



Cambridgeshire and Peterborough Training Hub

Protected Learning Time

Fit Note Training

19th November 2025

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WorkWell Services



Free service for people who are struggling to find or retain a job due to their physical or mental health



Suitable for people whose health's affecting their job, those signed off from their job, and those unemployed with a health issue



Work and Health Coach connects you to help and support



Research shows early intervention is key – longer signed off sick, less likely to return to employment



WorkWell provides access to **up to £250** for people to use to purchase goods and services that overcome barriers

You do not have to be in receipt of benefits to access **WorkWell**, nor will accessing the programme affect benefits claims

WorkWell – Supporting People with Health Barriers to retain/ regain employment



Who?

- home address OR address of your GP/local Jobcentre Plus is in C&P
- Over 16
- Right to work in the UK
- Experiencing health or disability related barriers to work
- Self Referral available <https://cpcskills.com/employer-hub/workwell/>

Where?

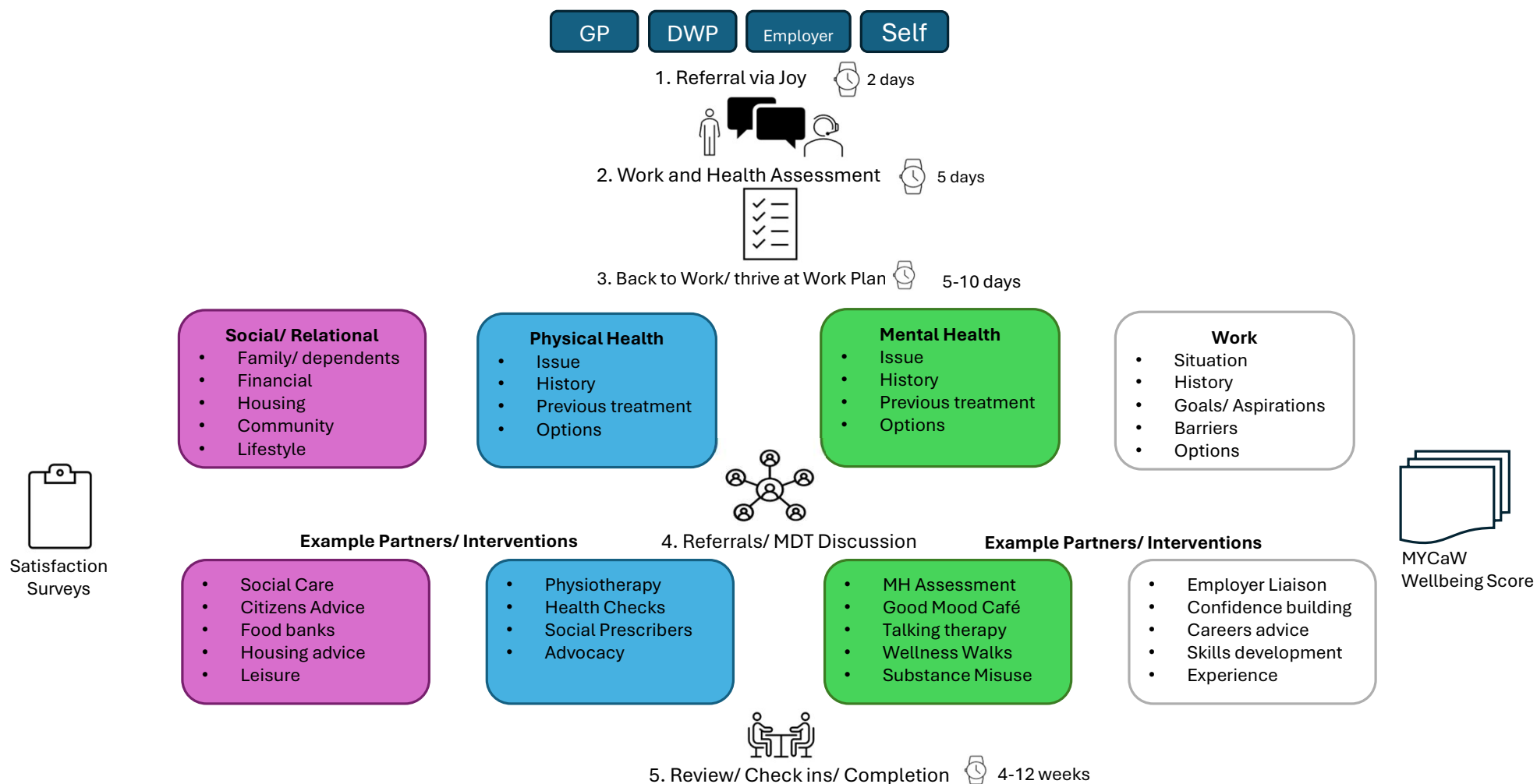
- Fenland (Fenland District Council)
- Huntingdon (Huntingdonshire District Council)
- Peterborough (Papworth Trust)
- East, South Cambridgeshire (CPSL MIND)
- Cambridge City (CPSL MIND)

How?

- DWP Funded
- Person-centred and holistic assessment of barriers
- Light touch holistic support for their health-related barriers to employment
- Single joined-up pathway into local services



Typical Participant Journey through WorkWell Hub



WorkWell Funding – Personal Support Budget



- Based on number of participants signed up
- Includes a “Personal Support Budget” – funding for participant and coach to use flexibly to address barriers to work
- Budget managed by each local WorkWell Hub
- Use by Work and Health Coaches increasing



Examples of use of Personal Support Budget:

- ✓ Counselling
- ✓ Photography course
- ✓ Transport
- ✓ Exercise classes
- ✓ Occupational Therapy

DWP conditions:

- Must be a participant of WorkWell – provision is part of an agreed plan
- Cannot already be funded provision



WorkWell summary

Total number of
clients (whole
scheme)

2334

Total number of
active clients

452

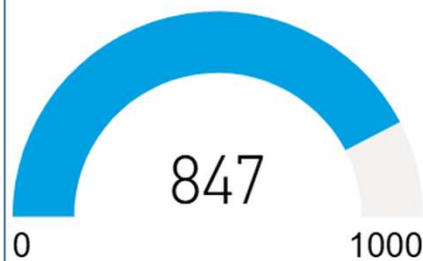
Number of successful
discharges

822

Whole region



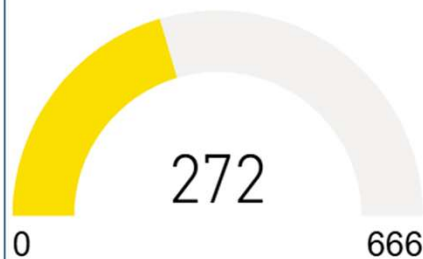
East, City, South Cambs, Royston



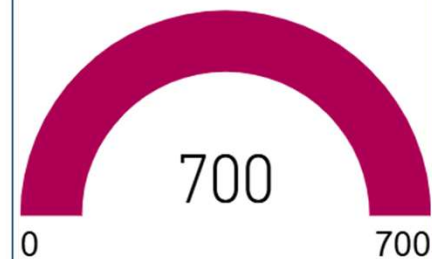
Fenland



Huntingdon



Peterborough



WorkWell Case Studies



*Adam was connected to WorkWell via his Job Centre. His mental health was deteriorating after stopping work and due to alcohol use.

The WorkWell coach supported Adam to access AA groups and to start volunteering at a Bird Rescue centre three days a week.

Adam is now feeling much more positive about the future.

*Reshma was signed off work from her nursing role due to stress. She was referred to WorkWell by her GP practice.

The WorkWell coach helped Reshma manage work-related stress and identified issues caused by shift pattern changes.

The coach liaised with her employer and supported her in exploring alternative job opportunities.

"My WorkWell coach was so supportive and genuinely interested in me. It wasn't an uncomfortable professional conversation; she was so friendly. It wasn't like an interview, more like a chat. She'd speak to me like a human being.....She gave me a lot of motivation to consider going back into work in the way she spoke to me."

Working in Partnership with GP Practices



- Aspiration to embed WorkWell in the Fit Note request and consultation process
- Ardens in process of adapting Fit Note Request template to prompt GP Practice teams to offer WorkWell referral
- Currently ICB fund Primary Care Networks to retrospectively offer people on fit notes a WorkWell referral
- We would like to see WorkWell being part of a clinician's Fit Note consultation
- Welcome thoughts and ideas as to how best to do this