

Our Trust

benefits brochure





benefits

FINANCIAL

WELLBEING

NETWORKS


CHILDCARE


TRAVEL

DEVELOPMENT

financial

 **MyTrustBenefits.co.uk** - offers great discounts and savings on big brands and local offers.


 www.mytrustbenefits.co.uk

 **Salary Finance** - supports you to become debt free through competitive loans.

 scft.salaryfinance.com/wellbeinghub

 **Credit Unions** - supports you to make a direct saving from your salaries or via smaller loans.

 www.creditunions.co.uk


 **Help to Buy Scheme** - supports you with the biggest investment, and most expensive you will make.

 www.helptobuy.gov.uk


www.moathomes.co.uk




thepulse/supporting-you

 **Staff Direct** - is available to increase your earning. Sign up now!

 sc-tr.bank@nhs.net 01273 242227

 **Oaktree Finance** - supports you to make the best decision for yourself when it comes to retirement. Retirement seminars held throughout the year.


 thepulse/retirement

 **NHS Pension** - a great asset to you and has many benefits to offer in retirement. Login to your ESR account for details.


 my.esr.nhs.uk/




wellbeing

-  **Wellbeing@Work Festival** - held every year in May, with a series of roadshows and taster sessions across the Trust offering you a chance to drop in and take part in new things.

 thepulse/wellbeing-month

-  **Lunch and Learn** - held every month across the Trust, covering topics relating to improving wellbeing or reducing our environmental impact. Have a suggestion for future topics or if you want to recommend a speaker please email.


 hayleycarmichael@nhs.net

-  **Dare to Care** - a staff engagement programme to encourage you to create a better working life and a greener NHS, it supports the Trust Care Without Carbon strategy. Sign up to a Dare now!


 www.carewithoutcarbon.org/




thepulse/supporting-you

-  **FREE Health and Wellbeing Checks** - offers advice on lifestyle choices such as smoking cessation, weight loss and exercise. Apply now for your health check.

 thepulse/healthcheck


-  **Health Assured** - free confidential support service for you and your immediate family.

 healthassuredeap.co.uk 0800 783 2806 (FREE 24hr)

-  **Occupational Health Team** - offer Pre-employment screening, advice and support for staff and managers, occupational immunisation, occupational physiotherapy, occupational psychology and workplace contamination management.

 thepulse/occ-health

networks


 **Freedom to Speak Up** - concerned about risk, malpractice or wrongdoing please speak up and raise your concerns. Worried about something you have seen, something you think is putting patients or staff at risk, is illegal, or wrong - talk to your line manager, clinical lead, tutor or person in charge.

Your Freedom to Speak Up Guardians are Jourdan Durairaj and Naomi Bonetti.



sc-tr.raisingconcerns@nhs.net

01273 666460


 **Trade Union** - By joining a trade union you can become part of an organised group of workers who join together to achieve common goals such as better working conditions, wages and safer environment.



thepulse/supporting-you/trade-unions.htm



thepulse/supporting-you

 **Staff Networks** - the Trust supports a wide range of networks for staff to join, express opinions and work towards raising the diversity and equality of the Trust for staff and patients.

LGBT+ Network



sc-tr.lgbtnetwork@nhs.net

BAME Network



sc-tr.bame.scft@nhs.net

Disability Network




sc-tr.disability@nhs.net


More Networks to Come!




childcare

-  **Maternity/Paternity/Adoption** - need support with find childcare, maternity/paternity or adoption forms or advice please email.

 lisa.duff1@nhs.net

-  **Childcare Choices** - for advice on tax free childcare scheme please visit:


 www.childcarechoices.gov.uk

-  **Financial Support** - for information about child benefits, financial support and tax credits please visit:

 www.gov.uk




thepulse/supporting-you

 **Workplace Nurseries** - the Trust is proud to have three workplace nurseries based in Crawley, Brighton and Hove. All three nurseries are rated Good or Outstanding by Ofsted.

Nurseries are available from 7am-7pm, and have places available for children from 12 weeks to 5 years.


Nurseries accept childcare vouchers and government funded places.

Please get in touch or pop in to one of our nurseries to find out more.


 sc-tr-sctnuser@nhs.net

 thepulse/nurseries


travel

-  **Travel Bureau** - our one-stop-shop for staff and managers who'd like help reducing their business mileage, whether through route-planning, pool cars, public transport information or cycling schemes. For more information visit:

 [thepulse/travel](#)

-  **Lease Car Scheme** - provides staff with a new vehicle of their choosing which is available for both business and private use over 3 years. For more information visit:


 [thepulse/fleet-service](#)

-  **Pool Cars** - low emission business-use vehicles available either to individual drivers or teams who regularly travel. For more information visit:


 [thepulse/travel](#)




thepulse/supporting-you

 **Season Tickets** - interest free season ticket loans are available to all substantive staff and those on fixed term contracts over a year. For more information visit:

 thepulse/travel

 **Cycle To Work Scheme** - available to staff to buy a tax free bike online or by visiting a local bike shop. For more information visit:


 thepulse/travel

 **MOT Discounts** - local garages sometime offer an NHS discount. We get 15% off at Just MOT's
For more information visit:


 www.justmotorcar.co.uk




development

-  **Apprenticeships** - are for everyone, a work-based training programme which incorporates skills development, technical knowledge and practical experience. For more information visit:

 thepulse/professional-development/apprenticeships.htm

-  **Staff Exchange** - aimed at all staff (clinical and non-clinical) to come together to hear about Trust news and an opportunity to ask a question of our executive team. For more information visit:


 thepulse/staff-exchange

-  **Training Courses** - There are so many opportunities to develop yourself within the Trust. For more information visit:

 thepulse/professional-development




thepulse/supporting-you

-  **Leadership Masterclass** - delivered in partnership with the Wellbeing Collective - it has been developed as part of a wider drive to support the health and wellbeing of staff during this time of widespread change across the public sector and particularly in the NHS.

This 2 day course is available for band 8 staff.

For more information visit:

 thepulse/leadership-masterclass

-  **Coaching and Mentoring** - can help develop a high performing workforce, supporting staff to maximise their potential. For more information visit:

 thepulse/coaching-mentorship



Our vision

Excellent care at the heart of
the community

Our values

achieving ambitions

compassionate care

delivering excellence

working together



find out more

thepulse/supporting-you