

# Staff Benefits and Wellbeing

## Quarterly Newsletter

### Summer Fair Special

Check out our latest schemes, offers and discounts with our quarterly newsletter and learn more about what your Staff Benefits and Wellbeing package has to offer!



#### Our Summer Fairs are here!

We've had a super busy month delivering our Summer Fairs, take a look at what we've seen so far and what's to come!

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#### Summer Holiday Savings

Check out the fabulous discounts and offers available so you can make every penny count this summer – Family days out, you time or date night, we've got you covered!

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#### Myth Busters: Cycle to Work

Do you have to cycle to work to use the scheme? Are the savings really worth it? What is a salary sacrifice? – We're here to answer all your Cycle to Work scheme questions!

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# Bridlington Hospital

Thursday 26<sup>th</sup> June

The first stop of our 2025 Staff Benefits Summer Fairs, and what a start...

The Bridlington catering team offered a delicious BBQ special to celebrate, with staff receiving a fabulous discount from the voucher included in our vibrant fair bags handed out to attendees throughout the event.

Our stall holders put on a fabulous display, showcasing all they had to offer which went down a treat with our Bridlington colleagues, who as always were a pleasure to meet!



# Selby Hospital

Tuesday 1<sup>st</sup> July

Our second event took place at Selby hospital, and we were blown away by the attendance. Selby colleagues, you gave us the busiest Summer Fair we have seen at on site so far!

Beauty Bakes offered a tasty selection of sweet treats, with attendees receiving an amazing discount with their fair bag voucher.

Our stall holders received lots of interest, another successful event!



# Malton Hospital

Thursday 3<sup>rd</sup> July

Nearly halfway there and Malton colleagues- you defiantly brought the energy!

We had a blast, and our stall holders did too – we loved how interactive you all were (again breaking records with the highest number of attendees seen at Malton to date!)

A shoutout to the Malton catering team who served their tasty BBQ special menu, which staff enjoyed at a discounted price with our fair bag vouchers. We can't wait for next year!



## Next up...



## Scarborough Hospital

Thursday 10<sup>th</sup> July, 10am -2pm, Outside UECC

## York Hospital

Thursday 17<sup>th</sup> July, 10am -2pm, Outside Park House

## Hull Hospital (Pathology)

Wednesday 20<sup>th</sup> August, 11am -1pm, Pathology Building (staff area/ meeting room)



# We're now **OPEN**

Spread the cost of the latest tech  
via our salary sacrifice scheme.  
Exclusive for NHS and public  
sector colleagues!



## **Over 5,000 products available:**

- Televisions
- Smart Tech
- Laptops
- Phones & Tablets
- Games Consoles
- Domestic Appliances



# Summer Holiday Savings

Whether you're looking for something to occupy the kids, treat yourself to some time out or planning a date night, we've got you covered!

## NEW OFFER

### North Bay Adventure Park – Scarborough (Crazy Golf)

- **10% discount** off everything including crazy golf, food and drinks.
- Please show ID badge to redeem.

## NEW OFFER

### obliViaR – York (VR experiences)

- **10% off** Premium Free Roam VR and VR Adventures (individual pods).
- Show NHS ID Badge for walk ins or use discount code 'NHS10' when booking online (will need to show ID badge on the day).

[www.obliviar.co.uk](http://www.obliviar.co.uk)

## NEW OFFER

### All The Rage – Scarborough (Rage Rooms)

- **5% off** on individual bookings for the rage rooms.
- **10% off** on all group bookings for the rage rooms.
- Email [alltheragescarborough@gmail.com](mailto:alltheragescarborough@gmail.com) to book and send a photo of your ID badge. Offer valid until 31/08/25.

## TICKETS LOW IN STOCK

### Discounted Flamingo Land Tickets

- Purchase discounted Flamingo Land tickets from our Staff Shops. Tickets are £40 each. Limited stock remaining, first come first served (shops will not be restocking for 2025 once sold out).

[www.york.nhs.uk/staffshops](http://www.york.nhs.uk/staffshops)

## Merlin Attractions

- Merlin Entertainments offer a fabulous range of discounts for well known attractions and theme parks across the UK such as Alton Towers, Sealife Centers, Thorpe Park, Cadbury World, The Dungeons and more. For booking link, email [yhs-tr.staffbenefits@nhs.net](mailto:yhs-tr.staffbenefits@nhs.net)

## Discounted Vue Cinema Tickets

- The Staff Shops also sell discounted Vue Cinema tickets at an amazing £6 each – ask at the till to purchase.
- Staff Shop tickets are non-refundable.

## Classic Lodges Hotels

- **What's Included:** Overnight stay in a Classic Room for two people, full English breakfast, two-course dinner in the hotel restaurant, a bottle of wine in your room on arrival, available for multiple night stays
- From **£129** per night: Bagden Hall, Old Swan, White Swan
- From **£149** per night: Grinkle Park, Farington Lodge
- From **£199** per night: Lakeside Hotel & Spa (Offer valid 1st Nov 2025 – 31st Mar 2026)
- Friday & Saturday supplement: £20 per night (standard hotels), £50 per night (Lakeside Hotel & Spa)

[www.classiclodges.co.uk/nhs-staff-offers/](http://www.classiclodges.co.uk/nhs-staff-offers/)

## More discounts on days out, UK breaks and more...

Visit the Staff Benefits website [www.york.nhs.uk/staffbenefits](http://www.york.nhs.uk/staffbenefits) and scroll down to select the 'Discounts and Offers' button.

# Scarborough Hospital Onsite Gym



**Make your physical wellbeing a priority!**  
**The onsite gym is a convenient and  
affordable place to work out!**

**To find out more or apply online visit -**  
<https://www.yorkhospitals.nhs.uk/scarborough-staff-gym/>

**£5.95  
per  
month**

**Join Today!**



**Staff Benefits  
and Wellbeing**





## Myth Busters:

# Cycle to Work

Our cycle to work scheme is a fantastic addition to our Staff Benefits package!

Let's take a look at the most frequently asked questions:



**Do I have to cycle to work to use the scheme?**

**NO...**

Although the scheme heavily promotes users to cycle to work, there's no obligation for you to use your new bike to cycle to work. Use your new bike how you intend to use it, whether it's family bike rides or your new favourite fitness activity – you can still use the scheme!

**Will I own the bike at the end of the scheme?**

**NO, but you have a choice...**

1. Sign an extended agreement and use your bike for free until it is 6 years old, at the end you will be transferred ownership of your bike/equipment.
2. Buy your bike by paying its current market value
3. Return the bike/equipment to Cycle Solutions.

**Can I only use the scheme for a bike?**

**NO...**

You can use the scheme to purchase equipment as well as bikes such as helmets, shoes, tools etc. everything you need for your bike!

**Can I order from other cycle stores?**

**YES, but...**

Your chosen store needs to be registered as a partnered store on the Cycle Solutions website.

**Are there spending limits?**

**YES**

The scheme is capped at £3000

**Is the scheme a salary sacrifice?**

**YES**

For more information on salary sacrifice schemes and how they work, visit [www.york.nhs.uk/salariesacrifice](http://www.york.nhs.uk/salariesacrifice)

**Are the savings worth it?**

**YES**

Use the savings calculator on the Cycle Solutions website to see how much you can save! Make further savings by shopping with Cycle Solutions directly!

Visit [www.york.nhs.uk/cycletowork](http://www.york.nhs.uk/cycletowork) for more





# Staff Lottery

## 2025

Join today for  
£2 per number

### 10 Cash prizes every month!

1st prize  
**£1500**

2nd prize  
**£1000**

3rd prize  
**£750**

4th prize  
**£500**

5th prize  
**£400**

8th/9th/10th  
prize  
**£100**

6th prize  
**£300**

7th prize  
**£200**

January  
February  
March  
April  
May  
June

21st  
18th  
18th  
15th  
20th  
17th

July  
August  
September  
October  
November  
December

15th  
19th  
16th  
21st  
18th  
9th



All members enjoy 10% off purchases\* in the Staff Shops.  
Apply online through the Staff Benefits Website.  
[www.york.nhs.uk/stafflottery](http://www.york.nhs.uk/stafflottery)

\*excludes tickets and stamps



Staff Benefits  
and Wellbeing

GambleAware

# Spotlight on new



# Discounts and Offers

## Jack Bradley Fitness

York

**NHS Offer: £60 per month**

Includes:

- Free Consultation
- 1 session in person per month
- Weekly check ins
- Full online training support
- Programming for your own training
- Diet and nutrition guidance

Please show ID badge.

[www.jackbradleyfitness.co.uk](http://www.jackbradleyfitness.co.uk)

## Monty's Executive Cars

Scarborough

**NHS discount** available, enquire within.

At Monty's we want to offer all NHS Staff a Fantastic Chauffeur Service to any Destination or Function whether its to an Airport, Seaport or any other Special Occasion at a Affordable NHS Discounted Price.

Please show ID badge.

[www.montys-executive-cars.co.uk](http://www.montys-executive-cars.co.uk)

## JoanneB Photography

York (can travel)

**Offering up to £150 discount**

depending on wedding

photography package booked.

Wedding Photographer for over 15 years, who loves to spend my days photographing bride and grooms and their friends and family on the happy day.

Please show ID badge.

[www.joannebphotography.co.uk](http://www.joannebphotography.co.uk)

## The Head Spa

Scarborough

**10% discount** (cannot be used in conjunction with other offers)

A luxury sensory experience for your scalp, hair, and mind. My signature treatments combine restorative scalp massage, invigorating oils, and detoxifying techniques to deeply cleanse the scalp and awaken the senses.

Please show ID badge.

[Click here to visit their Facebook page](#)

## The Magpies Festival

Sutton Park

**20% discount** on tickets

The Magpies Festival will take place on 8th and 9th August 2025 at Sutton Park Stately Home, near York. The boutique festival offers an eclectic line-up of folk, americana, acoustic, swing, world music and everything in between, with a family ethos and activities to keep even the youngest of revellers entertained.

Please email [yhs-tr.staffbenefits@hns.net](mailto:yhs-tr.staffbenefits@hns.net) for discount code to use when booking.  
[www.themagpiesfestival.co.uk](http://www.themagpiesfestival.co.uk)

## Keepmoat Homes

East Coast

**Discounts available** on deposit contributions/ plot upgrades  
Our Forge Valley development in East Ayton features a range of 2-, 3- and 4-bedroom homes - some of which are ready to move into. First Homes also available which gives first time buyers the opportunity to buy a new home with a 30% discount off open market value.

Please show ID badge, email [alexis.wright@keepmoat.com](mailto:alexis.wright@keepmoat.com) for more information.  
[www.keepmoat.com](http://www.keepmoat.com)

## Ellie Mai Interiors

Malton

**15 % discount** on all products supplied or supply and fitting services.

We are a small independent family-owned kitchen and bathroom showroom. We pride ourselves on affordable kitchen and bathroom products. Design, supply and fitting services.

Please show ID badge  
[www.elliemai.com](http://www.elliemai.com)

## Fitness Fix

Scarborough

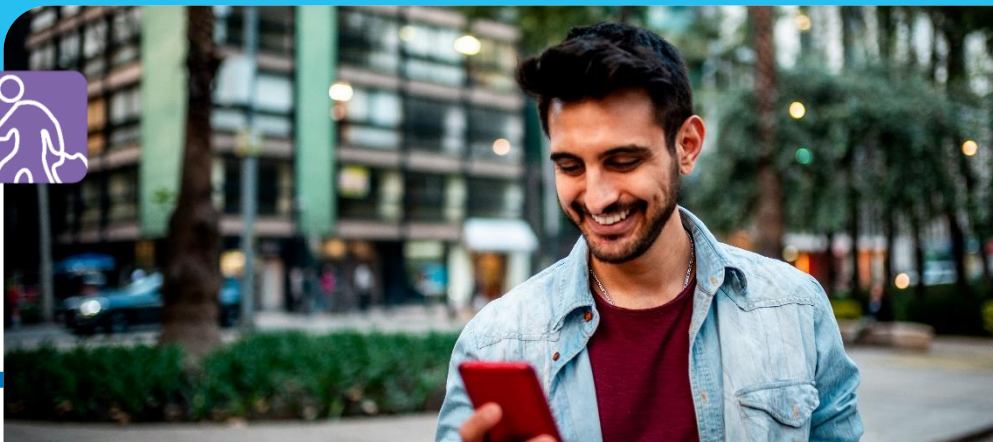
**10% discount** available on selected services.

Personal trainer based in Scarborough. I offer in person training sessions, online coaching and accountability coaching. Paired sessions and block bookings available at a discounted rate.

Please show ID badge.  
[www.fitnessfixscarborough.com](http://www.fitnessfixscarborough.com)







# How we communicate with you

Stay up to date with our latest schemes, events, discounts and offers!

## Follow us on social media

Follow us on Facebook ([Staff Benefits YHFT](#)) and Instagram ([@StaffBenefits](#)) for daily updates on our schemes, offers and discounts.

## Staff Benefits Champions

Join our mailing list to be the first to receive time limited offers and discounts along with regular updates on our up and coming events and goings on.

## Staff Benefits Website

Don't forget to regularly check back on our website for updates on your Staff Benefits Package! [www.york.nhs.uk/staffbenefits](http://www.york.nhs.uk/staffbenefits)

## Got a question?

Email us [yhs-tr.staffbenefits@nhs.net](mailto:yhs-tr.staffbenefits@nhs.net) with all your Staff Benefits and Wellbeing related queries.