

Do you or your team need support to remain well in work?

We offer one to one social prescribing support for individuals, plus tailored workshops for both employees and employers

What we can help with?

Social prescribing can help connect you to local support to address any social needs and health-related barriers, helping you stay well at work, support your return to work, and prevent future absences

Social needs may include:

- Mobility & aids/adaptations
- Finances
- Managing long-term conditions
- Housing concerns
- Mental wellbeing
- Bereavement support
- Social isolation
- Caring responsibilities
- Personal safety

Healthy Working Life

For information on wellbeing workshops and how to refer, please turn the leaflet over



What to expect

- ✓ Conversations led by you
- ✓ Tailored one to one support
- ✓ Step-by-step action plan

Social Prescribing eligibility

- ✓ Aged 18-66
- ✓ Live in the Wakefield district or registered with a Wakefield district GP

We can support those who are either:

- ✓ Employed but on sick leave
- ✓ Employed with a long-term condition
- ✓ Feeling at risk of needing sick leave

Workshop: Managing your wellbeing at work



Are you employed within the Wakefield district and interested in looking after your wellbeing at work?

Whether in a new or existing role, this free, 1 hour workshop could support you to improve your wellbeing



All workshop sessions are delivered online via Microsoft Teams

TOPICS COVERED

- Understanding what impacts on our wellbeing
- How to clearly communicate our needs at work
- Practicing self-management tools for staying well at work and at home
- Awareness of local support options available

Workshop: Promoting workplace wellbeing

TOPICS COVERED

- Understanding the impact of absence
- Social factors that impact wellbeing
- Holding meaningful conversations with employees to explore wellbeing needs
- Preventative approaches to absence
- Local support options for employees

Are you in a staff support role looking to build on compassionate leadership cultures to support workforce wellbeing and retention?

This free, 1 hour workshop can support you to build on existing organisational practices

How to refer

- Self refer
- Refer someone else, with consent

Contact us:

01924 255363

www.livewellwakefield.nhs.uk

Workshop eligibility

- Aged 18+
- **And any of the following:**
 - Employed within the Wakefield district
 - Live within the Wakefield district
 - Registered with a Wakefield district GP

Healthy
Working
Life

SCAN



For information on social prescribing support please turn the leaflet over