We are Occupational Health and Wellbeing North East, from North Tees and Hartlepool NHS Foundation Trust, and we offer a complete range of services to help keep your people well at work.

We aim to promote and maintain the highest degree of physical, mental and social wellbeing of workers in all occupations. Our experienced multi-disciplinary team can work with you to advise on workplace health and wellbeing and how to prevent occupational injuries and disease, as well as assessing people’s fitness for work and helping to rehabilitate those who have suffered injury or sickness back into the workplace.

Forty million working days are lost every year in the UK to occupational ill health. Being off work can have a significant negative impact on people’s physical and mental health. We specialise in assisting you to manage staff sickness absence, both short and long term.

Research shows that getting back to work not only improves people’s self esteem but aids recovery and rehabilitation. By encouraging good occupational health and wellbeing you won’t just benefit your organisation, you’ll be benefiting our economy and society as well as your business.

healthy, happy people are productive people

Your staff are your key business asset; look after them and you look after your business. Productivity depends on people being ready and able to perform at their best – physically and mentally – and that means putting their health and wellbeing in the hands of the experts.

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www.nth.nhs.uk
what can we do for you?

- Help prevent work related ill health
- Advise on fitness for work and the prevention of occupational injuries and disease
- Recommend appropriate adjustments in the workplace to help people stay in work
- Improve attendance and performance via our specialist case management team
- Provide return to work advice on suitable adjustments for those with health problems
- Promote health in the workplace and healthy lifestyles
- Provide evidence based advice on occupational health and wellbeing related policy development and implementation

We offer a proactive service, aiming to improve employee health and wellbeing and reduce potential problems before they happen, as well as helping you solve them if and when they do.

why choose us?

At Occupational Health and Wellbeing North East we pride ourselves on applying the expert knowledge and vast experience you would expect of the NHS to deliver tailored health and wellbeing programmes for organisations large and small.

We provide independent, impartial advice to you and your employees.

We have an outstanding track record of working with both public and private sector organisations, as shown by the results of our latest customer satisfaction survey, in which 98% of our customers rated the advice given by our services as good or excellent.

We are proud to have achieved SEQOHS accreditation. This national award is the recognised standard for best practice in our industry, and sets us apart as a Safe, Effective, Quality Occupational Health Service.

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www.nth.nhs.uk
Together, we’re ready and waiting to help you choose the right services for your business. Let’s talk it over, because helping people feel good feels good.
recruitment services

We work in partnership with employers during the recruitment selection process to assess the suitability of potential workers for specific tasks, so you can save time and money by ensuring the right match between candidate and job.

Services include pre-placement questionnaires, consultations and fitness certification.

attendance management

A complete service which includes the assessment of staff during or following a period of sickness absence and provision of advice to employers regarding fitness to work. Advice will be given on any workplace restrictions or modifications required as part of the successful rehabilitation of the employee.

If return to the present post is inadvisable we will advise on redeployment or, if the illness or disability is deemed to be critical or long-term and no suitable work arrangements can be made, we can assess the individual’s suitability for ill health retirement.

We are experienced in assisting the management of chronic health problems and we will advise managers on supporting individuals with disabilities. In addition we carry out assessments and offer advice on any health related factors which may contribute to irregular attendance and deteriorating performance at work.

“The nurse was very informative and approachable and was professional in her work.”

— customer satisfaction survey

“I just wanted to thank your team for all of their support recently, we have had a significantly high number of new starters in the last few months, some being pushed through the system with very short notice, and occupational health and wellbeing have worked with us to accommodate such requests and kept us informed.”

— recruitment manager

large NHS trust

www.nth.nhs.uk
physiotherapy services

We have a team of physiotherapists experienced in the treatment of musculoskeletal back, neck and upper/lower limb conditions whether sustained at home or at work.

We can also advise on and tailor programmes for post-operative recovery, to help people regain their fitness for work as safely and effectively as possible.

health and wellbeing services

A healthy lifestyle isn’t just for the nine to five, it’s for life. When we feel good in mind and body we come to work able to devote our concentration and energy to our tasks, and after work we can enjoy our free time to the full, which refreshes us again for the next day.

At Occupational Health and Wellbeing North East we have a dedicated Health and Wellbeing Advisor with a proven track record in improving people’s working lives through health promotion and lifestyle advice.

We take a holistic approach, encouraging the adoption of healthy living habits at work and at home in order to see the most benefit.

health surveillance

Health surveillance includes the periodic, targeted examination of workers exposed to specific hazards at work with the objective of protecting them from, or preventing, occupational disease.

We offer a flexible, customised service to monitor the health of those who work in a hazardous environment or where hazardous materials have been identified.

This can include asbestos medicals, ionising radiation medicals, skin assessments for those who work with substances such as latex, respiratory checks, tests for the presence of lead, monitoring of employees exposed to high levels of noise and tests for hand arm vibration syndrome (HAVS) for those whose role involves the use of hand-held power tools.

counselling services

It can be difficult to concentrate on work when we feel anxious or stressed, whether it’s due to an increase of pressure in our day-to-day lives or other factors such as relationship problems, loss, changing work patterns or family difficulties.

Sometimes talking to a trained counsellor can help us gain a new perspective as well as supporting us through our difficulties.

We offer confidential face-to-face counselling sessions with counsellors who are experienced in working through a variety of issues including:

- **personal difficulties**
  - Anxiety, bereavement, relationship issues, health issues and substance abuse.

- **work related issues**
  - Workload, bullying and harassment, new roles, relationships and coping strategies to get through performance, discipline and grievance issues.

workplace assessment

Our services include display screen equipment assessments and ergonomic workstation assessments to ensure employees feel physically comfortable enough to perform at their best, as well as tests and recommendations to ensure working conditions will be suitable for someone returning to work following illness or injury.

Just a quick note to say how impressed I was with Occupational Health’s physiotherapy service. I emailed the team and within a very short space of time had an appointment booked. I had a good chat with the physiotherapist who talked me through and demonstrated exercises to help me with the arthritis in my knees and offered advice on coping whilst awaiting my operation. The whole experience from start to finish was excellent, very impressed.”

administrator

www.nth.nhs.uk

Back care management

Looking after your back at work, or failing to, can mean the difference between a fulfilling working life and one that’s blighted by injury.

That’s why our back care services start with preventative measures including training in safe manual handling to reduce the risk of harm.

If an employee has suffered a back injury or problem, we can offer advice and assessments to facilitate a successful return to work if it is recommended that the employee should not return to his or her present role we will advise on alternative courses of action.
workplace visits

Ensuring that your workplace is a safe and healthy environment has huge benefits for both employer and employee. For employers, it ensures compliance with legal requirements, reduces staff absenteeism and delivers the productivity benefits of a happy and healthy workforce.

For employees it brings increased protection from work-related illness or injury and makes their workplace a safer and more enjoyable place to be.

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We are able to provide vaccination programmes such as an annual influenza campaign.

workplace immunisations

We offer a range of workplace immunisation programmes and will be happy to discuss those which are right for your organisation. Immunisations may be required to protect against workplace biological hazards. We are also able to provide vaccination programmes such as an annual influenza campaign.

“I feel happier and healthier after joining the staff weight management group. The support has been fantastic. Even after the 10 week course was complete I knew the support was still there if I needed it.”

healthcare assistant

“I would like to thank all the staff involved in the measles vaccination campaign, who have ensured we play our part and have worked together as a team.”

director of nursing
getting in touch with us

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Hardwick
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TS19 8PE

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www.nth.nhs.uk

“Very useful service and very reassuring.”

customer satisfaction survey