**ELFT Wellbeing & Engagement Resources (INTERNAL)**

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| [**The ELFT Hardship fund**](http://elftintranet/sites/common/Private/Contentobject_View.aspx?id=62266) provides financial support to help staff when it’s most needed.  [**Home Technology Benefits Scheme**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts) enables staff to spread the cost of technological purchases by deducting monthly amounts from your salary.  [**Holiday Play Scheme Subsidy**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts) allows staff to claim back 40% of the cost of holiday playschemes that run during school holidays.  [**Credit Union**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts) is an established savings and loans cooperative that offers a payroll savings scheme and access to low-cost loans.  **‘**[**Working with’ Cavell Nurses’**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts) supports UK nurses, midwives and healthcare assistants both working and retired when they’re suffering personal or financial hardship.  [**Car Lease Scheme**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts) is a salary sacrifice scheme where staff can purchase a car and pay for it over several months. | [**Cycle To Work Scheme**](https://www.vivupbenefits.co.uk/access-my-benefits/) enables staff to purchase a bike through salary deductions making savings on Tax and Ni contributions.  **Free MOT Health Checks** happens once a year and all staff can sign up to a free health check.  [**Eye Care Vouchers**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts)allows staff to receive a free eye test at participating opticians (up to £55) and contribution to the cost of prescription glasses if they are needed for working on a computer.  [**ELFT’s Wellbeing Fitness Platform**](file:///C:\Users\willisd\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\ELFT%20VIRTUAL%20FITNESS%20PROGRAMME%20_SPRING_SUMMER%202022%20V1.pdf) provides a weekly programme with many different classes. All sessions are held via zoom.  [**Free Virtual Yoga Classes**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts)are available to all staff and are run on Mondays at 5:30pm. The sessions are held via zoom. | **The War on Waste Campaign** highlights areas where staff can reduce waste and make better use of resources. The Trust is working towards a sustainable healthcare system that works within the available environmental and social resources.  [**Display Equipment Risk Assessments**](ttps://www.elft.nhs.uk/intranet/things-support-me-do-my-job/health-safety-and-security-and-emergencies)are available for all staff to undertake to ensure you are using display screen equipment in a safe and healthy way.  **The Green Travel Plan** is an initiative to help the Trust operate more sustainably. The aim is to help the Trust achieve its carbon commitments of 80% Co2 reduction by 2050.  **Staff Break Out Rooms** **and Areas** are across the Trust. | ELFT has various [**Networks**](https://www.elft.nhs.uk/intranet/team-elft/staff-networks/equality-and-diversity-support-staff)including BAME, ELFT Ability, Intergenerational, LGBTQ and Women’s Network.  **ELFTin1Voice** is ELFT’s very own choir which all staff can be a part of.  ELFT hold an **Annual Staff Awards** ceremony to celebrate and recognise the achievements of all staff.  ELFT hold **Away Days** for all teams in the Trust for organisational development and team bonding.  ELFT hold **Religious Celebrations** for staff such as EID. | ELFT has its own [**Freedom to Speak Up Guardian**](https://www.elft.nhs.uk/intranet/all-about-me/freedom-speak) where you can raise any issues you are facing in an anonymised way.  [**ELFT Mediation Service**](https://elftintranet/sites/common/private/search_quick21.aspx?q=mediation&orderby=0&url=ObjectInContext.Show(new%20ObjectInContextUrl(2%2C59632%2C1%2Cnull%2C970%2Cundefined%2Cundefined%2Cundefined%2Cundefined%2Cundefined))%3B) creates an opportunity for all staff to resolve conflict at work in a confidential way.  [**Bullying and Harassment Advisors**](https://www.elft.nhs.uk/intranet/all-about-me/bullying-and-harassment-support-advisers) are in place at ELFT for all staff to turn to if they feel they are being mistreated at work.  [**Care First,**](https://www.elft.nhs.uk/intranet/all-about-me/staff-wellbeing-benefits-discounts) which is ELFT’s Employee Assistance Program, is a confidential helpline which can give all staff advice on a range of matters.  [**KeepingWellNEL**](https://keepingwellnel.nhs.uk) and [**KeepingWellBLMK**](https://keepingwellblmk.nhs.uk) are wellbeing hubs which offers staff confidential support, chat service, resources, self-care tools and access to therapy. |

**ELFT Wellbeing & Engagement Resources (EXTERNAL)**

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| [**Barracudas**](https://www.barracudas.co.uk/)offer NHS staff £10 off their weekly rate and half price extended hours at their activity camps. Please email [elft.employee.engage@nhs.net](mailto:elft.employee.engage@nhs.net) for the discount code.  [**Salad Money’s**](https://www.saladmoneymind.co.uk/) free financial support tool enables you to measure your spending habits, supports you with unaffordable lending and offers a saving scheme.  [**NHS Telephone Support Line**](https://www.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/) can be contacted to receive impartial money guidance and its free. Call 0800 448 0826.  [**Budget Planner Tool**](https://www.moneyadviceservice.org.uk/en/tools/budget-planner) puts you in control of your household spending.  [**Blue Light Card**](https://www.bluelightcard.co.uk/) is a benefits and discount site which costs £5.99 to register.  [**Health Service Discounts**](https://healthservicediscounts.com/) is a free discount site available to all NHS staff.  [**Dunham McCarthy**](https://www.dunham-mccarthy.co.uk/) offer NHS staff free will writing webinars. Please email [elft.employee.engage@nhs.net](mailto:elft.employee.engage@nhs.net) for upcoming dates. | **Santander** provide free 24-hour cycles (Boris bikes) for NHS staff. Please email [elft.employee.engage@nhs.net](mailto:elft.employee.engage@nhs.net) for the current access code.  [**Cooper Box Arena & London Aquatics Centre**](http://www.better.org.uk/leisure/copper-box-arena)offer all staff 20% off on membership fees.    **Dawn Boulanoff** facilitates  free yoga classes for NHS staff. To find out more info please contact Dawn on [dawnyoga4you@hotmail.co.uk](mailto:dawnyoga4you@hotmail.co.uk).  **Discounted Gym Memberships** are available to NHS staff. Please contact gyms in your area. | [**Butterfly Hug**](https://1stcontact.net/) is an online resource for traumatic stress relief using the 'butterfly hug' technique.  [**Thrive LDN**](https://thriveldn.co.uk/resourcecategory/toolkit/) have toolkits on how to support your emotional wellbeing.  [**Headspace**](https://www.headspace.com/nhs)is a mindfulness app and is free for all NHS staff.  [**Sleepio**](https://www.sleepio.com/clinic/) is a free personalised sleep improvement programme for healthcare professionals.  [**Samaritans**](http://www.samaritans.org) is a mental health charity and can be contacted for free 24/7. Please call 116 123.  [**NHS in mind**](https://www.nhsinmind.co.uk/) is a free platform containing interventions to help combat high anxiety, panic and fatigue.  [**Refuge**](https://www.refuge.org.uk/) is a helpline for domestic abuse support and can be contacted on **0808 2000 247.** |