



Health and Work

Information and Support to help you manage your health
at work or return to work after illness.



INTRODUCTION

The evidence tells us that being in work is good for our health.

“Why is the right work good for my health?”

- ❖ You will feel included and meet people
- ❖ You will be active and have purpose
- ❖ You will feel hopeful and use your skills and abilities

“I am unemployed but I want to work”

Jobcentre Plus (JCP)

Funds local employability programmes. Offers advice and signposting to help you manage barriers to work.

Links to your local JCP can be found here www.gov.uk

Fair Start Scotland

Scotland’s new national employability service offering support to find work to the following groups of people:

- ❖ People aged 18+ who have been unemployed for 2+ years
- ❖ People aged 16+ with a health issue/disability
- ❖ People aged 18+ who have been unemployed for 6 months + and are a lone parent, care leaver or refugee

This is a voluntary programme. To register contact Remploy on: 0300 456 8050

Local employability agencies

Provide advice and support, training programmes, funding and links to local employers for anyone who is unemployed - people experiencing health or social barriers to work and those who are underemployed (working but still on a low income). Here are North and South Lanarkshire's key contacts:

South Lanarkshire Works 4 U
0800 731 0444

www.southlanarkshire.gov.uk

North Lanarkshire's Working
0800 0730 226
www.northlanarkshiresworking.co.uk

My World of Work
For careers advice, CV preparation, training and learning call 0800 917 8000 or visit
www.myworldofwork.co.uk

**“I want to get a job
but my health/disability
gets in the way”**

Permitted Work

This scheme allows you to remain on Employment Support Allowance and try out a part-time job (less than 16 hours a week) for up to a year. Find out from your Job Centre Advisor if you are eligible.

Access to Work

DWP service providing funding for equipment, in work support, assistance with travel for people with long-term (1 year plus) health conditions or disabilities.

For more info go to:
www.gov.uk/access-to-work
or self-refer by calling:
0800 121 7479

Volunteering

Volunteering can be a good stepping stone into the world of work. It can improve your job prospects, let you try out something new and give you a sense of achievement.

Try these contacts for local opportunities:

Volunteer Scotland
www.volunteerscotland.net

Voluntary Action North Lanarkshire (VANL)
01698 358866
www.voluntaryactionnorthlanarkshire.org.uk

Voluntary Action South Lanarkshire (VASLAN)
01698 300390
www.vaslan.org.uk

“I am already working but my health/disability is making it difficult for me to continue”

Working Health Service

Provides telephone based occupational health assessment and support to employees who are still at work or absent from work and work for organisations who employ 250 or less employees or who are self-employed.

Self refer by calling 0800 019 2211

Access to Work

This service can also help you if you are already employed and your health needs change. (See above)

Your Employer

If your workplace has an occupational health service or employee assistance programme, get in touch with them and request support.

Healthy Working Lives

For practical information and advice on work related topics such as health promotion and safety in the workplace visit the website.

www.healthyworkinglives.scot

Health Professionals

You can ask those who are involved in your care for advice about how to manage your health at work.

Community Pharmacist

If you have to deal with medication on returning to work and need some advice you can speak to your local pharmacist.

GP/Consultant

If your health condition is affecting your ability to work, make sure you share this with your GP/Consultant when you see them. They can refer you to colleagues who specialise in helping people with these issues.

If you need to take sick leave from work or need changes to be made to support your return to work your GP will give you a Fit Note. More information about the Fit Note can be found here:

www.dwp.gov.uk

Allied Health Professionals (AHPs)

AHPs use specialist rehabilitation skills to enable you to maximise your independence. This support will allow you to manage your health condition and maintain, return to or access employment, training, education or other opportunities.

AHP Health and Work Report

AHPs can use this document to record advice and recommendations for you, your GP and your employer to help you get the right support when you return to work.

“What other information or advice is available to me?”

Welfare Rights

Free, expert and confidential services which offer advice on all aspects of benefit entitlement and debt issues.

South Lanarkshire:

Money Matters 0303 1231008

North Lanarkshire:

North Lanarkshire Your Money
01698 403170

Employee Rights, Responsibilities and Relations

ACAS (Advisory, Conciliation and Arbitration Service) for free advice and support to both employees and employers

www.acas.org.uk

0300 123 1100

General advice and information

Citizens Advice Bureau

www.cas.org.uk

0808 800 9060

Adult Literacy

If you would like help to improve reading, writing and numbers The Big Plus will put you in touch with your local provider.

0800 917 8000



www.careopinion.org.uk

NHS Lanarkshire - for local services and the latest health news visit www.nhslanarkshire.org.uk
NHS Lanarkshire General Enquiry Line:
0300 3030 243

NHS inform - The national health information service for Scotland.
www.nhsinform.co.uk
Tel No: 0800 22 44 88

If you need this information in another language or format, please contact the NHS Lanarkshire General Enquiry Line on 0300 3030 243 or e-mail info@lanarkshire.scot.nhs.uk

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