

Staff Benefits

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

Health & Wellbeing Support

- Staff Support and Therapy Service
- Staff wellbeing room
- Building psychological resilience
- Managing stress
- Mental Health First Aiders (MHFA)
- Wellbeing events
- Fitness & weight loss challenges
- Mediation
- Menopause support
- Free wellbeing apps

Childcare Support

- Virtual maternity workshop
- Virtual peer support groups
- Finding childcare advice
- Funding childcare advice
- Childcare voucher scheme (for existing members)
- On site nurseries
- Holiday provision
- Breastfeeding support
- Infant loss support
- Discounted family activities

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

Workplace Options

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.

Freephone: 0800 243 458

Email: assistance@workplaceoptions.co.uk

Website: www.workplaceoptions.com

Login using username: bradford
password: employee

Occupational Health & Wellbeing

- Support to manage personal health issues
- Healthy lifestyle programmes
- Occupational therapy
- Stop smoking
- NHS health checks

Tel: 01924 306031

Email: occupationalhealth.lypft@nhs.net

Physiotherapy

The Trust offers a dedicated, full-time physiotherapy service to all staff.

Tel: 0113 229 1300

Ask for Angela

Email: wellbeing.work@bdct.nhs.uk

Intranet: Click on Wellbeing@Work on home page of SharePoint

Tel: 07825 853548