

# A happy and healthy return to work

Employers in the Midlands Engine region wanted to join new research trial to help improve return to work after sickness



Free toolkits are being offered to employers and their employees who take part in a new research project to improve the return to work process following long-term sickness absence.

The new PROWORK (*PROMoting a sustainable and healthy return to WORK*) project's **online Return to Work toolkits** are testing new methods of support and workplans based on the latest evidence and research from leading workplace health experts from across the UK.

To join the research project or sign up for more information contact:

**Dr Kate Godfree:**

[K.Godfree@lboro.ac.uk](mailto:K.Godfree@lboro.ac.uk)

**Dr Kristina Newman:**

[Kristina.Newman@nottshc.nhs.uk](mailto:Kristina.Newman@nottshc.nhs.uk)

Launched by the **Mental Health and Productivity Pilot** team, funded by the Midlands Engine.

## Employer toolkit

Includes simple checklists to follow and track actions taken around managing sick leave, keeping in touch and a framework for creating a collaborative return to work plan.

## Employee toolkit

Includes simple checklists to follow and track actions taken around managing mental wellbeing and recovery in general, and a collaborative return to work plan.

## Line manager training

Guidance on effectively supporting employees by promoting healthy workplace practices.

