

Struggling to work because of joint, bone or muscle pain?



**Muscular Skeletal (MSK)
Trailblazers – free, personal
support to help you find
and stay in work.**

MSK Trailblazers offers six months of free support designed for people who live in West London and are struggling with joint, bone or muscle conditions.

Even if you're undiagnosed, you can receive help which includes:



Your own Health and Employment Coach

Regular 1-to-1 sessions to build your skills and develop a work plan that fits your needs.



Health and wellbeing support

Work with physiotherapists and get access to a range of free services including holistic therapies, rehabilitation and fitness programmes.



A joined-up approach

Support for your health and career goals at the same time — in partnership with NHS services.

Find out more

www.shawtrust.org.uk/msk-trailblazer/



Delivered in Partnership with:



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UK Government



North West London
Integrated Care System
Working together for better health and care