



## FREQUENTLY ASKED QUESTIONS

### **How do I access the Fit for Work/Support in Work service?**

*You can simply contact us on*

**Phone: 0115 883 4843 or 07771 838 534**

**Email: [supportinwork@nottsfitforwork.org.uk](mailto:supportinwork@nottsfitforwork.org.uk)**

*Or you can ask your GP, IAPT Therapist or other NHS Health Professional to refer you by contacting us.*

### **My GP/Therapist hasn't heard of Fit for Work/Support in Work, what can I do?**

*That's okay, you do not need to be referred by a health professional - just contact the service as detailed above.*

### **I've contacted Fit for Work Service/Support in Work - what happens now?**

*After you have got in touch and left your contact details, one of our case managers will contact you, usually by telephone within 3 working days, to see how best we can help you. If we are unable to contact you by phone, we can send you a letter.*

*In most instances, our case manager will arrange an appointment with you which usually lasts between one and two hours. **They** will discuss what they can do to help you get back to work or stay in work.*

### **Where does the appointment take place?**

*This can be at a variety of locations in Nottingham and Nottinghamshire, including your GP's surgery, if they have a room available. We will agree where this appointment will take place when we first contact you by phone.*

### **What are the benefits of using the Fit for Work/Support in Work service?**

*Our case managers provide an independent and supportive service focused on understanding your health issues and how this impacts on work. We are able to access a range of other services such as physiotherapy, talking therapies, debt advice etc, to help you get back to work more quickly. With your permission, we will liaise with your employer / Occupational Health Department and GP / therapist if required.*



**How long will the process take to get me back in to work?**

*That will depend on what support you require as the length of time is determined by how much support you need. We tailor our work to match your needs, your case manager will be able to discuss this with you and give you a better idea.*

**My GP has signed me off sick from work - do I still need to go to them for my Fit Notes?**

*Yes you will still need to see your GP to obtain a Fit Note – please discuss this with your case manager at your first appointment. You should also continue to see your own GP for any regular medication/treatment.*

**How do I contact the Fit for Work/Support in Work team?**

*You can contact us by **post**:*

***Support in Work  
New Brook House,  
385 Alfreton Road,  
Nottingham  
NG7 5LR***

***By telephone: 0115 883 4843 or 07771 838 534***

***By Email [supportinwork@nottsfitforwork.org.uk](mailto:supportinwork@nottsfitforwork.org.uk)***