

Staff Benefits In addition to the NHS Pension Scheme, we also offer:

Salary Sacrifice

Childcare vouchers

Save money on your childcare costs.

Cycle to work

Save money on a new bike.

Car scheme

Save money on a new lease car.

Car parking

Save money on a Trust car parking space.

Home computing scheme

Save money on a new computer or tablet.

Discounts

A Healthier You

Affordable classes like Zumba & Pilates and paid access to on site gyms for health and wellbeing.

www.healthservicediscount.co.uk

Working with a national health service discount website.

www.staffbenefits.co.uk/login/sathnhs/

More discounts through a national health service discount website.

Red Guava

Access to a range of discounts through a national website for healthcare providers.

Support

Childcare

Information and support available to help make your childcare arrangements plus on site nurseries.

Occupational health and NOSS

Support with health and wellbeing.

Support for carers

Information and support available if you have caring responsibilities.

Family friendly policies

Maternity, paternity and adoption policies and you can request flexible working.

Recognition

Trust awards

Staff nominate colleagues for their exceptional contribution at work in our annual awards.

Chairman's award

Monthly recognition at our Trust Board meetings, through staff and public nominations.

NHS heroes

Regular opportunities to nominate colleagues and highlight how they make a difference.

Learning and Development

Coaching and mentoring

Opportunities to grow and develop and perform at your best.

Leadership and development

Leadership and management training for all levels of staff.

Access to eLearning courses

Many e learning modules to learn from with access available at home.

Belong to something...
amazing



Proud To **Care**
Make It **Happen**
We Value **Respect**
Together We **Achieve**

A Healthier You Some of the activities and health and wellbeing support for our staff

WEEKLY CLASSES

Zumba

A dance fitness programme. Regular one hour sessions use Latin and other international music to provide a fun and effective workout.

Legs Bums and Tums

A toned tummy, lean legs and perfect bottom are hard things to attain, but not impossible; if you know the right moves.

Pilates

One hour sessions which focus on stretching and strengthening the whole body to improve balance, muscle strength, flexibility and posture.

BENEFITS

Access to 24 hour staff gyms

Both RSH and PRH sites have staff gyms, which are unmanned and open 24 hours a day, 7 days a week. Membership costs £18 per month. The gyms feature treadmills, free weights, cross trainers, exercise bikes and other equipment.

Access to a wealth of other benefits

Access to a variety of other benefits as Trust staff. Check out <http://intranet/benefits> for more info.

Access to Support

Occupational health

A confidential advisory on health issues relating to work and work issues relating to health.

NOSS

Support to stay healthy at work, particularly in stressful circumstances, including counselling, training and incident support.

Regular free interactive health kiosks

Get a Health MOT and a free print out of your Weight, Blood Pressure, Heart Rate, Body Mass Index and Body Fat Content. Keep an eye on the intranet for availability.

Have your say!

Tell us what you want SaTH's health and wellbeing world to look like.

Regular Info Sessions

Free financial awareness seminars

A variety of information to help you manage your finances including savings and investment, planning for later life and taxation.

Free mindfulness sessions

Help to manage stress through techniques such as meditation and yoga.

Health and wellbeing roadshows

Information, advice and support over a lunch time. Come meet our trainers and pick up some freebies along the way.

FIND OUT MORE

@SaTHExperience
ahealthieryou@sath.nhs.uk
<http://intranet/hr/ahealthieryou>

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