

Occupational Therapy Vocational Clinic

Helping you to stay in work



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Who will I see?



- Karen Holloway is our occupational therapist.
- She will talk to you about how your health effects your job.

The Clinic is taking part in a research study but you do not need to take part in the research to use the Clinic. Please ask at the front desk/reception for more details.



When and where is the Clinic open?

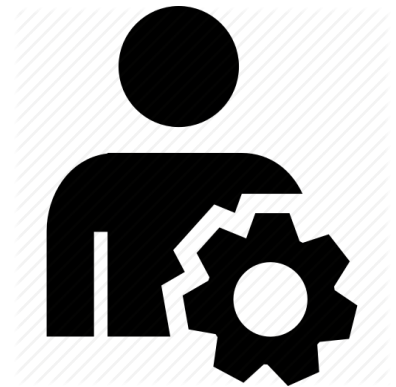
If you would like Karen to contact you please speak to a receptionist in person or by calling: 01437 77 33 68

She is based at the following surgeries:

Saundersfoot Surgery
Argyle Medical Group
Narberth Surgery
Neyland Health Centre and
Tenby Surgery.

Are you..... struggling to work with health problems or currently off sick?

The surgery is offering a free clinic, run by occupational therapists, that could help people with both physical and mental health difficulties stay or get back to work





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What does the Clinic do?

The clinic offers free, independent and confidential help and advice to people who are either:

- Going to work but struggling due to health problems.
- In work but currently off sick from work. You may be using a GP fit note .

The occupational therapist in the clinic will offer strategies on how to look after yourself so you can continue working. They are qualified to help with both your physical and mental health.

Is it for me?

The clinic sees people with:

- muscle/bone aches and pains (like back pain or arthritis).
- mental health problems like anxiety or depression.

To use this clinic you must:

- Be employed or self employed.
- Have muscle/bone and/or mental health problems. You may have other health difficulties too like heart problems.
- Be aged between 18 and 80 years.

What doesn't the clinic do?

The clinic is not part of any occupational health service you may be using via your employer. It cannot see unemployed people or help with welfare benefits or work tribunals.

How do I get an appointment?

Call the clinic on 01437 77 33 68 and leave your name, Date of Birth and telephone number and she will return your call as soon as she can. Alternatively any primary care worker such as your GP or nurse can refer direct if you would like this.

Appointments can take place by phone, online video call or at the GP Surgery.

What happens at the appointment?

- The occupational therapist will talk to you about how your health affects your job.
- You will be given an Advisory Fitness for Work Report with tips about how to manage the demands of your job. You can share this with your GP and employer if you wish to help them to understand your health needs.
- The Advisory Fitness for Work Report can be used by your employer as evidence for Statutory Sick Pay if you are currently signed off sick from work.

What happens next?

The occupational therapist may suggest further appointment if you need more **rehabilitation** to stay at work.

They may also offer to talk to or visit your employer to suggest changes that could be made at work to help you e.g. equipment, changes to your work space etc. This will only happen with your consent.