

# Free physio support with WorkWell

Are you struggling with aches, pains, injuries or conditions that make work feel harder, or stop you from being able to work?



## We can support you with:

- Help, whether you're in work, off work, or recently unemployed
- Fast, free access to support
- Up to **£300** for physiotherapy or other support for your health needs.

## We offer access to physiotherapy support to help you:

- Stay healthy in your current job
- Return to work after illness or injury
- Build confidence to get into work
- Manage physical conditions and prevent them from becoming long-term conditions.

## You may just need physio, but we can also offer:

- One-to-one work and health coaching to help you find employment or manage your health at work
- Access to local services – practical advice, resources, and referrals
- Personalised thrive or return to work plans
- Support for your employer to help you stay well in work.

South  
Yorkshire  
Housing  
Association



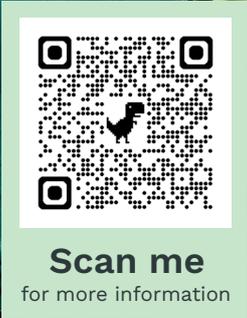
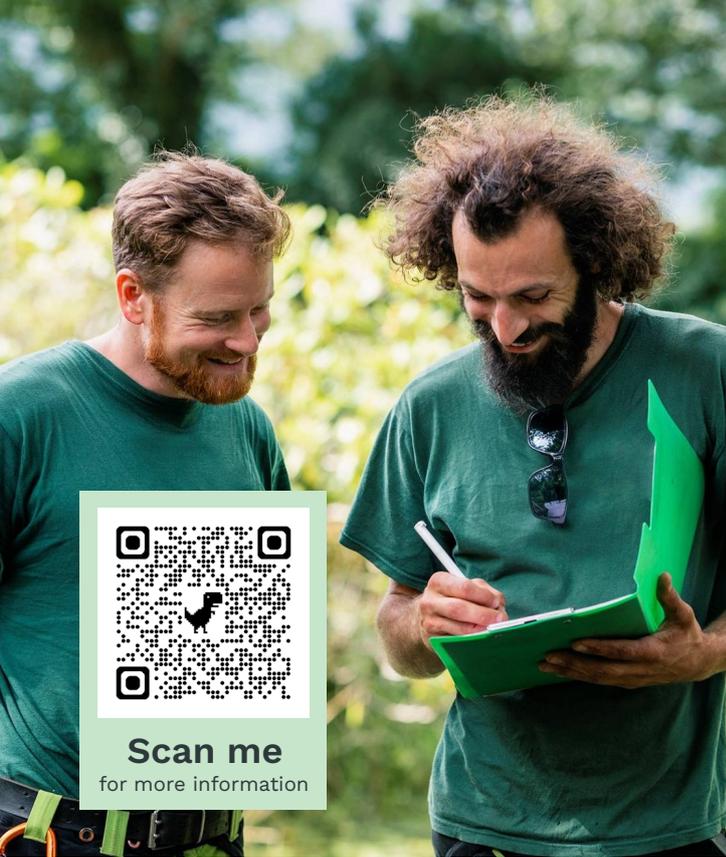
[syha.co.uk](http://syha.co.uk)

**NHS**

South Yorkshire  
Integrated Care Board

SOUTH YORKSHIRE  
**SYMCA**  
MAYORAL  
COMBINED  
AUTHORITY





## Sign up for our free support:

- **Friendly team support.**  
You'll be contacted within 2 working days
- **No GP referral needed**
- **No formal diagnosis required**
- **WorkWell is not means-tested and will not impact any benefits you may receive.**

Get in touch to sign up for free:

[www.syha.co.uk/workwell](http://www.syha.co.uk/workwell)

Call: 0114 2900 218

Email: [workwell@syha.co.uk](mailto:workwell@syha.co.uk)

# More than just physio – WorkWell offers:

**One-to-one Work and Health Coaching**  
Support to manage your health, stay in work or find new employment.

## Access to local services

Get practical advice, trusted referrals, and local resources to support your recovery or job search.

## Personalised work plans

Build a Thrive Plan or Return to Work Plan tailored to your health, wellbeing and employment goals.

## You can access WorkWell if you are:

- ▶ In work but struggling (or likely to struggle) due to a health condition
- ▶ Off work with a health condition and worried about your job
- ▶ Unemployed (up to 6 months) and have a health condition
- ▶ Aged 16+
- ▶ Living in South Yorkshire
- ▶ Have the right to work in the UK.

**Let WorkWell help you move better, feel better, and work better.**

WorkWell is supported by South Yorkshire Mayoral Combined Authority and the UK Government.

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