



# Staff benefits and wellbeing

As a member of staff you have exclusive access to a range of benefits and offers—please also download our Trust app ChelwestMe to keep up-to-date with the latest at our Trust



ChelwestMe

## Core benefits



- Minimum of 202.5 hours paid annual leave per year (for full timers) which rises after 5 and 10 years' NHS service, plus bank holidays
- Pay that reflects your ability and responsibilities
- Pay enhancements for any unsocial hours, shifts and overtime work you do
- All our jobs are subject to inner, outer or fringe London weighting, depending on location.
- Learning and development opportunities to support your career progression
- Automatic membership to the NHS Pension Scheme, one of the most generous pension schemes in the UK
- Maternity, paternity and sick pay entitlements and flexible working options
- 10 days free back-up care for children and adults
- Option to join our in-house staffbank where you can work additional hours at competitive rates
- Staff recognition awards—CW+ PROUD awards

## Salary exchange



Salary exchange is when you exchange part of your monthly salary for a benefit and could save you money. We currently offer four schemes:

- Bike and car schemes
- Childcare vouchers scheme
- Interest-free public transport season ticket loan
- Great discounts for going green
- Annual leave trading scheme—buy and sell up to 75 hours each year

## Lifestyle and discounts



Fantastic benefits via Vivup and Blue Light Card which both offer hundreds of discounts at retailers locally and nationally. You can save money on your weekly food shops, toiletries, cosmetics, meals out, days out, city breaks/holidays and more.

We also have subsidised restaurants at both hospital sites and we also get exclusive discounts from many local companies—including coffee shops, restaurants and children's play schemes.

## Health and wellbeing



We provide lots of benefits to help aid your health and wellbeing:

- In-house Occupational Health and Wellbeing team with events throughout the year
- Fast-track physiotherapy referrals
- Stop smoking service
- Online yoga and exercise classes
- Discounted gym membership
- Reimbursement for eye tests for users of VDUs
- Free flu vaccination each year
- Access to counselling and support services including financial wellbeing, domestic abuse support, mental health first aiders and wellbeing champions
- Reduced rates for massage and other therapies
- Free will writing service

## CW+ work perks



The Trust's official charity CW+ supports patients, families and staff at our hospitals. CW+ is delighted to offer staff exclusive discounts and offers for various events, performances and exhibitions in partnership with cultural organisations we work with.

Please visit [www.cwplus.org.uk](http://www.cwplus.org.uk) for more information about CW+. CWPLUS Registered Charity n°1169897

