

About Us

The North Cumbria NHS Work Well Service, part of the North East North Cumbria Integrated Care Board Health and Growth Programme, is a new initiative delivered by Cumbria Health in partnership with local support organisations.

The service is designed to help people who are finding it difficult to remain in work or who are off sick due to a physical or mental health condition.

Our goal:
We'll support you to take control of your health and get back on track with your working life.



Get in Touch



www.cumbriahealth.co.uk/workwell-north-cumbria/



workwellnorth@cumbriahealth.nhs.uk

Refer Today

To refer yourself to the service scan the QR code below & a member of the team will be in touch within 5 working days:



Work Well North Cumbria



**Is your health
affecting your ability
to work?**

We're here to help!



Helping you **stay well
and stay working...**

The Pilot

- ✓ The Work Well service is free to access and completely voluntary. It will run from October 2025 to October 2026, with future years subject to funding.

We are currently accepting referrals from:

- Self-referral
- Primary Care
- Secondary Care
- Local Authority
- Department for Work and Pensions (DWP)
- Voluntary, Community, and Social Enterprise (VCSE)
- Employers / Occupational Health

- ✓ You will be assigned a Work and Health Coach (WAHC). Where a participant's needs go beyond what our WAHC's can provide, we will connect you with the most relevant Support Organisation/s and follow up to ensure that any additional support is fully integrated into your personalised plan.



Eligibility Criteria

- ✓ To be eligible for support through Work Well, individuals must:
- ✓ Have the right to work in the UK and live within North Cumbria.
- ✓ Have a health condition and be:
 - In work but at risk of leaving work, or
 - Out of work for less than 6 months.
 - Have a fit note dated within the last 6 months (self-employed individuals can self-refer and do not require a fit note)
- ✓ You are 18 years or over
- ✓ If you are claiming Universal Credit, accessing this service will not impact on your claims.

The Process

- ✓ Once a referral is received, we aim to get in touch within 5 working days.
- ✓ This will include: A personalised appointment arranged within 2 weeks of first contact. Depending on your needs, you may work with your dedicated Work & Health Coach for 12–16 weeks.
- ✓ We will hold regular reviews during your time with us.
- ✓ At the end of our time, we'd love to hear your feedback to continually improve

