



WorkWell Service

Helping you Stay Well, Work Well, and Live Well

What is WorkWell?

A free, confidential support programme designed to help you manage your health while staying in or returning to work.

Whether you require help for:

- Being off work due to illness
- Struggling with work-related stress
- Experiencing difficulty to manage health while working.

How Can WorkWell Help??

As part of WorkWell, you will receive?

- Tailored Support: We will create a personalized plan to address your individual needs.
- Health and Wellbeing Guidance: Assistance in managing health conditions that impact your work.
- Practical Assistance: Support signing up to use online service e.g., NHS App.
- Referral to Specialist Services: Signposting to services such as Mental Health Support, Social Prescribing, Employment Services etc.
- Ongoing Support: Follow-ups to review your progress and adjust your support plan.

Who Can Benefit from WorkWell?

You may be eligible for WorkWell if:

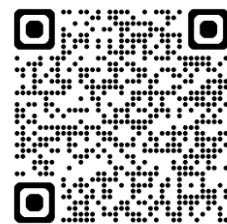
- You are over 16 years of age
- Have the right to work in the UK
- You are employed but struggling with health-related challenges at work.
- You have recently returned to work after sickness absence.
- You are seeking support to manage a long-term health condition while working.
- To participate, you will need to provide your National Insurance (NI) Number and complete a consent form.

Meet Your Support Team?

- Heena Anwarussen – WorkWell Health Coach
- Sharmila Aziz – LLR Roving WorkWell Coach & NHS APP Ambassador
- Nahida Gulamrassul – Social Prescriber

Self-Referral Link:

<https://services.thejoyapp.com/en/listings/24507>



Your health is our priority. Let us help you overcome work-related challenges with the right support.

- Spinney Hill Medical Centre
- East Park Medical Centre
- Canon Street Surgery

- The Charnwood Practice
- Broadhurst Street Surgery