

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

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

Listening to you

Northumberland Skills' Employability Service is a free service. Your Work Smart Live Well Employment Coach 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, online or by phone

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 Northumberland 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 Work Smart Live Well Employment Coach will be in touch with you within five days.

Visit www.northumberlandskills.co.uk/worksupport or scan the QR code for more information.

If you have any questions, email worksupport@northumberland.gov.uk, call **01670 623894** or contact the person who referred you.



Northumberland Skills' Employability Service is commissioned by NHS North East and North Cumbria Integrated Care Board and operated by Northumberland County Council.