Wellbeing@Work

NHS
Bradford District Care
NHS Foundation Trust

Staff Benefits

- Salary sacrifice schemes including cycle to work, home electronics and lease car
- Metro card
- Staff discounts including gyms, fitness activities, UK attractions and retail
- Staff gym
- Pre-retirement and midlife financial planning events
- Financial support and education
- Salary Finance affordable loans & savings
- Sovereign Health Care
- Reward and recognition schemes
- Wellbeing challenges

Health & Wellbeing Support



- Building psychological resilience
- Managing stress
- Mental Health First Aiders (MHFA)
- Free wellbeing apps
- Mediation
- Menopause support
- Free fitness and weight management offers
- Fitness & weight loss challenges
- Smoking and substance support
- On-site massage
- Reasonable adjustments
- Domestic abuse support
- Wellbeing events

Childcare Support



- Virtual maternity/paternity workshop
- Virtual peer support groups
- Baby Massage
- Workplace nurseries
- Finding & funding childcare advice
- School holiday provision
- Childcare voucher scheme (for existing members)
- Breastfeeding support and provisions
- Infant loss support
- Discounted family activities

Visit: www.childcarebenefits.bdct.nhs.uk
Email: childcare.coordinator@bdct.nhs.uk

Health Assured

Employee Assistance Programme (EAP):
Around the clock, free confidential and independent resource.
EAP provides information, referrals and counselling on any issue that matters to you.
Website: www.healthassuredeap.co.uk
Login using username: wellbeing
password: yardhomessight
Free 24 hour confidential helpline
0800 028 0199
App: Wisdom
To download the free app select Wisdom from the app list and then enter the code MHA242780.

Occupational Health & Wellbeing

The Occupational Health Team specialise in the relationship between work and health. They are a confidential, impartial, advisory service. They provide advice to individuals and managers on work related health problems and health problems that can affect work.
Tel: 01924 316031
Email: occupationalhealth.lypft@nhs.net

Physiotherapy



The Trust offers a dedicated, full time physiotherapy service providing information and advice on self help as well as offering treatment if required.
Tel: 0113 229 1300 Ask for Kerry

Staff Support and Therapy Service

Offers anonymous and confidential support and therapy to all BDCFT staff, who can access the service for quick advice, signposting, a range of workshops or to access psychological therapy. The workshops and peer support groups cover a range of topics including menopause, sleep, stress, neurodiversity, managing loss, anxiety and resilience, as well as much more.
Contact the team on 01274 251909 or psychologicalstaffsupport@bdct.nhs.uk or visit SharePoint for further details.

Staff Wellbeing Room

Moorlands View reception, Lynfield Mount Hospital, BD9 6DP.
Open 7 days a week 06:30am until 20:00pm.
Some key features of the room include:

- A variety of drop in sessions with specialists such as Wellbeing @ Work, Childcare Support Service, Occupational Health, Staff Support and Therapy Service and more
- Pre-bookable massage and Health MOT monthly sessions
- Equipment to check and monitor your BMI and blood pressure
- A range of health and wellbeing resources
- Expressing facilities for NHS working parents

Please see SharePoint for the full timetable or contact Wellbeing.Work@bdct.nhs.uk

Email: wellbeing.work@bdct.nhs.uk
Intranet: Click on Wellbeing@Work on home page of SharePoint
Tel: 07825 853548