



Supporting people struggling at work due to health concerns

What is WorkWell?

A project set up to help anybody who is struggling in work or having challenges getting back to work due to their health conditions.

- Can be **physical or mental** health.
- We can help anyone aged 16+ who lives and/or is registered with a GP in **Bristol, North Somerset or South Gloucestershire** and is:
 - In work and struggling
 - Off work sick and looking for support to move back towards the workplace.
 - Out-of-work either partially or fully because of health.

Free | Confidential
No effects on benefits



Promotional video



How does it work?

We can help with:

- Stay in work or return to work.
- Education, skills and training.
- Access to volunteering and experience building.
- Looking for new work.

A dedicated team of Work & Health coaches provide 1:1 support. We are led by our service users and what they tell us that they need and want. Our **support is about helping people move back towards volunteering, work and health**

It is not about fixed results but moving someone closer to their goals.

The sooner the better
Most effective in the first 12 weeks of absence



Benefits for employers



We work with people using one-on-one coaching and connections to agencies offering specialised Employment, Wellbeing and Health advice and support.

Looking for **practical solutions to adapt in the workplace**. Personalised support to address stress, anxiety, and other challenges, fostering resilience and improved mental clarity.

Practical skills for coping mechanisms and strategies for building mental and physical wellbeing. Guidance and referrals to appropriate specialised support when needed.

**No cost, no paperwork,
no commitment**

Benefits for employers

Enhance Wellbeing: A healthy and supported workforce is a more engaged and productive workforce.

Reduce Absenteeism: Proactive wellbeing support can significantly minimise stress-related absences and improve overall attendance.

Improve Morale and Engagement:

Supports organisational commitment to employee wellbeing, fostering a positive and supportive company culture.

Free and Accessible: Our services are provided at no cost, making them a valuable and accessible resource for all your employees.

Health MOT check (NEW): comprehensive health checks for staff, delivered by experienced registered nurses.

**No cost, no paperwork,
no commitment**



The process



**Supportive, friendly
and good at listening**

What have we done so far?

Connections to local services. Removing transport problems

Understanding and planning for reasonable adjustments and support in the workplace

Access to benefits support and other financial advice

Access to benefits support and other financial advice.

Skills and training courses

moving from despair to positive action and thinking about the future

Links to health and wellbeing support

**Simple, supportive
straightforward**

Get involved

Digital and print information resources for your workplaces

- Display in communal areas.
- Add to websites and intranets.
- Included in Champions pack.

In-person support

- Attend team meetings to introduce service for champions/managers and colleagues.
- Warm handover referrals – pop-up or drop-in session.

Queries and concerns

- Contact via telephone or email with queries and advice.



**Simple, supportive
straightforward**

Get in touch

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