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**Re: Fitness for work note**

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**From** Ryan Allen <Ryan.Allen@sainsburys.co.uk>

**Date** Fri 18/07/2025 15:26

**To** Paul Boucherat <Paul.Boucherat.9241@mysainsburys.co.uk>; Amy Martin <Amy.Martin1@sainsburys.co.uk>

Thanks Paul,  
All received I'll let Amy know as she is on holiday.  
I hope you feel better soon.  
Regards  
Ryan

Sent from [Outlook for iOS](#)

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**From:** Paul Boucherat <Paul.Boucherat.9241@mysainsburys.co.uk>

**Sent:** Friday, July 18, 2025 3:13:00 PM

**To:** Amy Martin <Amy.Martin1@sainsburys.co.uk>; Ryan Allen <Ryan.Allen@sainsburys.co.uk>

**Subject:** Fitness for work note

Dear Ryan / Amy,

Please find attached a note from my GP covering sick leave from 18 July to 31 July 2025 due to work-related stress.

I'll stay in touch and review my situation with my GP towards the end of this period. In the meantime, please let me know if there's any additional information or HR process I need to complete.

Kind regards,  
Paul