

Contact Us

For more details contact:

Occupational Therapy
NHS Western Isles
c/o Comhairle nan Eilean Siar, Sandwick Road,
Stornoway, Isle of Lewis, HS1 2BW
Tel: 01851 448525
or

Occupational Therapy Department
NHS Western Isles
c/o Social Work Department, Comhairle nan Eilean Siar,
Balivanich, Benbecula, HS7 5LA
Tel: 01870 514002

We are listening - how did we do?

We welcome your feedback, as it helps us evaluate the services we provide. If you would like to tell us about your experience:

- speak to a member of staff
- share your story at: www.careopinion.org.uk
- visit our website: www.wihb.scot.nhs.uk/feedback
- tel. 01851 704704 (ext. 2236), please leave a message on the answering machine if no one is available to answer.



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Based on NHS Lanarkshire's 'Health At Work' leaflet.

Disclaimer

The content of this leaflet is intended to augment, not replace, information provided by your clinician. It is not intended nor implied to be a substitute for professional medical advice. Reading this information does not create or replace a doctor-patient relationship or consultation. If required, please contact your doctor or other health care provider to assist you to interpret any of this information, or in applying the information to your individual needs.

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Bòrd SSN nan Eilean Siar
NHS Western Isles

Health and Work

“Why is the right work good for my health?”

“I am unemployed but I want to work.”

“I am already working but my health/disability is making it difficult for me to continue.”

“I want to get a job but my health/disability gets in the way.”

“What other information or advice is available to me?”

Being in work is good for our health.

“Why is the right work good for my health?”

- You will be active, have purpose, and increase your sense of wellbeing.
- You will be active and have purpose.
- You will feel hopeful and use your skills and abilities.

If you are off work or finding things difficult at work because of changes in your health, you may benefit from support to help you feel more confident and capable day-to-day.

Primary Care Occupational Therapists

Primary Care Occupational Therapists (PCOT) are based in GP practices across the Western Isles. They work with people to understand how their health affects everyday activities, including work, hobbies, responsibilities at home, and looking after themselves.

They can talk through the challenges you are facing, offer practical guidance and help you identify adjustments or supports that may make work more manageable. If needed, they can also help you communicate this information to your employer, so you can plan a safe and sustainable return to work.

If you would like to speak with a local Occupational Therapist, please contact the details below. A member of the PCOT team will respond within three working days, after your initial contact for referral is made.

Tel: 01851 448525

Email: wi.pcot@nhs.scot

You can find more information about the PCOT service at:
www.wihb.scot.nhs.uk/wp-content/uploads/2024/09/What-is-Occupational-Therapy-Primary-Care.pdf

“What other information or advice is available to me?”

Welfare Rights, Cost of Living and Keeping Safe

NHS Western Isles hosts access to a wide range of local and national, free, expert and confidential services which offer advice on all aspects of benefit entitlement and debt issues.

This includes Cost of Living Support Scotland, MoneyHelper, StepChange Debt Charity Scotland, Western Isles Warm Hubs, alongside information on funding support and grants, food support and keeping safe against fraud. Visit: www.wihb.scot.nhs.uk/cost-of-living-support/

Employee Rights, Responsibilities and Relations

ACAS (Advisory, Conciliation and Arbitration Service) for free advice and support to both employees and employers.
www.acas.org.uk

General advice and information

Citizens Advice Bureau
www.cas.org.uk
0800 028 1456

Advice.scot - Digital advice hub

<https://advice.scot>

Adult Literacy

If you would like help to improve reading, writing and numbers The Big Plus, which is run by Skills Development Scotland, will put you in touch with your local provider.

0800 917 8000

www.myworldofwork.co.uk/career-help/the-big-plus

you share this with your GP/Consultant when you see them. They can refer you to colleagues who specialise in helping people with these issues.

If you need to take sick leave from work or need changes to be made to support your return to work your GP will give you a Fit Note. More information about the Fit Note can be found at: www.dwp.gov.uk

Allied Health Professionals (AHPs)

AHPs use specialist rehabilitation skills to enable you to maximise your independence. This support will allow you to manage your health condition and maintain, return to or access employment, training, education or other opportunities.

AHP Health and Work Report

AHPs can use this document to record advice and recommendations for you, your GP and your employer to help you get the right support when you return to work.

“I am unemployed but I want to work”

Looking to find a job?

Jobcentre Plus (JCP)

Funds local employability programmes. Offers advice and signposting to help you manage barriers to work. Links to your local JCP can be found at www.gov.uk/contact-jobcentre-plus

Current Vacancies

Current vacancies (local and national) can be found at:

- NHS Western Isles: www.wihb.scot.nhs.uk/vacancies
- Comhairle nan Eilean Siar: myjobscotland.gov.uk/councils/comhairle-nan-eilean-siar/jobs
- HiJobs: <https://hijobs.net/jobs/western-isles>
- Find a Job: www.gov.uk/find-a-job

Local employability agencies

Provide advice and support, training programmes, funding and links to local employers for anyone who is unemployed - people experiencing health or social barriers to work and those who are underemployed (working but still on a low income).

My World of Work

For careers advice, CV preparation, training and learning call 0800 917 8000 or visit www.myworldofwork.co.uk

“I want to get a job but my health/disability gets in the way”

Finding a job with disability issues

Permitted Work

This scheme allows you to remain on Employment Support Allowance and try out a part-time job (less than 16 hours a week).

Find out from your Job Centre Advisor if you are eligible at.

www.gov.uk/government/publications/employment-and-support-allowance-permitted-work-form/permittted-work-factsheet

Access to Work

DWP service providing funding for equipment, in work support, assistance with travel for people with long-term (1 year plus) health conditions or disabilities.

For more info go to: www.gov.uk/access-to-work or self-refer by calling: 0800 121 7479.

Volunteering

Volunteering can be a good stepping stone into the world of work. It can improve your job prospects, let you try out something new and give you a sense of achievement.

Try these contacts for local opportunities:

- Volunteer Centre Western Isles: <https://volunteercentrewi.org>
- NHS Western Isles: www.wihb.scot.nhs.uk/get-involved/volunteering

“I am already working but my health/disability is making it difficult for me to continue”

Difficulty working with disability issues

Working Health Service

Provides telephone based occupational health assessment and support to employees who are still at work or absent from work and work for organisations who employ 250 or less employees or who are self-employed. Self-refer by calling 0800 019 2211 or visit <https://whss.salus.co.uk>

Access to Work

This Department for Work and Pensions (DWP) service can provide funding for equipment, in-work support, assistance with travel for people with long-term (1 year plus) health conditions or disabilities.

Your Employer

If your workplace has an occupational health service or employee assistance programme, get in touch with them and request support.

Healthy Working Lives

For practical information and advice on work related topics such as health promotion and safety in the workplace visit their website at: www.healthyworkinglives.scot

Health Professionals

You can ask those who are involved in your care for advice about how to manage your health at work.

Community Pharmacist

If you have to deal with medication on returning to work and need some advice you can speak to your local pharmacist.

GP/Consultant

If your health condition is affecting your ability to work, make sure