

Menopause Awareness Week

Supporting services from Staff Benefits

Starting Monday 17th October, The Wellbeing Team will be visiting each main site to spread awareness around The Menopause during Menopause awareness week

Staff Benefits will be joining The Wellbeing team to discuss the services we have available to help support staff

To make easy, we have created this menopause special newsletter, where you can find everything in one place!



**Staff Benefits
and Wellbeing**

For more information on the services listed in this leaflet, please visit the Staff Benefits website

www.yorkhospitals.nhs.uk/staffbenefits

Staff Shops

Both York and Scarborough Hospitals have their own on site staff shops, where staff can purchase cheaper goods, alongside tickets for days out, bus tickets and Crown Paint

Not forgetting, Staff who are staff lottery member can show their membership card for an additional 10% off goods!

Emergency sanitary products for staff

Both Staff Shops have free sanitary products available for staff in emergency situations. Simply ask at the till and the staff will provide you with a bag containing what you need, no questions asked

We are working towards extending this service to be available 24/7 to staff on all sites

Please be considerate of other staff members and only use this service when in need

Grants

Staff Benefits offer grants up to the value of £25 towards a new physical activity or weight management group you may be interested in

For more information, and for the application form, please visit our website by scanning the QR code



SCAN ME

Podiatry Service/ Complementary Therapy Service

We also offer subsidised therapy
as part of your Staff Benefits
package

Simply book and appointment
with one of our listed podiatry/
complementary therapy partners
and we'll subsidise your
treatment by £9! The subsidiary
is funded by the Staff Lottery

Scarborough Hospital Gym

The Scarborough gym is available to staff and their family members 24/7, 365 days a year. It is fully kitted out with a wide range of equipment. There are also shower and changing facilities available

Membership is only £5.95 a month and is deducted from the staff member's salary (none Trust employees can pay by standing order)

Additional family members can join on to an active staff member's membership for an extra £5.95 per additional member (maximum 4 additional members per membership)

For an application form visit the Scarborough Staff Shop or scan the QR code below



SCAN ME

Bridlington Hospital

The Wellbeing Team offer a gym for staff use at Bridlington Hospital.

For more information or to obtain a membership form email wellbeingteam@york.nhs.uk

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York/ Malton and Selby Hospital Gyms

Due to insufficient space, there are currently no plans in place to create an onsite gym for staff at these locations. However, there are a variety of discounted gym memberships available for staff in a wide selection of locations.

To see what local gyms offer discounted membership near you, scan the QR code to the left

Cycle to Work Scheme

The Trust offers staff the chance to purchase cycles through a salary sacrifice scheme.

The scheme allows you to make Tax and National Insurance savings on the purchase of a bike and accessories for travelling to work.

For more information, visit our website or scan the QR code to the right



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