

Access to work

It is the responsibility of the employee to contact Access to Work for support such as financial assistant for equipment or adapting the premises to meet the individuals needs.

To be eligible for assistance from Access to Work, the disability or health condition has to last or be likely to last 12 months or more.

[Access to Work: get support if you have a disability or health condition: What Access to Work is - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/access-to-work-get-support-if-you-have-a-disability-or-health-condition-what-access-to-work-is)

[Access to Work: factsheet for customers - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/access-to-work-factsheet-for-customers)

HSE Questionnaire

Employees who are off work with stress, the Health and Safety Executive have developed a Return to Work Questionnaire. This questionnaire is beneficial for the employee who feels stressed or anxious and also the manager who can work with the employee to reduce or alleviate those feelings.

A copy of the questionnaire is available on oneHR.
[return-to-work-stress-questionnaire.pdf \(bfwh.nhs.uk\)](https://bfwh.nhs.uk/return-to-work-stress-questionnaire.pdf)

Resilience Hub

Online resources for wellbeing support:

[login - LSC Well Services](#)

Username: BTHWELL

The Hub Team offers:

- A single point of access for all referrals
- An online self-assessment tool with an option to self-refer to the Resilience Hub.
- A stand-alone clinical system to ensure confidentiality.
- A triage appointment to determine the right type and level of psychological/pharmacological support.
- We work on a 1:1 basis; in small groups or offer an intervention to a whole team.

Caring • Safe • Respectful

The Process:

- After you have completed the online self-assessment (click on link below), you can choose to refer yourself to the Resilience Hub lschub@lscft.nhs.uk
- Please contact the Resilience Hub on 01772 520228 or email lschub@lscft.nhs.uk if you would like further information about the service, or are unsure whether you would like to refer yourself or would like to discuss a potential referral.

There is also helpful information on the Resilience Hub website: lscresiliencehub.nhs.uk

Please note that the Resilience Hub is not a crisis service.

If you or someone you are concerned about needs urgent help, please contact your GP or a crisis service.

- Mental Health Crisis Line: 0800 953 0110
- Samaritans: 116 123

Long Covid

What is Long COVID?

Long COVID is a term to describe the effects of COVID-19 that continue for weeks or months beyond the initial illness. NICE defines Long COVID as signs and symptoms that continue or develop after acute COVID-19. It includes both ongoing symptomatic COVID-19 from 4 to 12 weeks and post-COVID-19 syndrome lasting for more than 12 weeks. The World Health Organization (WHO) defines Long COVID as “symptoms that last for at least two months and cannot be explained by an alternative diagnosis”, occurring in individuals with a history of probable or confirmed SARS CoV-2 infection, usually three months from the onset.

For more information access to NHS guidelines on the link below:

[C1672_Guidelines-for-supporting-our-NHS-people-affected-by-Long-COVID_July-2022.pdf \(england.nhs.uk\)](#)

Caring • Safe • Respectful