

Developing You

Frequently Asked Questions

1. What is Developing You?

Developing You is a FREE OF CHARGE ten-week course that is delivered by the Employment and Skills team and a range of professional partners to help you become happier, healthier and move closer towards employment or volunteering.

2. How will it benefit me?

You will be supported with well-being tips in relation to making healthier choices which will improve your mental health and your overall well-being. We also cover tips to help you move one step closer to either looking for work and/or volunteering.

We can sign post you to other specialist organisations related to work and health dependant on your needs. After our previous Developing You courses the feedback has been excellent with many clients advising our courses have had a huge positive effect on them socially, mentally and job search wise.

3. How is it delivered?

The course is split into two halves, the first five sessions focus on health and mental wellbeing and the second five focus on supporting you into entering work and/or volunteering. We offer face to face and/or on-line courses. We will support you with setting up a google meeting if this is not something you have done before.

4. What will I gain at the end?

Once the course is completed you will be more familiar with what sort of career path could apply to you, how to go about getting into work in your chosen area, what courses and groups make work and volunteering more readily available.

For the health side of the course, you will be more familiar with the types of positive and negative mind-sets to aim for and avoid, helpful ways to manage time and stress, be more aware of local mental health support groups and charities. You will be able to meet others with similar interests.

5. Do I need any basic skills to join such as IT etc?

Anything you need assistance with can be discussed with your course tutor at the beginning as IT is one of the subjects covered in the session and information emails are sent out to support you.

There are a range of places across the city which support Leeds residents with IT training. Leeds Mind run a service called Workplace Leeds and there are free IT courses please visit <https://www.leedsmind.org.uk/services/workplace-leeds/it-training/>

6. I don't have an email address and/or have not used teams before?

It's all very straight forward, we will help you create an email in a session and walk you through how meetings are joined online using your own personal device or we can provide you with one. If required work can be sent to you to be done from home and you can speak to your course tutor to arrange this.

7. How many will be on the course etc?

This will depend and typically ranges from between 7-16 people attending each session (both male and female in ages which range from 19 to 64).

8. I have social anxiety and the thought of meeting new people makes me nervous?

This is very normal and a common experience at the beginning. What we have found is that most people do feel like this and throughout the course they have expressed that everyone is friendly and approachable. We have professional staff to deliver the course so they are experienced in making everyone feel very welcome and at ease which will help you feel less nervous.

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9. Do I need google mail as I have never used it?

As long as you have an internet connection the online part of the course is very easy to access, and we will happily walk you through the process step by step. If this is something you're still not comfortable with we can move you onto the in-person course which is your nearest location or post the course information out.

10. What if I'm only interested in the employment/wellbeing side of the course?

That's fine, we can notify you when that side of the course is beginning, although it is preferred that you ideally go through the whole course as improved well-being and support with employment are beneficial.

11. What if I miss one or more sessions?

If you are still in contact with us when we call or by email that is completely fine. Please try to keep us notified beforehand if you can please try to give 24 hours-notice where possible. We do understand in some situations this isn't possible so if we are made aware, we can make sure you can catch up.

12. How many hours a week is Developing You?

3 hours per week

13. Do I get my travel costs paid?

Please speak to your work coach who can arrange for travel costs to be paid.

14. Where will the courses be held?

For 2022 the courses will be held in four locations across the city which are:

[Armley Community Hub](#)

[The Old Fire Station Gipton](#)

[Nowell Mount Community Centre](#)

[St Matthews Community Centre Holbeck](#)

15. Does attending effect my benefits?

No attending the course does not affect your benefits.

Holbeck - Monday	York Road – Monday	Online - Tuesday	Armley - Wednesday	Nowell Mount – Thursday
St Matthews Community Centre, St Matthew's St, Holbeck, LS11 9NR	The Old Fire Station, Gipton Approach, LS9 6NL	G Suite for Education	Armley Community Hub, 2 Stocks Hill, Armley, LS12 1UQ	Nowell Mount Community Centre, Harehills, LS9 6HR
			12/01/22 H&W -1	13/01/22 H &W-1
17/01/22 H&W -1	17/01/22 H&W -1	18/01/22 H&W -1	19/01/22 -H&W -2	20/01/22 H&W-2
24/01/22 H&W -2	24/01/22 H&W -2	25/01/22 H&W -2	26/01/22-H&W -3	27/01/22 H&W-3
31/01/22 H&W-3	31/01/22 H&W-3	01/02/22 H&W-3	02/02/22-H&W 4	03/02/22 H&W-4
07/02/22 H&W 4	07/02/22 H&W 4	08/02/22 H&W 4	09/02/22-H&W -5	10/02/22 H&W 5
14/02/22 H&W 5	14/02/22 H&W 5	15/02/22 H&W 5	16/02/22-Emp -1	17/02/22 Emp -1
21/02/22 HT No delivery	21/02/22 HT No delivery	22/02/22 HT No delivery	23/02/22 HT no Delivery	24/02/22 HT no Delivery
28/02/22 Emp -1	28/02/22 Emp -1	01/03/22 Emp -1	02/03/22 Emp- 2	03/03/22 Emp- 2
07/03/22 Emp -2	07/03/22 Emp -2	08/03/22 Emp -2	09/03/22 Emp -3	10/03/22 Emp -3
14/03/22 Emp -3	14/03/22 Emp -3	15/03/22 Emp -3	16/03/22 Emp -4	17/03/22 Emp -4
21/03/22 Emp -4	21/03/22 Emp -4	22/03/22 Emp -4	23/03/22 Emp -5	24/03/22 Emp -5
28/03/22 Emp -5	28/03/22 Emp -5	29/03/22 Emp -5		