

# WorkWell

## A new service in the Barrow-in-Furness area

Are you struggling with physical or mental health issues affecting your work? Whether you're looking for work, need support in your current role, or returning after an absence, we're here to help!

Free & completely  
voluntary



Personalised 1:1 support from a dedicated work and health coach for anyone with a disability or health condition, helping you start, stay, or thrive at work



Looking for work? Our coach will assist with CV writing, job listings, recruitment events, and interview preparation.



For more information contact;  
[workwell@cumbriahealth.nhs.uk](mailto:workwell@cumbriahealth.nhs.uk)



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



Come and see us at Barrow Leisure Centre,  
Barrow in Furness, LA13 9DT

**FOR MORE  
INFORMATION AND TO  
REFER:**

