



North  
Tyneside  
Council

Working *well*  
NORTH TYNESIDE



North East and  
North Cumbria

# Helping you **stay well,** and **stay in work...**

We would like to invite you to meet a Working Well Employment Advisor. If your health is making it hard to work - or return to work - they can help.

## Listening to you

Working Well North Tyneside is a free service. Your Employment Advisor will listen to your needs and support you.

They will:

- Work with you to create a plan
- Keep in touch and help you stay on track
- Put you in touch with services that can help
- Meet with you locally, or by video or phone

**You don't need to manage alone.**

## Support for you

We can help you with things like:

- Getting fitter and healthier
- Links to flexible and inclusive employers
- Money, benefits or housing
- Talking with your employer
- Looking for new opportunities that suit your goals and skills



## Who's this service for?

Our service is for adults in North Tyneside who:

- Are struggling to stay in work because of health problems
- Are not working because of health problems
- Have had a fit note in the last six months
- Live in the area and have the right to work in the UK

If you feel you may benefit from this service but the above doesn't apply to you; please do still get in touch or speak to your GP.

## What happens next?

**Your Working Well Employment Advisor will be in touch with you within five days.** Visit [www.skillsnorthtyneside.org.uk/support/workingwell](http://www.skillsnorthtyneside.org.uk/support/workingwell) for more information.

If you have any questions, email [workingwell@northtyneside.gov.uk](mailto:workingwell@northtyneside.gov.uk), or call **0191 643 2288 (option 1)** or contact the person who referred you. You can also scan the QR code and complete the form for a callback.



The Working Well North Tyneside service is commissioned by NHS North East and North Cumbria Integrated Care Board and operated by North Tyneside Council.