

# PEOPLE FIRST YOUR BACK TO WORK MAP

We are sorry you are absent and we look forward to welcoming you back to work. To help you on your journey we would like you to consider where you are now and what you need to help you get back to work. Please complete your 'Back to Work Map' below and discuss with your line manager in your informal wellbeing discussion. We encourage you to think creatively about the work you could complete right now and get you back to making a difference.

## YOUR JOURNEY

## OUTLINE THE REASON FOR YOUR ABSENCE

## WORK RELATED ELEMENTS

Do you feel there are any work related elements / triggers to your absence....

## LOOK AFTER YOUR WELLBEING

What support do you have in place at this challenging time....

## STAY IN TOUCH

Remaining in contact is very important. Outline how, when you and by whom you would like to be contacted to ensure you feel part of the team....

## REFERRAL TO OH DOCTOR OR NURSE

To assess your recovery and support your journey back to work. Book your appointment by ringing 01536 452334

## FOCUS ON WHAT YOU MAY BE ABLE TO DO

Considering all the roles in the team, is there any work you could reasonably complete at this time and would short term reduced or flexible hours help....

ACCESS TO MENTAL HEALTH FIRST AIDERS

STOP SMOKING SERVICE REFERRALS

## OCCUPATIONAL HEALTH

Note the date of your Occupational Health appointment....

CONFIDENTIAL COUNSELLING SUPPORT

LEARNING TO RELAX WEBINARS

FREE FLU VACCINATIONS

ILL HEALTH RETIREMENT ASSESSMENTS

## SUPPORTING YOU BACK TO WORK

Outline what support you feel you need to support you back to work .....

## PHYSICAL HEALTH SUPPORT

- Annual Health Checks
- Fitness Classes – Including Yoga, Pilates, Tai Chi at discounted prices
- Fitness Testing and advice on how to improve your fitness
- Discounted Gym Membership
- Expert Advice & Support

SLEEP WEBINARS

WE LOOK FORWARD TO WELCOMING YOU BACK TO WORK

Set your target return to work date / month....

## CRITICAL INCIDENT SUPPORT

for staff members involved in traumatic incidents at work

## SELF- REFERRALS TO PHYSIOTHERAPY

Assessments usually in 1-2 weeks, short term treatment provided, appointments across NHFT sites

NAME:  
ROLE:  
DATE:



## WELLBEING & COGNITIVE BEHAVIOUR THERAPY

(CBT) support to manage stress or distress and help manage the impact of long term conditions

## SEASONAL AFFECTIVE DISORDER (SAD)

Lamps available to rent Sept to Feb

