



Proud to care for you
Health and Wellbeing



Staff benefits and wellbeing

As a member of staff, you have access to a wide range of exclusive benefits and offers working at the Trust. Download our intranet app to stay up to date with the latest.



Find us on the intranet

Core benefits



- Minimum of 202.5 hours paid annual leave per year (for full-time staff), increasing after 5 and 10 years of NHS service, plus bank holidays
- Automatic membership of the NHS Pension Scheme, one of the most generous in the UK
- Pay that reflects your ability and responsibilities
- Pay enhancements for unsocial hours, shift work and overtime
- All jobs include inner, outer or fringe London weighting, depending on location
- Learning and development opportunities to support career progression
- Fellowship, innovation and research programmes to help you grow professionally
- Maternity, paternity and sick pay entitlements, and flexible working options
- Option to join our in-house staff bank to work additional hours at competitive rates
- Staff recognition awards
- Opportunity to join one of our staff networks

Salary exchange



Salary exchange allows you to swap part of your monthly salary for selected benefits, helping you save on tax and pension contributions. Current options include:

- Bike and car schemes
- Home and electronics
- Salary deduction loan via Salary Finance
- Interest-free public transport season ticket loan
- Annual leave trading scheme—buy or sell up to 75 hours per year

Lifestyle and discounts



Access fantastic discounts through Vivup and the Blue Light Card, offering savings at hundreds of retailers locally and nationwide. Save money on:

- Weekly food shops
- Toiletries and cosmetics
- Meals out, days out, city breaks and holidays

We also offer subsidised restaurants at both hospital sites, and exclusive discounts from local businesses including coffee shops, restaurants and gyms.

Health and wellbeing



We provide a variety of services to support your physical, emotional and financial wellbeing:

- Counselling and psychological support, including a 24/7 helpline
- Mental Health First Aiders and Wellbeing Champions
- Free access to NHS England wellbeing apps
- Free health apps to support healthy lifestyle goals
- In-house contraceptive and Smokeless services
- Menopause support with a monthly staff group
- Financial wellbeing guidance
- Free will writing service
- Quarterly Wellfest events, including bike doctor appointments
- PROUD to be Green app, supporting sustainability and wellbeing
- Domestic abuse and sexual violence support
- Wellbeing sessions, webinars and events throughout the year

CW+ work perks



Our charity CW+ supports patients, families and staff across our hospitals. As a staff member, you can access exclusive offers and discounts for events, performances and exhibitions in partnership with cultural organisations. Please visit www.cwplus.org.uk for more information about CW+.



CWPLUS Registered Charity n°1169897



**PROUD
TO CARE**

NHS
Chelsea and Westminster Hospital
NHS Foundation Trust