

Rewards and Benefits



January 2020, Issue 17



We hope you had a great Christmas and New Year and are looking forward to what 2020 has to offer you. Take a look at this edition, there are lots of offers and information to help you with you New Years resolutions.

JD GYMS
WYTHENSHAWE

1ST MONTH ONLY £10!
THEN...

JUST £19.99 PER MONTH **NO CONTRACT** **NO JOINING FEE**

HUGE GYM WITH 300+ CLASSES PER MONTH & SAUNAS INCLUDED

COME IN & JOIN NOW*

*PLEASE BRING YOUR NHS ID INTO THE GYM TO CLAIM THIS OFFER

→JDGYMS.CO.UK/WYTHENSHAWE

SOUTHMOOR ROAD, WYTHENSHAWE, M23 9DS

JD Gyms will be outside Comfort Kitchen, Wythenshawe Hospital
Monday 13th January 2020
11:00am till 2:00pm



Employee Assistance Programme (including Counselling Services)

At MFT we appreciate that high quality patient care relies on motivated and highly skilled staff, who are not only physically and mentally well enough to do their jobs but feel valued, well supported and fully engaged.

MFT Employees can access a 24 hour support service to help you through life's issues or problems.

If you need support for:

Counselling (Face to Face or via Telephone)*

**A telephone service is available for employee's partners and children aged 16-24 living in the same household, but excludes face to face counselling and legal advice.*

Work Advice

Family Issues

Stress

Legal Issues

Consumer Disputes

Debt Advice

Call our Partner Health Assured in strictest confidence on:



0800 0 282 047

(Outside the UK: +44 161 836 9498)

health assured

You can also access our online Health and Wellbeing Portal, through **Health Assured**, for:

Online Health Assessment

Personal Coaching Tools

Mini Health Checks

Work Life Assistance

Fitness and Lifestyle Advice

Self Help Programmes

Home Life Support

Health Information

www.healthassuredeap.co.uk

Username: MFT Password: MFT

If you have any issues, concerns or feedback regarding the Employee Assistance Programme (EAP) service please contact the Employee Health and Wellbeing Team via ehw@mft.nhs.uk



Join our Christmas Club
NOW for payroll saving
and a stress-free festive
season in 2020



Start saving through your pay for Christmas 2020

Our payroll partners [Manchester Credit Union](#) are inviting staff to join their Christmas Club and enjoy a stress-free financial festive season in 2020.

Many workers feel the stress and strain of debt following the Christmas season – thousands have joined Manchester Credit Union in order to start saving today and avoid the financial hangover next Christmas.

The Christmas Club is free to join – deposits can be made through deductions from your monthly pay that, once set up, are deducted automatically. Once set up, there is also the opportunity to access fair and affordable loans that can also be repaid through payroll deductions. Speak to our HR department to get started.

The Christmas Club account operates as follows:

- Accounts can be opened at any time.
- Savings must be made on a regular basis, weekly, fortnightly or monthly.
 - You must save for at least 26 weeks out of 52
 - Savings cannot be touched until the first week in November.
 - Any withdrawals during the year will invalidate the account.

For more information on savings and loans that aim to help you take control of your money matters, find out more about [Manchester Credit Union](#).

YOGA

Mondays between 5:15pm - 6:00pm

from Monday 13th January

£25 for 6 week course

£15 for 3 weeks

Oxford Road Campus

Email: Katie.James@mft.nhs.uk

and Robert.Webb@mft.nhs.uk

Open to MFT staff

***limited spaces**

YOGA

Tuesdays between 5:15pm - 6:00pm

from Tuesday 14th January

£25 for 6 week course

£15 for 3 weeks

University Dental Hospital Manchester

Email: Robert.Webb@mft.nhs.uk

Open to MFT staff

***limited spaces**



Marando Fitness

Personal Training



Individual sessions and Group sessions

Free fitness assessment and consultation

Food analysis

Nutrition plans

Measurements

Session Plans updated every 6 weeks

Motivation and Support

Train at location of choice

**10% discount for
NHS Staff**

For more information contact Sharon on 07907 032 462
or email sharonmarando@hotmail.co.uk

www.marando-fitness.co.uk



Marando Fitness

Pilates class



10% NHS Discount

Wednesdays @ 6:30pm

Christ Church United Reformed
111 Burnage Lane
Manchester
M19 2WH

It improves fitness, back problems, body shape, creates lean muscular tone and improves posture, flexibility, stamina and balance. It incorporates deep breathing which helps promote relaxation and focus

To sign up contact on Sharon on 07907 032 462
or email sharonmarando@hotmail.co.uk follow on
twitter/Facebook/ www.marando-fitness.co.uk

Would you like to join the Nightingale Choir?



Singing as part of a group is well known to improve mood and reduce stress levels and is a great way to unwind after a busy day at work.

The Nightingale Choir is a friendly, enthusiastic group of staff and volunteers from across MFT. We are a Hallé Corporate Choir and we sing a wide range of music in a fun and relaxed environment, performing regularly to varied audiences.

The choir started in October 2015 as the only public sector choir in the Hallé Corporate Choir programme. We are mentored by a Hallé conductor and our main performances are the Hallé corporate choir festival in June and the corporate choir competition in November each year.

We also sing for patients and staff on the wards at key times of the year, and perform at various Trust and external events. We have previously sung at the Whitworth Art Gallery and Manchester Cathedral, and this year are proud to have been invited to sing at the NHS Unsung Hero Awards in Manchester.

All MFT staff and volunteers are very welcome to join us.

We rehearse most Tuesdays at 5:30pm in the Lecture Theatre, Nightingale Centre, Wythenshawe Hospital. Membership is free, there are no auditions, you don't need to be able to read music and no previous choral experience is necessary.

We would love to see you!

For more information contact Megan Bydder megan.bydder@mft.nhs.uk

Hypnotherapy for MFT Employees

Baguley House, Wythenshawe Hospital - 0161 291 3574

We offer hypnotherapy to staff for issues such as Stress Management, Smoking Cessation, Weight Loss, Sleep Problems and Phobias as well as IBS.

Packages available:

Weight Loss = 6 Sessions.

Smoking, Sleep and Phobias = 3 Sessions.

Stress Management = 4 Sessions.

Relaxation = Single Session are available.

(Session numbers are for guidance only - your therapist will advise after the consultation)

Treatment = Weekly one hour appointments.

The first appointment is the Consultation.

All appointments will be on the same day and time.

Clinics run throughout the day Monday to Friday and Saturday mornings.

Cost: **£30.00 for the Consultation** and **£40.00 per Session**, payment to be made at the **Cashiers Office where you will receive a Staff Voucher.**

For further information or to book a session please contact Helen Whittle on 0161 291 3574 to discuss your requirements.



Staff Podiatry Clinic FREE Assessment and Care Plan

Tuesday and Wednesday Afternoon Clinics
(Appointments are between 1:00pm to 3:30pm)

Diabetes Centre, Hathersage Road, Oxford Road Campus.

A limited range of consumables e.g. insoles are available to purchase.

Please complete the on referral form from the Rewards and Benefits intranet page, under Wellbeing & Work Life Balance and return to Stella Kenny, Reward and Benefits Administrator, Wythenshawe Hospital - 0161 291 4717 - rewards.benefits@mft.nhs.uk



BAKEDbyCJ@gmail.com

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WHAT ARE WE ABOUT?

NAUGHTY, NEVER GUILTY

We make delicious treats from our little kitchen at home & pour our heart into every bake. You might end up feeling a bit naughty, but fear not!

We use plastic free, plant-based packaging so you can enjoy your treat & help us help the planet.




IF ANYONE, YOU DESERVE A TREAT

THANK YOU NHS STAFF!

Use the code SUPERHERO for 10% off brownie orders





Beauty in the heart of the Mediterranean

In the paradisiac fisher village of Cabanas de Tavira Mr.Stuart house is waiting for you to make sure that you can enjoy the secrets of Algarve in the greatest comfort. Enjoy all amenities necessary for an amazing and relaxing stay. Swimming pool, cable TV, beach and pool towels, relaxing balcony and the best amenity of all - Algarve stunning sun

20% discount to MFT employees

Promotional Code **NHSHEROES** expires March 2020

Visit www.mrstuarhouse.com



From **Monday 13th January 2020** there will be some changes to the inter-site shuttle bus services.

MFT will be **trailing a new shuttle bus service between Oxford Road Campus and Wythenshawe Hospital** for the first six months of 2020.

[Wythenshawe to Oxford Road Campus – Depart Bus Lay-by Entrance 5 & 6, Drop off Bus Stop on the Boulevard](#)

[Oxford Road Campus to Trafford Hospital – Changes to existing Timetable](#)

The shuttle services can be used for commuting or business travel and are free to staff members who show their MFT ID. Please remember that this is a trial and feedback will be reviewed continuously and at the end of the 6 months to determine whether the service is viable and whether the timetable is working. Email ECOteam@mft.nhs.uk for more information.

Dates for your Diary

Wednesday 8th January 2020 – Pop-Up Bike Workshop, Wythenshawe Hospital, ERC Building FREE Bike Check Ups – Please book in advance hello@revolovemcr.com or call 07939 062 600.

Thursday 9th January 2020, 10:00am till 3:00pm – Simplyhealth Promotional Stand, Outside Comfort Kitchen, Wythenshawe Hospital.

Monday 13th January 2020, 11:00am till 2:00pm - JD Gyms Wythenshawe, Outside Comfort Kitchen, Wythenshawe Hospital.

Classes at MFT

Every Monday 5:15pm till 6:15pm Boxing for Fitness, Seminar Room 4, ERC, Wythenshawe Hospital.

Every Monday 5:15pm till 6:00pm Yoga, Oxford Road Campus *Limited spaces*
Email katie.james@mft.nhs.uk or robert.webb@mft.nhs.uk for further information.

Every Tuesday 5:15pm till 6:00pm Yoga, University Dental Hospital Manchester *Limited spaces*
Email robert.webb@mft.nhs.uk for further information.

Every Wednesday, 5:30pm till 6:30pm Vinyasa Yoga, Seminar Room 4, ERC, Wythenshawe Hospital.

Every Wednesday, 5:45pm till 6:45pm Vinyassa Yoga, Seminar Rooms A & B, 5th Floor, Childrens Hospital Research Department, Oxford Road Campus.

Every Thursday, 1:00pm till 1:30pm Buddhist Meditation Class, Prayer Room at Entrance 3, Wythenshawe Hospital.

Pilates Classes, Tuesday morning and afternoon, Wednesday and Thursday afternoons, for further details please email cmftpilates@live.co.uk

Your Rewards and Benefits Team

Yvonne Atherton – Rewards and Benefits Coordinator, Wythenshawe Site – **0161 291 2332**

Deborah Chew – Rewards and Benefits Advisor, Oxford Road – **0161 701 0851**

Stella Kenny – Rewards and Benefits Administrator, Wythenshawe Site – **0161 291 4717**

We are always looking for new and exciting deals; if you have any feedback or suggestions you would like us to look into please email us at rewards.benefits@mft.nhs.uk