

WorkWell: A Journey from Isolation to Wellbeing

Want to stay in or get back to work while managing your health? Join others in your community using WorkWell – it's free, quick to join, and here to help. [Visit:](#)

[WorkWell – North West London – Shaw Trust.](#)

Hear how the WorkWell – NWL support programme are supporting other residents:

Meet Ahmad. He is 50+ years-old and joined WorkWell a couple of months ago. Initially struggling with depression, paranoia, and deep mistrust of others, Ahmad was looking for support to rebuild his life after recently moving into shared accommodation.

Through consistent weekly meetings with his Work and Health Coach, Ahmad gradually began to trust his coach and open up. The WorkWell programme provided comprehensive support, including gym membership for daily swimming, regular therapy sessions, nutritional guidance, and structured daily activities.

WorkWell
West London

Good work adds
structure to your
day, helps you
meet new people,
and gives you a
sense of pride.

The transformation has been remarkable. From rarely leaving his home, Ahmad now follows a fulfilling weekly routine that includes swimming, therapy, nutritionist appointments, and daily walks. He's developed connections with his neighbours and gym community, showing growing confidence in social situations. A particular breakthrough came when he actively participated in a mental health workshop, asking questions and connecting with others facing similar challenges.

"I've witnessed Ahmad's confidence grow significantly," notes his Work and Health Coach. "From his improved self-care to his willingness to engage with others, every step shows his true potential emerging."

Here is a **suggested text message** to send to patients.

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(Replace "GP Practice name" with your practice name)

Alternatively, people can self-refer through:

- Tel: 0808 196 2386

- Website: [WorkWell – North West London – Shaw Trust](#)
- Email: workwellwest@shaw-trust.org.uk
- QR code on the flier

WorkWell is a free service for people in North West London who are in a job or looking for one but need support with health-related challenges.

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.
