

Staff Benefits

Newsletter

January 2023

This Months Highlights

The Buying/ Selling Annual Leave Scheme 2023 -2024 is now open!

Extra holiday may appeal for all sorts of reasons – the chance to spend more time with family, special holidays or time to complete a special project.

Alternatively, if employees wish to use less than their full leave entitlement, this scheme gives them the opportunity to exchange some of it for extra salary.

To find out more and download an application form visit our website

<https://tinyurl.com/283zj6v6>

Don't forget, the deadline is 31st January 2023

Applications submitted after this date will not be considered.

Changes to the Staff Lottery prizes

We're excited to announce we've made some changes! Turn to page 03 to find out more

Get Fit for 2023!

We have some fabulous discounts and offers to help you kick-start your fitness journey! Turn to pages 04 -05 to see what's on offer

Home Electronics Scheme

The Home Electronics scheme closes on 20th January 2023, reopening 6th April 2023. For information on how to sign up, visit our website <https://tinyurl.com/3ch36mst>

Staff Benefits News

Staff Benefits Desk Calendars 2023

We are amazed at how popular our 2023 Desk Calendars have been this year! That popular that we are shocked to announce we have no more in stock.

If you have any spare 2023 Desk Calendars around your office/ department, we kindly request that these are returned to us. Either by internal post or dropping them off at your local Staff Shop – This way, we can reallocate them to other members of staff who have missed out.

Just a gentle reminder that these calendars are to be issued one per desk, not one per person. So if you share a desk with a colleague, we would greatly appreciate it if you could share a calendar with them and return the spare.



The Hub, Ellerbys

The Hub – Ellerbys at York Hospital is now open for business!

The space can be used for:

- Drop in sessions
- Promotion of wellbeing days
- Advice sessions
- Selling products and or services

The Hub provides a great opportunity for staff, departments or external companies to promote a business within our large workforce or to deliver key messages for a service.

If you would like to use the space visit our website to download the booking form

<https://tinyurl.com/y6x4bez6>

Staff Benefits Grants

Don't forget, Staff Benefits offer grants funded by our very own Staff Lottery! You can use a grant to receive funding towards a new physical activity or weight management group you may be interested in.

<https://tinyurl.com/2bdu8fzd>

Staff Benefits News

Staff Lottery Changes

For 2023, we will be offering 10 prizes totalling £4950, meaning bigger amounts to be won for 3rd - 7th place!

1st Place - £1500
2nd Place - £1000
3rd Place - £750
4th Place - £500
5th Place - £400
6th Place - £300
7th Place - £200
8th Place - £100
9th Place - £100
10th Place - £100

Join today and be part of the only lottery exclusive to Trust/ LLP employees! Not forgetting the Staff Lottery offers an unbeatable chance of winning cash prizes of £100 or more*

Did we mention you also get a 10% discount in the Staff Shops if you show your discount card!**

For more information and online application form visit our website

<https://tinyurl.com/yautucjx>

*Compared to other local lotteries
**Discount excludes stamps and tickets



Staff Lottery

Car Benefit Scheme

Fleet Solutions - Special Offers

Fleet Solutions will be releasing four new electric vehicles on Wednesday 25th January!

HYUNDAI IONIQ 5 58kWh – ELECTRIC
HYUNDAI IONIQ 5 77kWh – ELECTRIC
POLESTAR 2 PILOT PACK – ELECTRIC
POLESTAR 2 PLUS PACK - ELECTRIC

CPC/ Tusker - Special Offers

CPC/ Tusker have the following cars in stock or arriving soon!

Renault ZOE
Kia Niro
Nissan Leaf
ORA Funky Cat

To sign up to the car schemes above, visit our dedicated webpage

<https://tinyurl.com/23z6vwne>

Save The Date

The Staff Benefits Summer Fairs/ Wellbeing events will be held on the following dates on each of the below sites:

York Hospital – 6th July 2023
Scarborough Hospital – 13th July 2023
Bridlington Hospital – 29th June 2023
Malton Hospital – 19th July 2023
Selby Hospital – 18th July 2023

Discounts and Offers

Fit Club York January/ February Offer

Try a 6 week Group Training Intro Membership. Get 19 x 60 min PT group led sessions, normal price £129- discounted to £104.

OR

Try a 5 week mix and match membership. Get 5 x 60 min 1-2-1 PT sessions, plus 5 x 60 min PT Group led sessions. Normal price £169- discounted to £144.

Who are Fit Club York?

We are a small friendly fitness studio helping people of all shapes and sizes to be healthier and happier.

We offer 1-2-1 Personal Training and Group Training sessions.

If the thought of a big gym scares you, or if you've tried and failed to lose weight and tone up on your own, it's time you tried something different.

93% of our members are still regularly taking part in at least 2 gym sessions per week with us after 6 months!

So if you want to make a lifestyle change that sticks, come and join the club that gets results!

Contact info@fitclubyork.com to book, you will need to show your NHS ID badge as proof of employment

Fit Club York

Support. Community. Results.

Scarborough Hospital Staff Gym

Did you know? Scarborough Hospital has its very own staff gym! Membership starts from £5.95 a month!

For more information and how to join visit our dedicated webpage

<https://tinyurl.com/mryc23b7>

Free Self Defence Sessions

Martial Arts Academy, Scarborough are offering a free Self Defence session for NHS Staff and Blue Light Card holders on 4th February, 12:30 -13:30

To book your space, please email Gayle.desa@nhs.net or desaplinemartialarts@gmail.com

Hurry, spaces are limited!

24/7 Fitness

24/7 Fitness offer some amazing corporate memberships, for more information visit their website

www.247fitness.co

Discounts and Offers

BETTER Leisure Centres

NHS Employees save £23 per month on Better Health memberships!

BETTER are pleased to launch a new discounted price for NHS employees

With access to over 200 gyms and swimming pools throughout the UK.

Better are the biggest operator of Leisure Centres across the country.

For £33 per month your corporate NHS membership includes:

UK access to all Better centres
Fitness Classes
Gym
Swimming

Tailored inductions and fitness programs

Online library of 1500+ on demand fitness classes and workouts

Online Health library of eBooks and eAudio resources

7 Day advanced booking online or via the Better UK app

North Yorkshire Better Leisure Centres:

York Leisure Centre situated within the York Stadium Leisure Complex
Energise Leisure Centre
Burnholme Sports Centre
Yearsley Swimming Pool

For more information please visit their website

<https://tinyurl.com/36d3ekeh>



Day Out With The Kids Membership

Access a discounted rate of £9.99 per year, reduced from £29.99

(discount will automatically be applied each year)

Save up to 58% off family days out!

The membership gives you access to over 1,700 offers at your fingertips, on some of the UK's biggest and favourite attractions.

To create a new membership account, complete the following steps:

1. Visit the dedicated NHS webpage <https://tinyurl.com/cny3mmvf>
2. Enter code NHS999 and an NHS email address
3. Complete sign-up details, selecting an annual pass and enter payment information
4. You are ready to start saving!



DOWTK
Day Out With The Kids

Discounts and Offers

The Old Swan Harrogate

The Old Swan Hotel, Harrogate are offering NHS staff stays from £99 per night! What's Included:

Overnight accommodation in a classic room for two people

Full English Breakfast

3 Course Dinner in the hotel restaurant

A bottle of Freixenet sparkling wine to enjoy upon arrival

This deal is fully refundable for up to 48 hours prior to arrival

Check in 3pm/ Check out 11am

Onsite parking charged at £10 per 24hr period

Book via the site below
<https://tinyurl.com/yc83u5au>

You will need to show your ID badge upon arrival

Offer available until 31st March 2023

Natural Therapies by Evita

Natural Therapies By Evita are offering NHS staff an amazing 20% discount on the following:

Facials, Full Body Massage, Indian Head Massage, Hot Stone Massage, Hopi Ear Candling

To book call 01904 651654
Please show your ID badge to receive discount

Elmbank Hotel

Elmbank Hotel are offering NHS staff a fabulous 10% discount off food and drink*

Please show your NHS ID badge to redeem

www.elmbankhotel.com

*Does not apply to Meetings, events, weddings, accommodation or gift cards. Excludes York race days

The Escapologist

The Escapologist are offering NHS staff an amazing 20% discount on Monday-Thursday and 10% Friday-Saturday

Please show your ID badge to redeem

www.the-escapologist.com

Joseph Rowntree Theatre

Get £10 tickets for
Into The Woods
(Showing 25th -29th April 23)

Use code NEM10 when booking

www.josephrowntreetheatre.co.uk

Wellbeing

Know Your Numbers Week

The Wellbeing Team, supported by Staff Benefits and the Health Trainers are holding a 'Know Your Numbers Week' for Trust staff.

The Teams will be at the following sites w/c 30th January 2023;

Mon 30th Jan 2023
Selby Hospital/Restaurant
(11 to 1pm)

Tues 31st Jan 2023
Bridlington Hospital/Restaurant
(11 to 1pm)

Wed 1st Feb 2023
Scarborough Hospital/Pat's Place
(10 to 2pm)

Thurs 2nd Feb 2023
York Hospital/Ellerby's
(10 to 2pm)

Fri 3rd Feb 2023
Malton Hospital/Restaurant
(11 to 1pm)

Pop down and pick up some information on blood pressure, weight management and how to maintain a healthy lifestyle in 2023.

Headspace App Free for NHS Staff

Headspace are offering free access to NHS staff until December 31st 2023

What is Headspace?

Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

For more information and how to get this fabulous offer, visit their website below

<https://tinyurl.com/59p2tcmt>

Staying Well In Winter

Cold weather can make some health problems worse and even lead to serious complications, especially if you are 65 or older, or if you have a long-term health condition.

Some people are more vulnerable to the effects of cold weather. Click the link to find out more about what you can do to stay well in the winter months.

<https://tinyurl.com/3vy csard>

Information

Follow us on Social Media to keep up with all the latest discounts we have to offer!

Facebook – “Staff Benefits YHFT”

Instagram - @StaffBenefits

Visit our website

Visit our website to find all our discounts and offers in one place, as well as information on everything else Staff Benefits have to offer such as salary sacrifice schemes, grants, subsidised therapies, staff lottery and Staff Shops

www.yorkhospitals.nhs.uk/StaffBenefits



**Staff Benefits
and Wellbeing**

Staff Benefits Newsletter Disclaimer:

The inclusion of an advertisement on this newsletter does not imply endorsements by the Trust of the quality of goods or services. Accordingly the Trust accepts no responsibility for loss or damage of any nature what so ever arising to a person as a result of any offer promoted. The information in these newsletter pages is correct at the time of posting but may be subject to change.

The offers and discounts in this newsletter apply to employees of the York and Scarborough Teaching Hospital Trust. If you are employed outside the Trust, please confirm with the company advertised if you can access this offer.