course starting 11th April.

Learn to sew and make small alterations. Adapt clothes and use accessories. Identify suitable clothes for work and what to buy in charity shops.

Growing Together - Tuesdays 10am-1pm.

- 6 week course starting 10th May.

Subjects covered: Self Esteem, Self Believe, Self Talk, Habits, Anger, Being Positive, acknowledge and affirm your strengths, plan your future and Goal Setting.

Gaining

Resources

Opportunities &

Wellbeing

In a

Nurturing

Group

Together!!

Just The Job - Tuesdays 1-3pm.

- 4 week course starting 10th May.

Building your transferable skills to enable you to not only find the job that you'd like, but help you to apply and interview for it.

CV building, interview skills, communication skills, organisational skills, time management and decision making will be covered in this course.