

Wellbeing staff benefits

As an organisation, we offer plenty of staff benefits. Below is a list with a brief description of some of those benefits. Please ask the HR team for more information.

Health and wellbeing intranet page: Events calendar, articles, list of Mental Health First Aiders, useful links on wellbeing, more information to be added for 2020.

Health and wellbeing events: Talks and professional people to speak with and share information on subjects such as diabetes, sleep, mental health, exercise, menopause and skin cancer – just some of the events that have been covered.

Mental Health First Aiders (MHFAs): MHFAs are a point of contact if you are, or someone you are concerned about is, experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists, but they can give you initial support and signpost you to appropriate help if required.

Wellbeing champions: The champions across all service areas promote and support wellbeing events and are people to talk through ideas with.

Occupational health service: Provide medical advice and support.

Flexible working options: Flexible start and finish times, working from home, compressed hours. These are just a few of the flexible working options.

Learning and development opportunities: Apprenticeships, access to nationally recognised qualifications, undertaking approved development, shared learning, on-the-job development, in-house/corporate training and plenty more.

West Suffolk We Save/financial saving: Discounts on cinema tickets, supermarkets and high street shops, cashback on holidays and money off household bills and much more. Check out the app or website. More information available on the intranet – click on Our people/Pay and rewards.

Neyber/financial wellbeing: Gives you tips and ideas on managing your money better, savings and investments. Check out the website. More information on the intranet – click on Our people/Pay and rewards.

Cycle2work scheme: Monthly payments via your payslip to help you to get moving and support a healthier you.

Purchase of annual leave scheme: Up to 10 days per annum.

Discounted Abbeycroft Leisure gym membership: Multi-site access to gym, swim and group exercise classes for just £25 per month on a six-month commitment period (normally £35).

Free onsite health checks: Advertised on the intranet via 'What's new'.

Free flu vaccinations.

Eye test reimbursement up to £25: VDU glasses contribution up to £55.

Mediation: Trained mediators to assist and support a situation and develop a plan to move forward.

Mentoring/coaching: We have several in-house mentors – ask your HR business partner for more information.

Counselling: Speak to your HR business partner for more information.

Physio: Speak to your HR business partner for more information.

Volunteering scheme: Great way to support our community and those around us.

LifeLink Coordinators: Staff can be referred to LifeLink Coordinators who support people by connecting them to social activities, clubs and groups that are on offer in the community.

