



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.

- Can be **physical** or **mental** health.
- Anyone **aged 16+** who lives and/or is registered with a GP in **Bristol, North Somerset or South Gloucestershire.**

Free and confidential

No effects on benefits

We offer 1:1 support with a friendly Work and Health Coach.

We can help with:

- **Education, skills and training;**
- **Access to volunteering and experience building;**
- **Support to stay in or return to a current place of work;**
- **Looking for new work;**
- **Connecting to services to help support your health and wellbeing – and more!**

We are **led by you** and what you tell us that you need and want. We want to support you to move towards work which is right and meaningful for you. Our support is **not about a fixed result of getting a job or returning to work. It may be about starting the journey.**

Fill the online form or call us to get started: **W: workwellwest.org**

E: workwell@bristol.gov.uk

P: 01179223623



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