

STAFF BENEFITS

NHS Pension scheme

The NHS Pension Scheme continues to be one of the most comprehensive schemes available in the UK.

Membership of the NHS Pension Scheme is automatic when you join us and as your employer, we pay a contribution equal to 14.3 per cent of your salary towards the cost of your pension. Find out more at

www.nhsbsa.nhs.uk

Family friendly

Our range of flexible working options are designed to help you as a parent or carer balance your work and home life. We also offer maternity leave, paternity leave, adoption leave and parental leave.

Training and development

Helping you develop in your role and as an individual is important to us. We offer a broad range of training and development opportunities throughout your career. Speak to our training and apprenticeships teams to find out more.

Recognition and long service

Staff awards: Nominate a colleague or team for a job well done or for demonstrating our values by entering them into our annual awards.

Long service awards: Celebrating the loyalty of our staff is important to us. We recognise long service with a gift for those who have worked in the NHS for 20, 30 and 40 years.



Travel Benefits and Salary Sacrifice

Cycle to work: Get a brand new bicycle at a discounted rate and benefit from tax and national insurance savings by paying for it through your salary.

Car salary sacrifice scheme: We offer a salary sacrifice scheme for brand new cars. Benefit from tax and national insurance savings by paying for your car through your salary.

Salary Finance: pay off debts, build your savings and borrow at affordable rates through your salary.

Discounts and salary sacrifice

A healthy workforce is important to us. We offer a number of services to staff including:

Vivup Employee Assistance Programme (EAP) offer differing levels of support to employees, including a 24/7/365 telephone helpline, face to face counselling, online Cognitive Behavioural Therapy (CBT) workbooks and additional support and training services www.vivup.co.uk

The Wellbeing Line offers confidential mental health and wellbeing support for everyone working and/or volunteering in health and social care in Gloucestershire. Call **0300 421 7500** or email hello@thewellbeingline.co.uk

Fast Track Physiotherapy is a designated physiotherapy service for all employees. You can refer yourself at any time if you are experiencing musculoskeletal pain and will be offered a telephone assessment between 2 -7 days following your referral. Refer yourself here:

www.ghc.nhs.uk/self-refer/fast-track-physio

Discounts and salary sacrifice

Vivup is our employee benefits partner. They offer discounts on travel, leisure and gym membership, as well as payment schemes for home electronics, cars and bikes.

www.vivup.co.uk

Blue Light Card provides those in the NHS, emergency services, social care sector and armed forces with discounts online and in-store. A range of official discounts from large national retailers to local businesses in a wide range of categories including holidays, cars, days out, fashion, gifts, insurance, phones and much more!
www.bluelightcard.co.uk