NHS
Doncaster and Bassetlaw Teaching Hospitals
NHS Foundation Trust

Health and Wellbeing Support for Team DBTH

We want our colleagues to stay fit and well and happy at work and we have a range of services to support and improve your health and wellbeing.

- Complementary Therapies
- Dr Bike
- Financial Wellbeing Support
- FREE emergency period products
- Highfive Reward and Recognition App
- Know Your Numbers - Wellbeing in action
- Menopause Support
- Staff counsellors
- Talk Listen Care telephone service
- Reiki
- Smear Clinics
- Staff physiotherapy
- Therapy dog
- Wagestream
- Wellbeing Trolleys
- Weight management
- Wellbeing Wednesday
- Yoga

vivup
HEALTH. WELLBEING. HAPPINESS.

Employee Assistance Programme:

- Payroll pay - car lease, home and electronics, cycle to work, bike shop, affordable loans, childcare vouchers, credit union.
- Lifestyle savings - high street, online shopping, supermarkets, travel, entertainment, home and garden, mobile, broadband and utilities.
- Help and support – inc Counselling, self-help workbooks, financial wellbeing support, Wellbeing Apps, Weight management, Menopause support.



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