

Wellbeing and Benefits



Career Wellbeing

- Regular 1:1s
- Annual Talent Reviews
- Career Conversations
- Apprenticeship Opportunities
- Training and Development Opportunities
- NHS Leadership Academy Courses
- Flexible Retirement Options



Financial Wellbeing

- NHS Pension
- Lease Car Scheme
- Cycle to Work Scheme
- Home and electronics savings
- Multiple NHS discounts and offers
- Total Rewards



Mental Wellbeing

- Health & Wellbeing Champions
- Freedom to Speak Up Champions
- Mindfulness & stress control courses
- Listening rooms to support staff
- REACT mental health conversations training
- Wellbeing Apps



Physical wellbeing

- Gym membership
- Fitness Apps
- Eye test support
- Self-help Guides



Holistic

- Employee Assistance Programme
- Flexible & hybrid working
- Health & Wellbeing conversations & training
- Staff Social Events
- Monthly wellbeing check-ins
- Menopause Support
- Regular communication & engagement opportunities and channels.



Recognition & Reward

- Staff Excellence Awards
- Long Service Awards

