



Funded by  
UK Government

# MSK Hub

Supporting People in Harrogate & Selby  
with Musculoskeletal (MSK) Conditions

Brand  
New!



## What is the MSK Hub?

The MSK Hub is a **free of charge**, 12-week intervention aimed at supporting working-age individuals in Harrogate and Selby who are experiencing musculoskeletal pain, functional limitations, or mobility impairments that are impacting their ability to work, and ability to remain physically active.

## Who is it for?

- Adults of working age, living or working in Harrogate or Selby.
- Those who are economically inactive or not in work due to pain.
- Those currently experiencing frequent sickness absence, or reduced productivity, due to MSK pain or limited mobility.

## What's included?

- **12 weeks free access** to gym and pool facilities
- **Personalised MSK exercise plan** from qualified instructors
- **Up to 2 facilitated classes per week** (e.g. Aqua Therapy, Fit4Function, Yoga Therapy)
- **Access to Good Boost** – AI-powered MSK exercise programme (land & water)
- **Triage and ongoing support** via the Refer-All platform
- **Wellbeing signposting and support** from MECC-trained staff

## How to refer

- GPs
- Physiotherapists
- Occupational Therapists
- Hospital teams
- Service managers
- Self-referral via triage line or ReferAll link.

## Want to refer or join?

Call the triage line or visit the **ReferAll MSK** link to get started.

**01423 556106** (Harrogate)  
**01757 213758** (Selby)

ReferAll MSK Link:  
**northyorks.gov.uk/MSKHub**



Scan here to  
find out more.

Part of



This project is supported by York and North Yorkshire Combined Authority, using funding from the Department for Work and Pensions' Get Britain Working Economic Inactivity Trailblazer.