

Referral info

Occupational Health and Occupational Physiotherapy referral information

Managers wishing to make a referral to Occupational Health should complete a **Management Referral Form**

Members of staff experiencing difficulty in the workplace because of a health related issue may self-refer in writing or by telephone. Please read guidance documents available on the website.

EWS Referral

EWS does not accept management referrals.

You can access the service by filling in a Self Referral Form available via the internet or by contacting us to request an electronic or paper copy.

Contact occupational health and occupational physiotherapy

Telephone: UHW 02920 743264
UHL 02920 715140

By email: occupationalhealth3@wales.nhs.uk

Contact Employee Wellbeing Service

By email: employee.wellbeing@wales.nhs.uk

By Telephone: 029 2184 4465

By Post: Employee Wellbeing Service
Cardiff and Vale University Health Board
Denbigh House
University Hospital Wales
Cardiff
CF14 4XW

We are not a crisis service. If you are in crisis, experiencing active suicidal thoughts or at risk of causing harm to self or others you can make an appointment with your GP, or if urgent help is required you can contact the out of hours GP. If you need an emergency service such as an ambulance call 999. You can contact The Samaritans 24 hours a day, 7 days a week by calling **116 123** and you can visit **www.samaritan.org**. or the Community Advice and Listening Line (C.A.L.L.) on **0800132737** or **text help to 81066**



EMPLOYEE HEALTH & WELLBEING SERVICE
Occupational Health
Occupational Physiotherapy
Employee Wellbeing

Employee Health & Wellbeing Service

Health and Wellbeing Information

Visit our website where you will find lots of useful information and resources, including self-help material.

www.cardiffandvaleuhb.wales.nhs.uk/your-health-wellbeing

Occupational Health Service

The Occupational Health Service offers advice and a variety of specialist services to employees and managers to assist in supporting employee health and wellbeing.

These include:-

- Work immunisation programme
- Preplacement screening
- Sharps injury management
- Seasonal flu vaccination
- Lifestyle and wellness advice
- Managing attendance at work advice
- Health surveillance programmes
- Health promotion and education
- Advice on work during pregnancy
- Advice on work related conditions
- Infection Prevention and Control advice for employees
- Alcohol and substance misuse advice
- Advice and support to employees on work related issues
- Advice on working with a disability or health condition
- Advice on work place risks/hazards/accidents
- Temporary and permanent redeployment advice
- Ill health retirement

Pre booked appointments are not always necessary.

Occupational Physiotherapy Service

- Rapid access to Physiotherapy for staff
 - Self referral
 - Musculoskeletal / neuromusculoskeletal conditions
 - Management referral
 - Sickness absence and work related advice to managers
- What do we offer?
 - Assessment and advice / treatment
 - Access to mainstream Physiotherapy services for treatment / rehabilitation
 - Treatments may include:
 - Exercises and advice
 - Gym based rehabilitation
 - Hydrotherapy
 - Manual therapy
 - Acupuncture
 - Injection therapy
 - Work place assessments
 - Advice on work related conditions
 - Health / lifestyle promotion
 - Referral to other services within the UHB
 - Occupational Health Service
 - Employee Wellbeing Service
 - Podiatry
 - Dietetics
 - National Exercise Referral Scheme
- All of our Physiotherapists are Chartered and HCPC registered

Employee Wellbeing Service

The Employee Wellbeing Service offers a variety of interventions to employees with mild to moderate mental health issues. You might not be sure if your problem fits within this range. The information you give us on your referral form can help us decide if you would benefit from our service or if you need a more specialist service or require treatment for a specific disorder.

Once you refer you will be invited to attend a resource appointment. This is a one-off opportunity to come and talk to one of the team about any issue or situation, home or work-related. The appointment can last up to an hour. This may be enough to help you identify your own way forward or we may suggest other resources or interventions including:

- Reading Well – books on prescription for mental health, available free of charge from all libraries
- Online self-help or CBT
- Wellbeing Workshops
- Other organisational resources
- Community based resources
- Brief counselling, up to six sessions available on-site
- Referral onto specialist services

EWS does not share notes with any other person, service or department in the UHB and your notes do not form part of your personal, medical or Occupational Health file.