

Did you know?

- Research shows that being out of work can actually contribute to poor physical and mental health.
- Being in work generally leads to improved health and wellbeing and returning to work often has a therapeutic effect and is the best way to avoid long term sickness.

Contact us

Fit for Work

*A personalised service
to support you in your
journey back to work*





What is Fit for Work?

- We work with you, your GP and employer plus a range of specialists to provide personalised back to work support and advice in the early stages of sickness to tackle underlying health conditions and other barriers to work
- We offer an individual case managed support service for employees who are in the early stages of sickness absence and maybe at risk of losing their employment.
- We provide a flexible and free support service for individuals with all aspects of their return to work.

What support is available?

- Once a referral is made by your GP a Fit for Work health professional will contact you to discuss your personalised programme and make sure you have the right help and support to get you back to work
- A team of occupational therapists, employment specialists, psychologists and physiotherapists are available depending on your needs
- Long term workplace support for people with a chronic health condition
- Mediation between employer and employee if absence is related to issues in the workplace.
- Support with health related issues such as stress, money worries healthy lifestyle and returning to your normal everyday activity.

