

#TeamStockport

STAFF WELLBEING &
OCCUPATIONAL HEALTH SERVICE



Stockport
NHS Foundation Trust

HEALTH AND WELLBEING

Our services

This leaflet gives you information about the services we offer including

Staff Wellbeing & Occupational Health Service
Menopause Wellbeing
Staff Counselling
Staff Psychology and Wellbeing Service "SPAWS"
Mental Health First Aiders
Health and Wellbeing, Exercise and Complementary Services
Podiatry • Staff Physiotherapy
Cycle To Work Scheme • Financial Wellbeing
Staff Discounts • Staff Travel Incentives
Reduced Membership at Life Leisure Stockport



For more information visit the Health and Wellbeing microsite on the intranet
Click <https://intranet.stockport.nhs.uk/business/intranet/microsites/ViewSite.aspx?siteid=396>
email HealthandWellbeing@stockport.nhs.uk or scan
call Occupational Health on (0161) 419 5491





Staff Wellbeing & Occupational Health Service

The Staff Wellbeing & Occupational Health

Service offers a wide range of services including help with smoking cessation, alcohol awareness, weight loss, health and wellbeing lifestyle assessments and lifestyle screening. Confidential telephone-based advice and appointments are also available on a self-referral basis. To self-refer or to talk to someone about this or other services, contact the Occupational Health Service on (0161) 419 5491 or visit the Occupational Health microsite

The **Pharmacy Shop**, which you can contact on 0161 419 4466, also offers smoking cessation support for staff members as well as the following services:

- 20% discount for all staff members on most over-the-counter purchases
- Healthy Living Advice
- Blood Pressure Checks
- Seasonal Flu Vaccination Service
- Emergency Hormonal Contraceptive Services



Menopause Wellbeing

Looking after and supporting our staff at Stockport is a critical priority. A large proportion

of our workforce is female and our aim is to provide support and guidance for all staff who are experiencing menopausal symptoms including: working with 'Hempicked' to become an Accredited Friendly Menopause Organisation; providing Menopause in the Workplace guidance for managers and colleagues <https://intranet.stockport.nhs.uk/business/intranet/documents/docmanviewer.aspx?d=107010> and a dedicated menopause resource centre on our intranet. For more information go to the People Directorate, and Health and Wellbeing microsites on the Intranet.

If you would like this leaflet in a different format, for example, in large print, or on audiotape, or for people with learning disabilities, please contact:

Patient and Customer Services, Poplar Suite, Stepping Hill Hospital.
Tel: 0161 419 5678. Email: PCS@stockport.nhs.uk.

A free interpreting service is available, if you need help with this booklet/ leaflet. Please telephone Stockport Interpreting Unit on 0161 477 9000.
Email: eds.admin@stockport.gov.uk

如果你需要他人為你解釋這小冊子/單張的內容，我們可以提供免費的傳譯服務，請致電 0161 477 9000 史托波特傳譯部。

W przypadku gdybyś potrzebował pomocy odnośnie tej broszurki/ulotki, dostępne są usługi tłumaczeniowe. Prosimy dzwonić do Interpreting Unit pod numer 0161 477 9000.

যদি এই পুস্তিকা/প্রচার পত্রটি সম্পর্কে আপনার কোন সাহায্য দরকার হয় তবে বিনা খরচে আপনার জন্য দোভাষীর ব্যবস্থা করা : ০১৬১ ৪৭৭ ৯০০০ মহে।

اگر آپ کو اس کتابچے/فلٹ کے بارے میں مدد کی ضرورت ہے تو مفت ترجمانی کی سروس دستیاب ہے۔ براہ مہربانی انٹرپرائزنگ یونٹ کو 0161 477 9000 پر فون کریں۔

شما میتوانید از خدمات ترجمه رایگان استفاده کنید و در صورت احتیاج به ترجمه ی این نشریه به طور حضوری یا شماره تلفن اداره ترجمه تماس بگیرید 0161 4779000

تنوفر خدمة ترجمة شفوية اذا تطلبت مساعدة في فهم هذا الكتيب/النشرة. نرجو الاتصال اربن رينيول على رقم الهاتف: 0161 477 9000

Our smoke free policy

Smoking is not allowed anywhere on our sites. Please read our leaflet 'Policy on Smoke Free NHS Premises' to find out more.

Telephone Helplines

- [Open Door 24/7 mental health crisis service, 0800 138 7276](tel:08001387276)
- [Stockport Healthy Minds, 0161 716 5640](tel:01617165640)
- [Stockport and District MIND, 0161 480 7393](tel:01614807393)
- [Stockport Psychological Wellbeing Service, 0161 480 2020](tel:01614802020)

Online Support:

- [Healthy Stockport https://www.healthystockport.co.uk/](https://www.healthystockport.co.uk/)
- [Self Help Improving Mental Health www.selfhelpservices.org.uk](http://www.selfhelpservices.org.uk)
- [e-couch https://ecouch.anu.edu.au/new_users/welcome01](https://ecouch.anu.edu.au/new_users/welcome01)
- [NHS Mental Health https://www.nhs.uk/Conditions/stress-anxiety-depression](https://www.nhs.uk/Conditions/stress-anxiety-depression)
- [MIND https://www.mind.org.uk](https://www.mind.org.uk)



Staff Psychology & Wellbeing Service “SPAWS”

SPAWS offer brief psychological support to help you navigate a way through any difficulties you may be experiencing on issues relating to emotional wellbeing at work. For further information and referral forms visit the Health and Wellbeing Microsite or email spaws@stockport.nhs.uk. There is also a page on the Stockport NHS Foundation Trust Facebook Staff Group



Mental Health First Aiders

A Mental Health First Aider in the workplace is the go-to person for anyone who may be experiencing mental health issues or emotional distress. After an initial conversation with you, they will be able to give support and guidance signposting you to the appropriate help. More information is available on the Health and Wellbeing microsite and posters around the Trust

Health and Wellbeing, Exercise and Complimentary Services



At only £3 per session various classes to support your health and wellbeing are available at Stepping Hill Hospital with more to come:

Tai Chi on Mondays 5:15 – 6:00 pm in the Physiotherapy Gym no need to book

If you feel stressed or run down, or perhaps you need a lift then why not try some complementary services such as **Reflexology or Bach Flower Remedies**. Treatments have been subsidised by the Trust and so the cost is **£15 per session for up to 6 sessions per year** per client. For more details or an appointment, contact Janet Kaye on 07946 421 641



Podiatry

Staff can self-refer to the Podiatry Service for foot related health issues. The service provides appropriate triage, assessment, advice, and treatment if required. To make an appointment contact the

Single Point of Access Team for booking on 0161 204 4777 and choose option 2 followed by option 1



Staff Physiotherapy

The service is designed to support you in work, aid, return or prevent problems becoming chronic, so only new acute/subacute problems **that have existed for up to 4 weeks** can be accepted. An online referral

form is sent directly to our team for your request to be triaged and you will be contacted by a member of the Therapies team to discuss your condition. You will need to provide your Trust employee number to complete the form. Click the link [Self-Referral](#) for the Physiotherapy form or visit the Health and Wellbeing microsite on the Intranet, or call Occupational Health on 0161 419 5491



Cycle To Work Scheme

The Cycle to Work Scheme is a government backed initiative that enables you to obtain a bike and/or cycling accessories to use for riding to

work whilst making Tax and National Insurance savings from your gross pay through salary sacrifice. For more information about this and the scheme visit <https://www.cyclesolutions.info/stockport>



Financial Wellbeing

Financial wellbeing has never been more important, and to find out more about the financial benefits you have access to including **salary sacrifice, home electronics, cycles, lease cars, Stockport Credit**

Union and salary finance, visit the employee benefits section in the People Directorate microsite <https://intranet.stockport.nhs.uk/Business/Intranet/Microsites/ViewSite.aspx?pageid=9108>, or [Salary Finance](#).



Staff Discounts

Blue Light Card & Other Benefits

Blue Light Card provides NHS staff with discounts

online and in-store offering a wide range of categories including holidays, cars, days out, fashion, gifts, insurance, phones, and reduced cost membership and much more. For more information and to register click <https://www.bluelightcard.co.uk>. To access many more NHS discounts, click <https://healthservicediscounts.com>



Staff Travel Incentives

We encourage staff to minimise car use as much as possible. The following benefits are available to all those wishing to walk, cycle or take public transport:

- Cycle Lease Scheme
- Shower and changing facilities
- Secure cycle parks across the SHH hospital site
- Walking to work will improve your fitness

For more information, please go to the Health and Wellbeing microsite



Reduced Cost

Membership at Life Leisure Stockport

Life Leisure is offering Blue Light NHS workers high

quality, excellent value fitness clubs to help improve quality of life. As a member you will have access to state-of-the-art gyms, swimming pools and extensive aerobic timetables and more. You can sign up for reduced cost membership from as little as £9.99 for the first 3 months and then a Corporate membership based on at least a 6 month DD contract (Only redeemable through Ellen McDowall on www.lifeleisure.net or 0161 482 0900/07798 698 630)