

Staff Benefits and Wellbeing



Autumn Edition

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!

Christmas with Staff Benefits

Christmas Markets across three different sites, a 12 days of Christmas giveaway, local Christmas events and more. Find out more about our 2025 Christmas package.

Page 3



Your Financial Wellbeing Journey

What is financial wellbeing? And how can you reach your financial goals? Whether you're looking to start saving or need help with debts, we have a variety of different support and schemes available *Page 5*

Our 2026 Desk Calendars are here

Let's take a look at this year's fabulous entries, our twelve amazing winners and find out how you can get your hands on one! *Page 8*





Staff Benefits
and Wellbeing

Throughout November
and December we present

Christmas with Staff Benefits

We'll help you get into the festive spirit
with everything from Panto Tickets
and Christmas Markets to Party Nights
and Shopping Events!



Follow our social media
pages and dedicated website
for full details.



www.york.nhs.uk/christmas-with-staff-benefits



Christmas

with Staff Benefits

Subsidised Theatre Tickets

Our popular panto tickets returned for 2025, offering discounted tickets at five different venues across York, Scarborough and Bridlington. This year we introduced a new application process, making tickets more accessible to staff working in all areas. Applications were open between 13th October – 3rd November 2025. Our winners have now been selected, if you entered this year's competition don't forget to check your emails to see if you've been successful.

Onsite Christmas Markets

Visit one of our three onsite Christmas markets or festive onsite stalls taking place throughout December and help support small, local businesses and crafters within the community:

- ❖ **York Hospital** – 2 December, 10am -2pm, Main Entrance
- ❖ **Bridlington Hospital** – 3 December, 10am -1:30pm, Dining Room
- ❖ **Scarborough Hospital** – 4 December, 10am -1:30pm, Post Grad Centre

Virtual Christmas Market

Opening mid November, our virtual Christmas Market is perfect for anyone unable to attend our onsite Christmas events this festive season. Access the virtual market via our website. See something you like? then follow the instructions on how to purchase from them directly. Help small businesses and communities thrive by shopping local this Christmas!

Local Christmas Events

We appreciate it can be hard to find everything happening in your local area at Christmas time. Visit our website to find a list of fabulous local events happening at York, Scarborough, Bridlington, Malton, Selby and Hull.

12 Days of Christmas Giveaway

On the countdown to Christmas will be giving away 12 fabulous festive prizes through our 12 days of Christmas giveaway!

Find out more by visiting www.york.nhs.uk/Christmas-with-staff-benefits



Onsite Fruit and Vegetable Stall

Starting Friday 31st January

**Every Friday, 8am -2pm
Located outside Main Entrance**



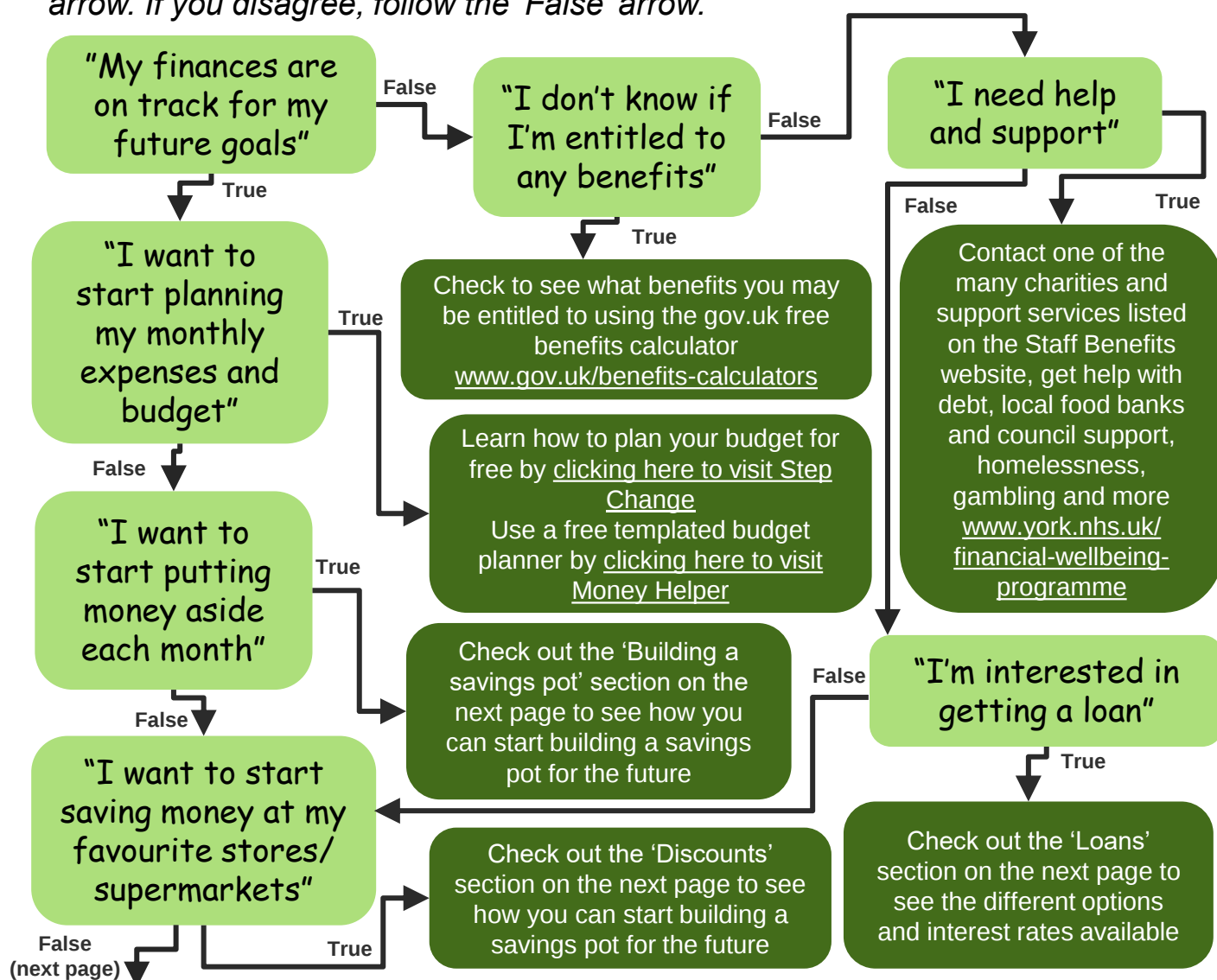
Your Financial Wellbeing Journey

We appreciate everyone's financial wellbeing journey is different

Whether you're looking to start saving for a rainy day, searching for help and advice, in need of debt consolidation or looking to make your pennies stretch that little bit further. Our financial wellbeing package offers a diverse selection support and schemes, aimed at helping you reach your financial goals.



Read the statements below. If you agree with the statement, follow the 'True' arrow. If you disagree, follow the 'False' arrow.



Everyone's financial wellbeing journey is unique, visit our financial wellbeing webpage and see if there's something to help you reach your financial goals
www.york.nhs.uk/financial-wellbeing

Building a savings pot

Leeds Credit Union Savings

Open a savings account with a partner Leeds Credit Union and save an amount of your choosing, directly from your wages each pay day! They have a variety of savings accounts for you to choose from including a Christmas Club Account, Regular Saver and Loyalty Account. For more information visit www.york.nhs.uk/LeedsCreditUnion

Stream (formally Wagestream)

Earn a competitive interest rate, with no fees and no minimum deposit. Auto-save from your pay, transfer funds from another account, or round down each shift's pay to the nearest pound, adding the difference to your pot. For more information visit www.york.nhs.uk/Stream

Loans

Leeds Credit Union Loans

Leeds Credit Union offer a variety of different loans to suit different needs. Borrow from £250 to £25,000. So, whether you're looking for additional support to pay for home improvements, a new car or simply to help you manage your bills, you could find the right loan amount to suit your needs and pay it back directly from your wages each pay day www.york.nhs.uk/LeedsCreditUnion

Stream (formally Wagestream)

With a representative APR of 13.9% to 19.9%, you'll pay less interest and clear debt faster than with payday loans. And you can repay directly from your pay any time you like, with no charge www.york.nhs.uk/Stream

Discounts

EdenRed My Advantages Scheme

You can make regular savings by purchasing pre-paid vouchers from EdenRed for your favorite high-street stores and supermarkets. Alternatively, you can also earn cash back when you spend. For more information visit www.york.nhs.uk/edenred

Staff Benefits

We've partnered with a variety of local businesses across to offer you some fabulous employee discounts. To browse the different category's available, visit www.york.nhs.uk/StaffBenefits and select 'Discounts and Offers'

Don't forget, as an NHS employee you can also access discount websites such as Health Service Discounts (www.healthservicediscounts.com) and Blue Light Card (www.bluelightcard.co.uk)



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

*excludes tickets and stamps



Staff Benefits
and Wellbeing

GambleAware



This year, we saw some fabulous entries for our 2026 Desk Calendar Competition! Although our 12 winners have been selected, lets take a moment to appreciate all the amazing photographs that were submitted, perfectly showcasing this year's theme 'Weather'.





Winning Entries!

Here's how you can get your hands on one of our 2026 Staff Benefits Desk Calendars:

Bridlington Hospital – you can collect your calendars from Rebekah Walkington

Malton Hospital – you can collect your calendars from Jezzi Kipling

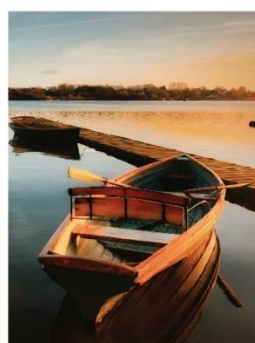
Selby Hospital – you can collect your calendars from Fiona McHale

Community Teams – please can one person per team send an email to yhs-tr.staffbenefits@nhs.net with the number of calendars required and your internal department address

Scarborough Hospital – you can collect yours from the Staff Shop

York Hospital – you can collect yours from the Staff Shop from Tuesday 4th November

There are enough calendars for one per desk and not one per person so please do not take more than you need.



Spotlight on



Discounts and Offers

Swinton Estate

Yorkshire Dales

10% discount

Home to Swinton Park Hotel, Samuel's Restaurant, Chef's Table by Josh Barnes, The Terrace Restaurant, Swinton Country Club, Swinton Cookery School, Swinton Bivouac, and a myriad of activities. A place to live, work, stay, play, dine and rediscover wellness in a truly unique environment. Email reservations@swintonestate.com to book and quote Y&SNHS_10. Please show your ID badge to redeem offer

www.swintonestate.com

Scarborough South Cliff Golf Club

Scarborough

Discounted 'New to Golf' membership at £485

Premier Golf Club on the Yorkshire coast. Email clubsecretary@southcliffgolfclub.com

Please show ID badge to redeem.

Your Menopause Nurse

North Yorkshire

£10.00 off an Initial Consultation

A CQC Registered and Nurse-Led Menopause Consultation service based in North Yorkshire. Email support@yourmenopausenurse.co.uk and use code YSNHS10

Please show your ID badge to redeem

www.yourmenopausenurse.co.uk

Nijhoom Tours

Bangladesh

£50 discount for booking 8-16 days holiday packages, **£100 discount** on 16+ days

We are an award-winning tour operator in Bangladesh, specializing in organizing memorable holidays in the country for British travelers. Email nijhoom.tours@gmail.com Please show your ID badge to redeem offer.

Hilton Hotels (UK)

Up to 25% Public Sector Leisure offer

Email yhs-tr.staffbenefits@nhs.net for code to access website showing discounts

DON'T MISS OUT!

A collage of various electronic devices and appliances. At the top left is a large monitor displaying a vibrant red and purple abstract background with the number '27' and the text 'eyesafe2.0'. Below the monitor is a black water dispenser with two dispensing nozzles, one containing a glass of beer. To the right of the water dispenser is a black tablet showing a document titled 'CHAPTER 1' with text about the history of the world. Further right is a black smartphone displaying a colorful abstract pattern. To the right of the smartphone is a black Nintendo Switch console with white Joy-Con controllers. At the top right is a black Ninja blender with a silver vertical tube. Below the blender is a black control panel with various buttons and a digital display showing '1000'. The background is a solid light blue.

NING* 02/01/2026-25/01/2026 * SCHEME REOPENING * 02/01/2026-25/01/2026 * SCHEME REOPENING * 02/01/2026-25/01/2026 *

www.fleethomeelectronics.co.uk

Smart home voice control

Spotlight on



Discounts and Offers

Tickets for Good

Various NHS discounts/ free ticket offers

Sign up to access

www.ticketsforgood.org

Jet N Vac Exteriors

Scarborough

10% discount on all but roof cleaning

Cleaning gutters, driveways, patios, fascias and soffits, roofs, render and cladding

Please show ID badge to redeem.

Email borojacko@hotmail.co.uk

KittySit

York

5% off 2 more more visits

At Kittysit cat sitters, we specialize in worry-free in-home visits for cats and small animals.

Book online, use discount code

NH5 - <https://kittysit.co.uk/>

Please show your ID badge to redeem offer.

Serenity by Alice

York

10% discount for any treatments booked before 31st January 2026

A level 4 fully qualified and insured Beauty therapist. Offering beauty services to NHS staff in York.

To book, message or call 07541130956. Please show your ID badge to redeem.

Essential ESSENS

10% off every order

Perfumes, skincare, make-up, cleaning products and more

To order WhatsApp Laura on +447823556428 quoting code NHS10.

Please show your ID badge to redeem offer.

Search Essential ESSENS on Facebook

White Rose Proofreading

25% discount minimum charge £25

a qualified and experienced proofreader, and a member of the Chartered Institute of Editing and Proofreading

Please show your ID badge to redeem. Email

angela.macdonald17@nhs.net

Spotlight on



Discounts and Offers

George's Film & Writing Courses

Scarborough

20% discount for a first course and 15% afterwards

Offering fun and informative short courses in both Film Studies and Creative Writing Online and in-venue. Email

cromackgeorge@hotmail.com

Please show your ID badge to redeem offer

Help Yourself with Capacitar

First two group sessions free

I run a wellbeing group learning and practicing self help tools and techniques to bring calm and balance to mind, body and spirit. Please show your ID badge to redeem.

www.jomorrell.com

Help Yourself Hypnotherapy

15% off online sessions

Local therapist offering a range of therapies to help you with many of life's issues and challenges

Please show your ID badge to redeem offer.

www.jomorrell.com

Tip Your Hat

East Riding of Yorkshire

20% Discount

A professional celebrancy service dedicated to crafting authentic, bespoke ceremonies for all of life's significant moments—from joyful weddings and naming celebrations to dignified funerals and memorials. Please show your ID badge to redeem

www.tipyourhat.co.uk

Nikki Pix Photography

York

Various offers dependent on services Professional wedding, portrait & commercial photographer. Please show your ID badge to redeem

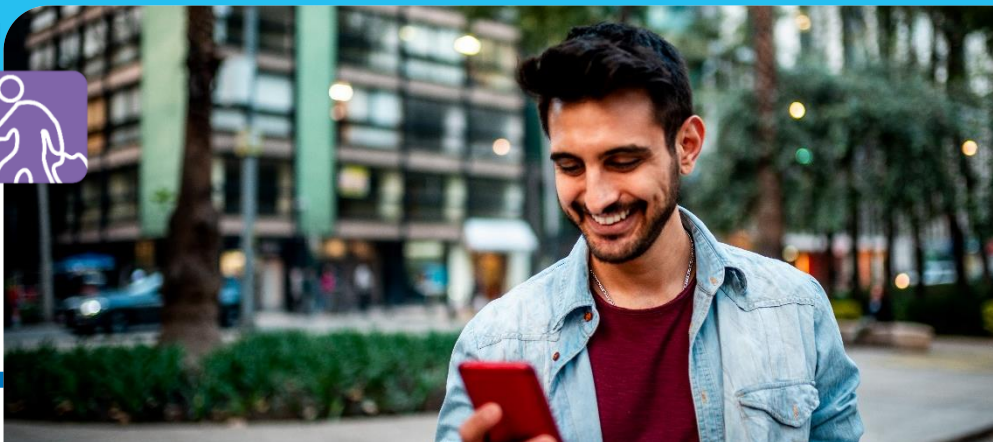
www.nikkipix.co.uk

Buying and Selling of Annual Leave Scheme

Opens 1st January to the 31st January 2026

To buy or sell leave from financial year April 2026 – March 2027. Guidance and application form will be available online late December 2025

www.york.nhs.uk/buy-sell-annual-leave



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!

Got a question?

Email us yhs-tr.staffbenefits@nhs.net with all your Staff Benefits and Wellbeing related queries.