

Everyone deserves to feel good about themselves, and having the right job can help. With the right support, work adds structure to your day, helps you meet new people, and gives you a sense of pride. It can also improve your mental and physical well-being.

About WorkWell

At WorkWell, we're here to offer early help and support. We'll work with you to understand any health-related issues that might be in your way and create a plan that fits your needs. We also connect with local services to make sure you get the right help. Together, we'll work to overcome any barriers so you can find or keep a job that's right for you.

For more information please contact

T: 0808 196 2386 E: workwellwest@shaw-trust.org.uk

or scan the QR code below:







Please email: studio@shaw-trust.org.uk to receive this information in a different format.

WorkWell

West London



Finding meaningful work, together.





shaw trust

WorkWell is a free service for people who are in a job or looking for one but need support with health-related challenges. We'll work with you to figure out what you need, offering support from our team and other local services.

Our Work and Health Coach will make sure you get the right support to find or stay in the right job.

Who can use WorkWell?

- You need to be over 16.
- You must live in or have a GP in Brent, Hammersmith, Fulham, Harrow, Hounslow, Hillingdon, Ealing, Westminster, or Kensington and Chelsea.

You can stop using the service anytime if it's not working for you.

How do I get started?

It's easy—just email us at workwellwest@shaw-trust.org.uk or fill in the enquiry form on our website shawtrust.org.uk/workwell-west-london/

How it works



We'll get to know you and understand what you need.



Together, we'll create a plan that fits your goals.

You'll get expert advice from our Occupational Health, Mental Health, and Employment specialists.



We'll help you find jobs that interest you.

We'll help you overcome any health challenges with support from our team and local services.







Our goal is to help you feel confident and ready to achieve your job goals.



to work.

Your dedicated Work and Health Coach will be with you every step of the way to provide the support you need.