Staff Benefits & Wellbeing Calendar 2017

hooves
paws
feathers
woofs
chirps
furry
flutters
splashes

Staff Benefits & Wellbeing
01904 721170
01723 385262
staffbenefits@york.nhs.uk
www.york.nhs.uk/staffbenefits
Total Reward Statement

What is TRS? Total Rewards Statement: Is a package which shows you all of your benefits that you can receive as a member of staff.

How to access TRS: Review your local benefits by logging onto ESR statement portal. Guidance is available on how to Access ESR Employee Self Service from the following link: staffroom.ydh.yha.com/HR-and-Recruitment/esr-self-service/how-to-access-esr-self-service/view

Notable Dates for January 2017

2nd January
Bank Holiday

5th January - Birthday of Guru Gobind Singh

27th January - Holocaust Memorial Day

28th January - Chinese New Year

Dry January is a national campaign set up by the charity Alcohol Concern with the aim to encourage people to talk about alcohol, support them to think about the way they drink and to get support in breaking bad habits. Can you stay off the booze for the month of January?

Visit www.dryjanuary.org.uk for more information and to join the Dry January challenge.

Staff Benefits Committee

The Staff Benefits Committee comprises of staff representatives and their purpose is to provide a representation of the views of staff in relation to the flexible and voluntary benefits offered to staff. The group meets bi-monthly to discuss and implement new, existing and future proposals and projects.

It is important to us, The Staff Benefits Team, to ensure we are delivering what you want. Please get in touch with us and let us know what you would like to see on offer. (Is there a restaurant or shop that offers a discount? Send us the details and we’ll make enquiries)

Staff Benefits Team

As an employer who values their employees, a dedicated Staff Benefits Team is on hand to engage with staff, offering exclusive access to a wide range of fantastic benefits. These specially selected discounted products, salary sacrifice schemes and Health & Wellbeing initiatives can be accessed through the Staff Shops, Staff Benefits website, Facebook, Twitter and Publications.

Get Ready for Dry January 2017

Dry January is a national campaign set up by the charity Alcohol Concern with the aim to encourage people to talk about alcohol, support them to think about the way they drink and to get support in breaking bad habits. Can you stay off the booze for the month of January?

Visit www.dryjanuary.org.uk for more information and to join the Dry January challenge.
**JANUARY 2017**

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Bank Holiday

**Stephen Joseph Theatre, Scarborough, YO11 1JW**
Box Office 01723 370541  www.sjt.uk.com
Occupational Health & Wellbeing Services

The Trust provides a nationally accredited Occupational Health and Wellbeing Service that takes a proactive approach in safeguarding staff health and improving wellbeing. ‘Healthy staff, deliver better patient care’. You can contact the team at Centurion House, Tribune Way, Clifton Moor, York 01904 725099.

Counselling and Support (Confidential Care Service)

All Trust staff can access ‘Confidential Care’ which provides a free and confidential advice service offering practical advice or emotional support with either work or personal issues. Available 24 hours a day, 7 days a week. Information and advice on counselling and emotional support, debt and financial management, family care, legal and tax advice and everyday matters.

Contact: 0800 085 1376
email: assist@cic-eap.co.uk
Text relay: 18001 0800 085 1376
Website: well-online.co.uk
When visiting the website the username is yhlogin and password is wellbeing.

The Wellbeing Team

The Wellbeing Team is part of the Occupational Health & Wellbeing Service. The focus of the team is to support the promotion of healthy lifestyle choices. It is about enabling people to take control over, and to improve, their health by being able to adopt a healthy lifestyle to live and work well into older age.

Health Checks

Available to Trust staff age 40 and above, the health check assesses the individuals’ health and identifies lifestyle factors which may increase the chance of developing health problems further down the line. If you are over 40 and would like a health check please e-mail wellbeingteam@york.nhs.uk.

Buying and Selling Annual Leave Scheme

Employees receive paid annual leave as set out in their contract of employment. The Buying and Selling Annual Leave scheme allows employees the flexibility to alter that entitlement, either by buying some additional leave or selling some of their current entitlement. Applications to either buy or sell annual leave open on the 9th January 2017 and close on the 10th February 2017.

Notable Dates for February 2017

LGBT History Month
### February 2017 Calendar

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**York Racecourse**  
01904 638971 | www.yorkracecourse.co.uk  
A unique leisure venue for horse racing, celebrations, conferences and weddings.
Notable Dates for March 2017
8th March - International Women’s Day
12th March - Holi
31st March - International Transgender Day of Visibility

Staff Shops at York & Scarborough Hospital

The shops cater for a busy workforce, stocking a range of products and tickets for attractions & events at competitive prices. Staff that join the Staff Lottery can receive an extra 10% discount off goods (tickets not included). Keys for the Beach Huts at North Bay, Scarborough and the Hub in Ellerby’s York Hospital are collected from the shops. Utility bills & phone top-ups can also be paid through the paypoint machine at the York shop. Subsidised weekly & monthly bus tickets for First and East Yorkshire services can also be purchased.

York Hospital Shop
The shop is situated in York Hospital opposite Ellerby’s Restaurant
Tel: 01904 726507.

Scarborough Hospital
The shop is situated opposite Pat’s Place, next to Graham Ward
Tel: 01723 385267.

Shop Opening Hours: Monday to Friday 9am - 4pm (shut on bank holidays).

Staff Physiotherapy
Did you know that as part of your Staff Benefits package you are able to access on-site physiotherapy? You can self-refer by completing a Staff Self-Referral form available from the York Physiotherapy Department on 01904 725390 - staff referrals will be given priority.
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8th March
National No Smoking Day
20% off selling fees to all NHS staff

Popeshead Court Offices, Peter Lane, York YO1 8SU
T: 01904 500350
E: info@benfaulkesandco.com
W: www.benfaulkesandco.com

‘OSCAR’ BY PAUL WHITTLE, REVALIDATION SPECIALIST ADVISER AT YORK HOSPITAL

MARCH 2017

Staff Benefits and Wellbeing

Your Estate Agent

20% off selling fees to all NHS staff

Popeshead Court Offices, Peter Lane, York YO1 8SU
T: 01904 500350
E: info@benfaulkesandco.com
W: www.benfaulkesandco.com
Why not join our very own Staff Lottery! We invite YOU to be part of the Trusts’ monthly Staff Lottery Draw where you have the opportunity to win fantastic monthly prizes. Each month we offer 15 cash prizes up to a total value of over £3,600 and monthly special prizes including two Star prizes in June of £2,500. The monthly draw takes place every third Tuesday either at York Hospital or Scarborough Hospital.

2017 Monthly special prizes:

- January – 2 x £1000 Holiday Vouchers
- February – Red Letter Day £200 Voucher
- March – Raithwaite Hall weekend break for 2
- April – 2 x 2 people County Stand York Race day tickets
- May – Eating out experience (3 x vouchers £150)
- June – 2 x £2500 cash prizes
- July – A Family Ticket to Yorkshire Wildlife park
- August - £200 Amazon Voucher
- September - Afternoon Tea for two
- October - 4 x tickets to the Maze
- November – 4 x tickets to Theatre Royal, York Pantomime
- December – 4 x £250 preloaded shopping cards

Mental Health Awareness Week

8th – 14th May 2017

The theme for this year is living with change. Working in the NHS often means we need to be able to cope with change. Change - although often positive in the long term - can challenge our mental health, particularly if we are not feeling very resilient. Check out your current resilience by completing the i-resilience tool (you can access it through Staff Room – click on Occupational Health and then on Mental Health and Wellbeing to find it).

Notable Dates for April 2017

- 9th April - Passover
- 11th April - Palm Sunday
- 14th April - Good Friday
- 14th April - Vaisakhi
- 16th April - Easter Sunday
- 24th April - Prophet’s Ascension
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discounted memberships for NHS staff
call us on 01904 699750 for a FREE 3 DAY TRIAL
• pools • classes • gym • spa
Roko Health Club York
Stirling Road, Clifton Moor, YO30 4TU  roko.co.uk
Onsite Gym and Squash Court at Scarborough Hospital
Staff and their families have the opportunity to join the onsite gym & squash court. Monthly membership is available at a discounted rate. Application forms are in the Scarborough Staff Shop.

Bodytone Fitness classes at Scarborough Hospital Gym
Tuesday 9.30am to 10.30am & Wednesday 6.30pm to 7.30pm.
No need to book, just turn up.
Staff £3.50, non-staff £4.00. Instructor Gill 07770838472 please pay the instructor at the session.

Discounted Fitness Centres Memberships
Staff discounted corporate fitness memberships are available at many sport centres in York, Selby, Scarborough, Malton, Bridlington and beyond. Please see full list on Staff Benefits web pages: www.york.nhs.uk/staffbenefits

Annual Rail Loan:
Staff can now apply for funding for a yearly rail travel ticket and pay back the cost through monthly salary deduction over a 12 month period.

Yoga, Circuit Training & Pilates sessions at York Hospital
If you fancy trying any of the sessions contact the York Staff Shop for information & tickets. Session prices from £3.00.

Notable Dates for May 2017
10th May - Wesak (Buddha Day)
15th to 21st May* - Equality, Diversity and Human Rights Week
27th May - Start of Ramadan

National Walking Month – May 2017
Aims to encourage people to take to their feet and feel the benefits of walking. Walking is great for your physical and emotional health – see how you could build more walking into your daily routine – especially good for those who work at a desk for long periods of time. Put on your pedometers and see how many miles you can walk this month. For more information: www.livingstreets.org.uk.
### Calendar for May 2017

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**Tel: 01723342425**

**Working Partnership with York Teaching Hospital NHS Foundation Trust to offer quality care to all children.**

We are open 7am to 6pm, Monday to Friday to offer care that fits with flexible working.
Salary Sacrifice Schemes

A Salary Sacrifice scheme is an arrangement between the Trust and an employee, whereby the employee agrees to forego part of their future entitlement to salary in return for the Trust providing them with the benefits of a similar value. Depending on the nature of the non-cash benefit, these arrangements can be beneficial to both the Trust and the employee through income tax and national insurance contributions savings. It is very important that you read the Salary Sacrifice Guidance document before you make your decision to participate in a salary sacrifice agreement as this may have an effect on your NHS pension. For Salary Sacrifice Guidance please visit our website.

By law the Salary Sacrifice scheme must not reduce your pay to below the National Living Wage. As a Trust we have made the decision to set this at £8.10 per hour to future-proof against government wage increases over the next three years. This takes into account any other Salary Sacrifice you have in place.

Childcare Voucher scheme

The Trust supports staff with financial assistance by offering Edenred childcare vouchers as a flexible way to meet the costs of childcare. To get started go to www.childcarevouchers.co.uk - our Trust unique code is YORK0717.

Car Lease Scheme

The NHS car lease scheme enables you to access a car of your choice. The scheme, which is open to all permanent members of staff, is designed to provide you and your family with competitively priced and hassle free motoring. There is no deposit and the monthly costs are fixed for three years. The car will be insured for you and up to four named drivers at no additional costs. Visit www.nhsfleetsolutions.co.uk or call the team on 08448 118228.

Notable dates for June 2017

Gypsy Roma Traveller History Month
10th June - York Pride
16th June - Martyrdom of Guru Arjan Dev
25th June - Eid al-Fitr
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Long Service
Annual event which recognises those staff who have completed 25 and 40 years’ service within the NHS with a set period being within the Trust. These awards are presented at an evening dinner. Applications forms for long service can be found on Staff Room.

Recognition
We believe in recognising the achievements of our staff through a number of recognition awards and events as follows:

Celebration of Achievement Recognition Awards
With a number of award categories, this is the opportunity to recognise a member of staff or a volunteer who has excelled in the service they provide. These annual awards are presented by the Board of Directors at an evening ceremony.

Further information, application and nomination forms can be found on Staff Room.
Alternatively, please contact a member of the Events Team by emailing eventsteam@york.nhs.uk or telephoning 01904 726491.

The Star Award
A monthly award, where individuals, teams and volunteers are nominated by staff, patients and visitors for going above & beyond in their daily work. Each nominee is invited to the presentation event where the finalists are announced and presented with their awards by the Chief Executive. Nomination forms can be found on Staff Room.
### Staff Benefits

- **Fair – Scarborough Hospital**
- **Staff Benefits Fair – Bridlington Hospital**

### Tel: 01904 310 007
Ground Floor, 14 Low Ousegate, York, YO1 9QU

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### Hays Travel

The UK’s largest independent travel agent

**Tel:** 01904 310 007
Ground Floor, 14 Low Ousegate, York, YO1 9QU

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*PIRATE PUG* by Barry Thory, Team Leader (Gardener) at York Hospital

JULY 2017
Notable Dates for August 2017

1st August - Tisha B’Av

Funded Grants and Courses

York Teaching Hospital NHS Foundation Trust is committed to investing Staff Lottery funds for staff. Our workforce continues to be our most vital resource. Maintaining and improving their health is crucial for delivering safe, high quality patient care.

Whether you want to start a physical activity such as running or swimming or join a fitness course or enhance your working environment, join a dancing class or pottery course, or need financial help to start a sports team or coaching sessions, we have a funding stream that could help. Small annual grants are available from the Staff Lottery fund to make awards of between £20 and £100.

Staff Benefits Grant
This grant offers staff the opportunity to request funding that will help towards enhancing the work environment. These would be items not normally provided through Trust budgets. The total amount for an individual grant is £20 and for a team grant is £50.

Sports Team Grant
This grant is available for staff to apply for as a team. If you want to start a new sport and organise a team or just want to join an existing team, this Sports Team Grant is available to you and your team. The sports team must consist of at least 25% of staff employed by York Teaching Hospital NHS Foundation Trust. Funding can be awarded for club playing fees, kit & equipment. The total amount for the team is £100 payable by cheque.

Non Job Related Course Grant
Funding is available for staff who would like to take up a course outside of work. The subject could be something you have always wanted to try. A reimbursement towards the course will be up to a maximum of £25. A receipt from the provider of the course must be attached to this form and the grant payment will be made through salary.

The New Physical Activity Grant
This grant is to enable individual staff to access to funds which will help towards the costs of starting a physical activity such as running, walking, swimming, fitness classes, gyms & courses. Funding can be awarded for equipment or fees. The total amount for the individual is a maximum of £25. A receipt must be produced and the grant payment will be made through salary.

Kinder Place Day
Nursery based at Scarborough Hospital
Tel: 01723 342425 www.kinderplace.co.uk

Open Monday to Friday 7am until 6pm.
- Care that fits with flexible working
- Qualified and experienced team
- Full and part time childcare
- Free nursery education places for children aged 3 years to 5 years old
- Emergency and temporary placements available
- Takes children 0 to 5 years, rising to 8 years during school holidays

1st August - Tisha B’Av
AUGUST 2017

Bank Holiday

York Theatre Royal presents

ROBIN HOOD: THE ARROW OF DESTINY

Join us this summer for a swashbuckling show for all the family as our team of actor musicians re-tell this classic story.

Staff Benefits and Wellbeing

‘SWALLOWTAIL’ BY ALISTAIR CHARLTON, SERVICE DESK TECHNICIAN AT YORK HOSPITAL
Notable Dates for September 2017

Eye Health Week
1st September - Eid al-Adha
21st September - Al-Hijara (New Year)

Eldercare Support
We recognise that increasingly staff have carer responsibilities in respect of elder relatives. Whilst this can bring its own rewards, this can also be stressful and time consuming as well as mentally and physically demanding. The Trust has a package of support that is available to staff to help with these commitments. Go to the Staff Benefits website.

Complementary Massage & Therapies
Staff Benefits have arranged for several companies to offer staff subsidised treatments. They are subsidised by £9 per session from the Staff Lottery Fund. Remember to take your ID badge with you on each visit and a form will need to be completed at the clinic. Dates for the onsite massage and the offsite Spa & Podiatry services can be found on The Staff Benefits website.

20 minute onsite Workplace Seated Massage
This is an enlivening, relaxing, and refreshing Seated Massage done over clothes in a specially designed chair, subsidised by the Trust. There is minimum interruption to your day. Return to work immediately feeling relaxed and more focused, ready to face the rest of the day. Sessions are available at York, Scarborough & Bridlington hospitals.

3 New Staff Podiatry Clinics
Taking care of your feet is essential... Podiatrists are health care professionals who have been trained to prevent, diagnose, treat and rehabilitate abnormal conditions of the feet. They also prevent and correct deformity, keep people mobile and active, relieve pain and treat infections.

Staff Survey
Watch out for your Annual Staff Survey questionnaire arriving and take some time to share your opinion on your experiences of working for this Trust and for the NHS.
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MYLA’ BY LEANNE TIMNEY, RADIOGRAPHER AT YORK HOSPITAL

SEPTEMBER 2017

THE BEST FOR LESS
York Sport Village: GYM • CLASSES • POOLS • HEALTH SUITE
york-sport.com  01904 325751
**Flu campaign starts in October – be ready**

The seasonal vaccination campaign to protect staff will start early October, sessions will take place within wards and departments to minimise any disruption to services or alternatively you may wish to choose to call into any of our convenient ‘drop-in’ clinics.

Dates and times of vaccination sessions will be publicised from mid-September on Staff Room.

**Stoptober**

A national campaign supporting people to quit smoking during October.

If you quit for a month you are 5 times more likely to stay smoke free.

Smoking remains the biggest cause of premature death in England accounting for over 80,000 deaths in the UK each year, with one in two long-term smokers dying prematurely from a smoking-related disease.

To find your local stop smoking service go to: www.nhs.uk/smokefree.

**Back Care Awareness Week**

3rd – 7th October

The aim of the week is to raise awareness of the problems back pain can cause, as well as prevention.

**Staff Choir**

York Hospital is proud to have its very own choir for staff members. Music teacher and choir master, Katie Fleming, leads the choir rehearsals in the chapel from 12.30pm – 1.30pm, every Thursday lunchtime.

The choir is free, don’t worry if you haven’t sung in a group before, there are no auditions and everyone is welcome. No music-reading skills are necessary, just the desire to have a good go! Singing is long proven to improve mood and is a great aid to relieving stress. We have fun, first and foremost. If you’re interested in attending, please contact art.atyork@york.nhs.uk.

Plans are in development for a choir to start at Scarborough hospital.

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**Notable dates for October 2017**

- Black History Month
- 1st October - UN International Day of Older Persons
- 5th October - First Day of Succot (Tabernacles)
- 10th October - World Mental Health Day
- 19th October - Dwali
- 22nd October - International Stammering Awareness Day
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**First Steps Nursery**

Ofsted approved daycare & holiday club for 4-12 years

Stirling Road, Clifton Moor, York • Tel: 01904 693007 • www.firststepsnursery.net
Movember – Men’s Health Awareness Month
Guys – take time out to check your health.
During November each year, Movember is responsible for the sprouting of moustaches on thousands of men’s faces around the world. The aim is to raise funds for awareness of men’s health, specifically prostate cancer and other cancers that affect men.
For more information visit the Movember website: uk.november.com

National Stress Awareness Month
The aim is to develop a greater understanding of stress and to highlight the many proven coping strategies and sources of help available to those who want to reduce the harmful outcomes of excessive pressure.

Notable Dates for November 2017
Interfaith Week
4th November - Birthday of Guru Nanak Dev
20th November - Transgender Day of Remembrance
24th November - Martyrdom of Guru Tegh Bahadur
30th November - Prophet’s Birthday
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*‘AMONGST THE POPPIES’ BY CLAIRE DAVIES, INPATIENT PODIATRIST AT YORK AND SCARBOROUGH HOSPITALS*

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**NOVEMBER 2017**

**Remembrance Sunday**

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*LOCAL SOLICITORS YOU CAN TRUST TO PROVIDE EXCELLENT LEGAL ADVICE*

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**NOW 10% OFF**

**WARE & KAY SOLICITORS**

01904 716000  www.warekay.co.uk
Get ready for Dry January 2018

Dry January is a national campaign set up by the charity Alcohol Concern. The challenge - Can you stay off the booze for the month of January? Join the challenge – visit www.dryjanuary.org.uk for more information.

Staff Saving Scheme

Saving accounts managed by Leeds City Credit Union with monthly deductions from salary. Go to www.leedscitycreditunion.co.uk.

- **Membership Account** – Our basic plan for instant access savings.
- **Regular Saver or Loyalty Account** – For higher levels of savings.
- **Christmas Club** – Save all year and spend at Christmas.
- **Payroll Savings** – The simple way to save from your Pay.

Art Walks

The Arts in York Hospital and the Wellness Team have combined their talents to bring you the ‘Walks of Art’ Map. The two short routes detailed within the leaflet take about 15 – 30 minutes to complete, depending on your pace and how long you spend admiring each artwork. Walking the routes is a good way to build physical exercise into your day, therefore improving both your physical and mental wellbeing.

Maps can be collected from the information desk in the main entrance York Hospital.

Children’s Christmas Party

For employees children aged between 3 & 11 years old. Lunch is provided and a visit from Santa. All takes place at the Trusts’ social clubs in York and Scarborough Hospitals. Tickets available from the staff shops.

Shopping events

A programme of Christmas shopping events are arranged for staff and their families with fantastic discounts. Watch out for the latest information.

Notable Dates for December 2017

3rd December - UN International Day of Persons with Disabilities
10th December - UN Human Rights Day
13th December - First Day of Hanukah
25th December - Christmas Day
26th December - Boxing Day
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‘RAINY DAYS’ BY JANEY KEMP, STAFF NURSE AT YORK HOSPITAL

DECEMBER 2017

Get cash back towards your everyday healthcare bills.

www.simplyhealth.co.uk/youremployeebenefit
0330 102 5313
We would like to thank all the staff who entered their pet and wildlife photos into the Photographic Competition. Congratulations to the 12 staff whose photos were chosen for this calendar.

Staff Benefits
01904 721170 / 01723 385262
staffbenefits@york.nhs.uk
www.york.nhs.uk/staffbenefits

Hospital key
YH – York Hospital
SH – Scarborough Hospital
BH – Bridlington hospital
MH – Malton Hospital
SWMH- Selby Hospital

NOTABLE DATES FOR 2018

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Staff Benefits YHFT
@YHStaffBenefits