

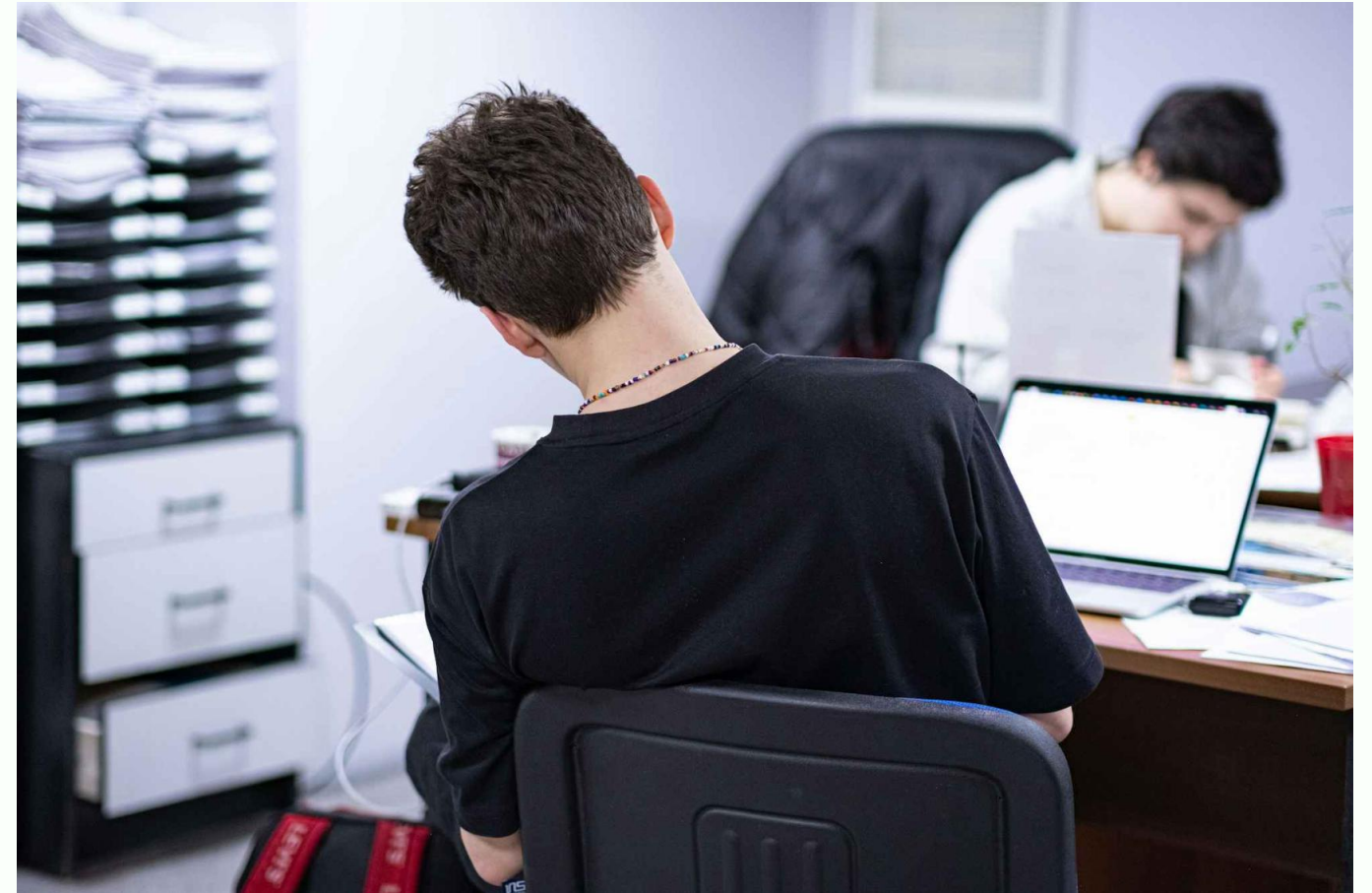
WorkFit MSK Programme

Early support for MSK recovery and return to work in Somerset

Delivered by SBA CIC in partnership with Somerset Council, Somerset NHS FT and Bridgwater Bay PCN

Why WorkFit?

Musculoskeletal conditions are a leading cause of workplace absence and long-term sickness across the UK. Without early intervention, workers face prolonged recovery times and risk long-term unemployment. Bridgwater Bay has particularly high levels of MSK-related economic inactivity, creating urgent need for proactive support.



Early intervention

Improves recovery outcomes and prevents long-term absence



Joined-up support

Coordinated health and employment guidance



6-week goal

Keep people in work or enable swift return

What the programme offers

WorkFit delivers a comprehensive 6-week, person-centred MSK and employment support model designed to address both health and workplace needs simultaneously



Faster access to MSK support

Streamlined pathways to physiotherapy and specialist interventions without lengthy NHS waiting times



Tailored return-to-work plans

Personalised strategies addressing individual circumstances, job roles and recovery timelines



Multi-disciplinary guidance

Coordinated support from health professionals, employment specialists and mental health services



Employer engagement

Direct liaison with employers to facilitate workplace adjustments and phased returns



Who WorkFit supports



The programme is designed for individuals who meet the following criteria and live or work within the Bridgwater Bay PCN area:

- East Quay Medical Centre
- Taunton Road Medical Centre

Recently signed off work

Individuals who have been signed off work within the last 2 weeks due to a musculoskeletal condition

At risk of work absence

Those experiencing MSK symptoms that may lead to being signed off work in the near future

Currently employed

Employees or self-employed individuals who have a job to return to

Local residents or workers

People who live or work within the Bridgwater Bay Primary Care Network area (East Quay and Taunton Road Medical Centres)

How the programme works

The participant journey



Referral and screening

Initial contact and eligibility assessment



Initial assessment

Risk stratification and needs identification



Personalised 6-week plan

Tailored support strategy developed



Targeted support delivery

MSK, health and employment interventions



Weekly check-ins

Regular monitoring and Support Hub access



Review & next steps

Outcomes measured and future planning



The work coach role

Work Coaches serve as the participant's single point of contact throughout their 6-week journey, providing continuity and coordinated support.

Core responsibilities

- Complete comprehensive assessments including STarT MSK, MSK-HQ and Work Ability Index
- Develop individualised 6-week return-to-work plans aligned with recovery goals
- Coordinate access to physiotherapy, health coaching, mental health and community support
- Liaise directly with employers regarding workplace adjustments and phased returns



Work coaches appointed

Work Coaches are now in post and ready to support participants from 1 November 2025.

Support based on need

WorkFit uses a stratified approach (Start MSK), matching support intensity to individual needs and complexity. All participants also have access to wider services including Talking Therapies, Village Agents, peer support and Employment Hubs

Low need

Self-management focus

- GetUBetter digital platform
- Self-care resources
- Signposting to community services
- Light-touch monitoring

Medium need

Active multi-disciplinary intervention

- Physiotherapy sessions
- Vocational rehabilitation
- Confidence-building support
- Work adjustment planning

High need

Multi-disciplinary approach

- Mental health support via usual Talking Therapy route
- Complex workplace adjustments
- Intensive case management
- Specialist referrals



Measuring success

WorkFit tracks both health and employment outcomes to demonstrate impact and inform future service development. The comprehensive evaluation framework ensures we capture the full picture of participant progress and programme effectiveness.

MSK health outcomes

- MSK-HQ or EQ-5D-5L scores
- Pain and functional improvement measures
- Quality of life indicators

Work-related outcomes

- Work Ability Index (WAI)
- Work Productivity and Activity Impairment (WPAI)
- Return-to-Work Self-Efficacy scales

Employment impact

- Percentage returning to work within 6 weeks
- Time taken to achieve return to work
- Reduction in fit note duration
- Workplace adjustments implemented

Experience measures

- Participant satisfaction (Patient Reported Experience Measures - PREMs)
- Employer feedback and engagement



Current position

Programme status update



Work coaches appointed

In post with induction complete



Support hub established

Weekly Support Hub MDT huddle agreed



Communications ready

Marketing materials drafted and near-final for distribution



Go-live date confirmed

1 November 2025 – programme launches across
Bridgwater Bay PCN



Data systems review

Recording processes under discussion (EMIS vs Council
MIS integration)



Timeline review scheduled

Project timeline review planned for December 2025

MSK WorkFit flyer for practitioners

SOMERSET MSK WORKFIT EMPLOYMENT SUPPORT

SBA CIC, Somerset Council, Somerset NHS FT and Bridgwater Bay PCN are working together in the Bridgwater Bay area to support people affected by MSK conditions to recover, build confidence, and return to work.



Our support includes

- ✓ One-to-one Work Coach support
- ✓ Up to 6 week support plan
- ✓ Access to physio, OT, and signposting to additional provision
- ✓ Help with workplace adjustments

Why refer?

Early support helps prevent long-term absence from work through a simple referral process. Our holistic, health-centered approach keeps patients connected to work, with regular updates and shared outcomes for referrers.

For more information or to discuss referrals, please get in touch. Our team can provide guidance on eligibility, referral pathways, and support available for patients.

Contact us:

-  01458 254 331
-  www.sbacommunities.org
-  admin@sbacic.org

MSK WorkFit flyer for patients

Are you struggling with
back or joint pain at work?
We can offer support to help you
stay in or return to work



Somerset MSK WorkFit Employment Support

If pain, stiffness, or movement problems are making it hard for you to work, you don't have to manage alone. SBA CIC, Somerset Council, the Bridgwater Bay PCN and Somerset NHS Foundation Trust are working together in the Bridgwater Bay area to help people with back, neck, and joint pain recover, build confidence, and get back to work safely.

WHAT WE OFFER

- ✓ One-to-one support from a dedicated Work Coach
- ✓ A personalised plan (up to 6 weeks) to help you recover and stay active
- ✓ Access to physiotherapy, occupational therapy, and signposting to additional provision
- ✓ Advice on workplace adjustments and flexible working options

If you're registered with East Quay or Taunton Road Medical Centre get in touch for a friendly, informal chat.

01458 254 331
admin@sbacic.org

Vision and next steps



Increase referrals

Expand referral routes to include self-referral and direct employer referral pathways, making access easier for all eligible participants



Build evidence base

Potential for Randomised Controlled Trial to generate robust evidence supporting wider rollout across Somerset and beyond



Scale programme capacity

Recruit a second Work Coach if referral volumes increase, ensuring sustainable service delivery



Share learning

Disseminate insights and outcomes to shape future MSK and employment support services across Somerset

Q&A

