Kris
Supported by the service
Back at work

We're with you
at work
Kirsteen
Supported by the service
Back at work
WHAT IS THE SERVICE?

The Specialist Health and Work team is experienced in health and work issues, particularly for those who have been affected by cancer. The service supports those who are remaining in work, returning to work or looking for a new job.

How will I cope with work and treatment?

What if I can’t do my job?

I’m worried about absence from work, what should I do?

How we help

We provide support to help people stay in their current job or when returning to work. They can be given advice and guidance through every stage. Here are a few ways we can help:

- We can work with you and your employer where required to agree a return to work plan.
- We advise on any adjustments that may be needed to make sure that your return to work is as smooth as possible.
- We support you in making decisions regarding your working future.
- We attend or advise on return to work meetings that will help employers understand your needs.
- We identify employability services which can help you find new employment opportunities.
“Looking back, the team was phenomenal and brilliant because you’re dealing with all this emotional stuff and they got me right away and understood what I was going through in a work point of view.”

Stephen
Retired and engaging in positive activity
WHAT OTHER ACTIVITIES CAN THE SERVICE PROVIDE?

The unique service can provide the following self-management activities to assist clients as they return to work.

- Regaining confidence.
- Pacing activity.
- Understanding changing energy levels and overcoming fatigue.
- Building supportive working relationships.
- Stress and anxiety management.
“The Specialist Health and Work team helped me to consider my options about work, as employers sometimes don’t understand the emotional impact a cancer diagnosis can have.”

Alec
Making informed decisions about working future
HOW WILL I BE SUPPORTED BY THE SERVICE?

We can provide levels of support that best suit you, with options of a telephone call and face to face meetings.

You are assigned a practitioner who works closely with you to help focus on returning to work, staying in work or making work related decisions.

They can provide information and support if there are areas of conflict.

This service is entirely funded by Beatson Cancer Charity and will do all that we can to ensure patients receive the support they deserve.

“When I was considering going back to work, the support I was given was tremendous. The Service will always be close to my heart.”

Kris
Back to work with reasonable adjustments
Specialist Health and Work Service would regularly be in touch to see how I was getting on. They were friendly and supportive throughout the whole journey.”

Kirsteen
Enjoying her new role
We’re with you at work

“After working for 17 years at my workplace, my sick pay stopped suddenly and I was just an employee number. From then I felt anxiety, my confidence was gone, the ability to speak to people was gone - I needed somebody to help me get back on track.

The service quickly helped my confidence rise again. I’m back at work and I’ve loved it.”

Tommy

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