

# Work Clinic



## **Are you struggling to work with health problems or currently off sick?**

Your surgery is offering a free clinic, run by an **Occupational Therapist, Liane Seville** who can help people with both physical and mental health difficulties stay in or get back to work.

### **What does the clinic do?**

The clinic offers free, independent and confidential help and advice to people who are either:

- Going to work but struggling due to health problems.
- Employed but currently off sick from work and have received x2 or more fit notes.

Liane is qualified to help with both your physical and mental health and will offer support on managing your health problem so you can continue working.

### **Is it for me?**

Liane sees people with:

- Physical health problems that are stopping you being able to go to work.
- Mental health problems like anxiety or depression.

### **To use this clinic you must:**

- Be employed or self-employed.
- Coming for a second fit note
- Want to get back to work
- Be aged between 18 and 80 years.

### **What doesn't the clinic do?**

The clinic is not part of any occupational health service you may be using via your employer. It cannot see unemployed people or help with welfare benefits or work tribunals.

### **How do I get an appointment?**

Your GP or other health practitioner will be able to refer you and Liane will contact you within 5 working days to make an appointment.

Appointments can take place by phone, online video call or at the GP Surgery.

### **What happens at the appointment?**

- Liane will talk to you about how your health affects your job.
- You may be given an Advisory Fitness for Work Report or another Fit Note with advice about how to manage the demands of your job. You can share this with your employer if you wish to help them to understand your health needs.
- The Advisory Fitness for Work Report can be used by your employer as evidence for Statutory Sick Pay if you are currently signed off sick from work.

### **What happens next?**

Liane may suggest further appointments if you need more help to stay at work. She may also offer to talk to or visit your employer to suggest changes that could be made at work to help you e.g. equipment, changes to your workspace etc. This will only happen with your consent.