



# What to expect from WorkWell

## What is WorkWell?

- WorkWell is a voluntary service for people who have a disability or health condition and would like support to start or stay in work.
- If you join WorkWell, you will spend time with a Work and Health Coach who understands the important relationship between work and health. You will be able to discuss the impact that your disability or health condition has on your life. You can also talk about any challenges you face in taking steps towards work, or staying in work.
- The Work and Health Coach will listen and talk through any concerns or questions you may have. They will discuss your needs and hopes for the future, and will work with you to identify and agree your next steps. Together, you will create an action plan. It will be up to you to decide whether you want to take up these suggestions.
- The Work and Health Coach will also let you know about other relevant employment and health support. This could include healthcare professionals, community sector services, promotion programmes, more intensive employment support, and much more.

## What else do you need to know about WorkWell?

- Taking part in WorkWell is voluntary and will not affect your benefit entitlement in any way.
- You do not need to prepare anything before the first discussion.
- WorkWell is separate from the discussions you have with your Jobcentre Plus work coach. It is different from the Work Capability Assessment and it is not about assessing you in any way.

## What will happen after your first WorkWell discussion?

- The Work and Health Coach will continue to provide support and help you to access the services and resources available.
- If you like, you can share your action plan with your Jobcentre Plus work coach so you can continue working on it together.

**WorkWell**

