

How to contact us

Our main offices are based in Gloucestershire but through an experienced network of locally based NHS provider units we can provide face-to-face services in pre-booked clinics throughout your region in locations closer to your place of work or home. Current locations include Bath, Bristol, Cornwall, Devon, Gloucestershire, Somerset and Swindon. The frequency of these clinics vary depending on demand so please call us for more information, or to arrange an appointment.

To keep it simple for you, **we should always be your first point of contact** for all your occupational health needs. If involvement with services local to your placement is required (e.g. face to face consultations, infection control issues) we will help you arrange this.

The only exception to this is following a Exposure Incident (Needle-stick injury). **If you sustain a needlestick injury then also immediately contact your local occupational health provider for your place of work.** Needle-sticks must be dealt with promptly and we would not want you to incur unnecessary delay. Please also remember to contact us if you have such an incident.

Our opening hours

8:30am - 4:30pm
Monday to Friday

To ensure you get through to one of our co-ordinators please try to avoid our peak times and call us between 10:00am - 4:00pm. Outside of our opening hours we provide an automated information and answerphone service.

Contact details

(t) 0300 422 5165
(f) 0300 422 5166
(e) workingwell@nhs.net
(w) www.workingwell2gether.nhs.uk

WorkingWell

Gloucestershire Royal Hospital
Great Western Road, Gloucester, GL1 3NN

Staff health and wellbeing



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Staff health and wellbeing



For
General
Practice &
Public Health
Trainees

WorkingWell

for General Practice & Public Health Trainees

Your Guide for NHS Occupational Health Services

2gether
Making life better

2gether
NHS Foundation Trust 

Who is this leaflet for?

General Practice (GP) Specialty Trainees (GPST) within the Severn Deanery region and Public Health (PH) Trainees within the South West.

Our Working Well Vision

A healthy, happy and productive workforce.

Working Well Occupational Health provides a confidential, impartial advisory service for all trainees, promoting the positive relationship between work and health. We also provide an advisory and consultancy service to your employer.

WorkingWell
to help protect
your health in
the workplace

Working Well for You

We work closely with individuals and their managers, providing advice and support in the management of trainees who have or develop health problems through early intervention and recommending workplace adjustments, in order to support you at work and in training. We promote healthy lifestyle choices in order to maintain fitness for work.

With our team of Occupational Physicians, Specialist and Screening Nurses, and Physiotherapists, we can provide all your occupational health needs.

Your Personal Information

When you first make contact with us, an occupational health record will be created for you. All personal and medical information you share with us is stored confidentially in accordance with the requirements of the Data Protection Act 1998 and the NHS Codes of Practice. Your information will at all times be held securely by us, and only shared with NHS occupational health partners when they require it clinically for local occupational health services with your consent. All our staff work within the ethical codes

of the professional bodies and confidential information about you will not be released without your consent.

If you have any concerns about how your data may be used, please speak to a member of our team.



What services can we provide?

New Trainee Health Assessment

Trainees are assessed before they start training to ensure they have adequate fitness for the specific duties of their new role, and to recommend adjustments where necessary to allow them to undertake those duties.

Immunisation and Screening

Immunity screening and vaccinations for: Tuberculosis, Hepatitis B, Measles, Mumps, Rubella, Varicella (Chickenpox) etc as per DH guidance. Screening for fitness for exposure prone procedures for those doing surgery, obstetrics and gynaecology, and emergency department placements.

Exposure Incidents (e.g. Needlesticks)

Management of potential occupational exposure to blood borne viruses, when an employee is contaminated with the body fluids of another person. Please contact the occupational health provider for your current place of work so that you can receive immediate support in line with local policy.

Case Management

Case management for trainees whose health needs may impact upon work and training, and those with short and long term sickness absence. Rehabilitation advice and support for trainees with health conditions or disabilities to maintain attendance and productivity at work.

Health and Wellbeing Promotion & Workplace Events

Confidential advice about diet, substance abuse, smoking cessation, exercise, lifestyle and general health concerns.

Ergonomic and Work Assessments

Specialist on-site assessment of a trainee's working environment where health issues and needs cannot be addressed by routine health and safety processes.

Musculoskeletal Advice

Specialist physiotherapist musculoskeletal advice may be available in certain locations. Advice on self referral request for treatment.

Health Surveillance

Health Surveillance for trainees exposed to hazards at work as indicated by risk assessment, including skin reviews and night worker assessments.

Trainee Support (including Counselling)

Confidential counselling for trainees may be available. Please contact your Trainee Support team on 01454 252653 or access this link for more info:

www.severn deanery.nhs.uk/deanery/trainee-support