

BELGRAVE AND SPINNEY PCN

We at Belgrave and Spinney PCN are excited to offer the WorkWell service to our patients.

This initiative is designed to support your health and well-being by providing tailored care and resources to help you thrive.

We believe this service will bring valuable benefits, improving your overall health and providing you with the necessary support to lead a healthier, more balanced life.

Our PCN includes the following practices, each committed to providing quality care and a seamless experience for all patients:

- Spinney Hill Medical Centre - (Offering WorkWell Service)
- East Park Medical Centre
- The Charnwood Practice
- Broadhurst Street Surgery - (Offering WorkWell Service)
- Canon Street Surgery

Get in Touch

If you would like to find out more or sign up for WorkWell, please contact:

 Self-Referral Link: <https://services.thejoyapp.com/en/listings/24507>

You can also speak to your GP or practice staff and ask to speak with:

- Heena Anwarussen – WorkWell Health Coach
- Sharmila Aziz – NHS App Ambassador
- Nahida Gulamrassul – Social Prescriber

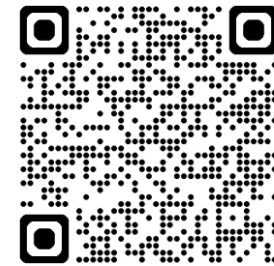
Your health is our priority. Let us help you overcome work-related challenges with the right support.



BELGRAVE AND SPINNEY PCN

WORKWELL SERVICE

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



What is WorkWell?

WorkWell is a free support programme designed to help patients who are experiencing health-related challenges affecting their ability to work. Whether you are:


- Off work due to illness,
- Struggling with work-related stress, or
- Finding it difficult to manage your health while working.

WorkWell offers practical support and guidance to help you remain in, return to, or access work.

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 have been issued a sick note due to a health condition affecting your work.
- 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 sign a consent form.

? Frequently Asked Questions (FAQ's)

Why do you need my National Insurance Number?

The DWP uses your NI number to confirm your eligibility. They may access information about benefits, earnings, and employment history, but this will only be used for research purposes. It will not affect any benefits you receive.

1

Is WorkWell mandatory?

No. WorkWell is an optional service. Even if you choose not to participate, we can still offer support and signpost you to relevant services.

2

Will my personal information be shared?

Your data will be used for research purposes only. It will be securely handled in accordance with GDPR regulations and shared with IFF Research, the independent body evaluating the WorkWell programme.

3

Welcome to WorkWell! Your Path to a Healthier You

At WorkWell, we believe that a healthy workforce is a happy and productive workforce. Join us as we provide resources, tools, and activities to help you improve your physical, mental, and emotional well-being. Here's how you can get involved:

Mindfulness Moments: A Quick Fix for Your Day:

Incorporating mindfulness into your routine can reduce stress and enhance focus. Start with these quick techniques:

- 5-Minute Breathing Exercise:
 - Sit back, close your eyes, and focus on your breath. Breathe in for 4 counts, hold for 4, and breathe out for 4. Repeat for 5 minutes.
- 2. Gratitude Journaling:
 - Take a moment each day to write down three things you're grateful for. This simple practice can improve mental health and boost positivity.

Focus on Mental Health: Supporting Your Well-being:

Mental health is just as important as physical health. If you're feeling overwhelmed or struggling, you're not alone. Here are some ways to help support your mental health:

- Talk it Out: Reach out to the WorkWell team or a trusted colleague. Speaking about your feelings can relieve stress and provide clarity.
- Mindful Breaks: Take 10 minutes to step away from your workspace, clear your mind, and practice mindfulness. It's proven to reduce stress and improve focus.

How Can WorkWell Help

As part of WorkWell, you will receive:

- ◆ Tailored Support: We will create a personalised 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, physiotherapy, or employment services.
- ◆ Ongoing Support: Regular follow-ups to review your progress and adjust your support plan.



What to Expect



1. Initial Contact:

- You may receive a phone call, SMS, or message through your GP practice about WorkWell.

2. Consent and Eligibility:

- If interested, you will be asked to sign a consent form and provide your NI number.
- This is required by the Department for Work and Pensions (DWP) to confirm your eligibility.
- If you do choose to decline sign-up, we can still provide support.

3. Assessment Appointment:

- We will arrange an initial assessment appointment to discuss your needs and create a support plan.

4. Ongoing Support:

- Regular follow-ups and continued assistance, even if you decide not to formally enrol.

“Helping you stay well, Work well, and Live well.”

WorkWell Mission

At WorkWell, our mission is to support the holistic well-being of individuals by providing resources, guidance, and programs that enhance their physical, mental, and emotional health, both inside and outside the workplace.

We believe that a healthy, balanced life is key to personal fulfilment and professional success. By offering a variety of tools and support, we aim to help individuals manage stress, improve work-life balance, build resilience, and develop strong coping skills.

Whether it's navigating workplace challenges, managing personal issues, or finding community support, WorkWell is dedicated to empowering individuals to thrive in all aspects of life. Our goal is to create an environment where every person feels supported, valued, and equipped to achieve their fullest potential, both professionally and personally.