

Rewards & Benefits Hub



Monthly Newsletter

Welcome to the Rewards and Benefits Hub April Newsletter.

Providing exclusive discounts and updates for all MFT staff; please visit the [Hub](#) Intranet page to learn more about MFT's Rewards and Benefits package.

What's New?



Long Service Awards

We'd like to congratulate and thank colleagues who celebrated a long service milestone at the recent Long Service Awards.

The events, which took place at ORC and Wythenshawe, acknowledged those who have achieved 20, 25, 30 and 40 years of service in 2021/2022.

See more photos on our [Staff Celebrations Page](#)



Long Service Award applications are now open!

The MFT Long Service Award (LSA) application process has changed; we have improved the process to make it easier for staff to make an application supported by their line manager.

If you are eligible for a Long Service Award; before applying, please read the LSA Staff Guidance, downloadable on the Staff Celebration Internet page [HERE](#)!

How has the LSA process changed?

Please find a brief overview below, confirming the changes we have made to the process, making it easier for staff to apply and receive their award;

- **Colleagues** will notify their manager that they are eligible for the Long Service Award by completing the **Staff Notification Form** which can be found on the Staff Celebration Intranet page, emailing or handing it directly to their line manager.
- **Line Managers** will apply for the Long Service Award via the MFT LSA Application e-form on the Staff Celebration page.
- Once applications have been fully processed, Monetary Awards will be paid in the next available pay run.
- Applications for a Long Service Award can now be made all year round.
- The Rewards and Benefits Team will send an email to the line manager and eligible member of staff once the application has been approved and fully processed to confirm monetary award payment date and details of the Long Service Award Ceremony Event, that all eligible staff will be invited too, once an application has been approved.

Please take a look at the Long Service Award Staff/Manager Guidance documents for full details of the LSA application process.

The MFT Long Service Award Policy can be found [HERE](#)

Related legacy policies were in effect up until 31st March 2023. If you reached a milestone in the relevant legacy policy for your contract of employment prior to 31st March 2023, you will be eligible for that award, under the legacy policy. You should apply in the same way as for the MFT Long Service Award, referring to the Staff Guidance document and completing the notification form.

Please be aware that if you have already submitted a form for an award under a legacy policy but have yet to receive it, you cannot submit a further form under the new policy until you reach a further milestone as outlined in the policy. Applications for awards under legacy policies will continue to be processed appropriately during this period.

Buying and Selling Annual Leave

The window for buying and selling annual leave for 2023/2024 opened on 1st April 2023, to submit an application, please complete the e-application form that can be found on the [Buying and Selling Annual Leave page](#)



Financial Wellbeing



National Stress Awareness Month

April is National Stress Awareness Month, with poor financial wellbeing being one of the leading causes of stress, it's important to recognise what stress and anxiety look like.

Take some time to visit [National Stress Awareness Month | Office of Human Resources \(nih.gov\)](#) and familiarise yourself with ways to manage your stress.

The Employee Assistance Program is available to all MFT staff, which includes confidential counselling to support you through any of life's issues or problems. Please click [here](#) for more info.

Also, the Rewards and Benefits Hub [financial wellbeing page](#) has a wealth of resources to support you in improving the skills needed to manage your money well. Being in control of your day-to-day finances, and having the financial freedom to make choices that allow you to enjoy life now and in the future, is massively important to everyone.



MFT Wellbeing and Resilience Virtual Workshop

There's a Wellbeing and Resilience virtual workshop taking place in April, MFT are partnering with Bailey and French to deliver a 2-hour virtual Wellbeing and Resilience workshop to all staff as part of Stress Awareness Month. Find out more [Here](#)

Vivup

Who is Vivup? Vivup is an award-winning staff benefits provider supporting of more than 1.8 million employees across the UK. They are passionate about supporting organisations to improve staff's physical, financial and mental wellbeing through meaningful employee benefits that help staff save money and live healthier, happier lives.



Have you registered yet, to find out what discounts and deals are available to you?

Click [here](#) to look at some of the great cost-of-living savings Vivup can support!

How to register - All your employee benefits can be accessed through the Vivup platform. Register on [vivup.co.uk](#) to start discovering what your benefits could do for you!

Benefits on-the-go

Access your employee benefits from wherever you are with the Vivup app. Download the app through the Google Play or Apple app store.

Metro Moneywise Credit Union**'Understanding your Credit Report' Webinars in April!**

Metro Moneywise Credit Union are working in partnership with MFT and have planned webinars to take place via Teams in the month of April.

They will cover the following;

What is a Credit Reference Agency? What is a good credit score?

What is a soft credit check? What is a hard credit check?

How do I improve my Credit Rating?

Dates and times of the planned webinars and links to join are as follows;

14th April at 3pm - [Teams Link](#)

18th April at 11am - [Teams Link](#)

27th April 7pm - [Teams Link](#)

Why not save the date in your diary so that you can attend if it will support you!

Go to the [Rewards and Benefits Hub Credit Union page](#) to learn more about Credit unions.



Travel

**Sustainable Travel**

There are lots of options for you to travel sustainably, for example:

- MFT offers its staff an interest-free loan to purchase an annual pass, the cost of the ticket will be deducted from your salary over 10 months. Please go to our [Travel page](#) to find out more and apply.
- The Travel page also provides details of public transportation discounts offered to MFT staff on annual/monthly/weekly tickets, such as Stagecoach and Metrolink. Please go to our [Travel page](#) to explore the discounts.
- MFT shuttle Bus between Oxford Road Campus, Wythenshawe and Trafford General Hospital. Click [here](#) for the latest timetable and routes.

Lease Cars



Special offer Lease Cars from Fleet Solutions

Keep your eye on the EV/ULEV cars that has been secured by Fleet Solutions and will be available as special offers this month. The **MINI HATCHBACK** and **MERCEDES-BENZ EQB** will be available to order on **Wednesday 29th March at 12 Midday** via the [Fleet Solutions website](#) . The website provides the full range of available cars.

You can find the Lease Cars Intranet page via the rewards and Benefits [Hub](#) ,learn more about the car leasing scheme and create your account with VPD code 349 in [Fleet Solutions](#).

fleet
SOLUTIONS
proudly part of the **NHS**

COMING SOON

MINI HATCHBACK
135kW Cooper S Level 1 33kWh 3dr Auto

Standard rate tax payer:
From **£255** per month

Higher rate tax payer:
From **£225** per month

OFFER GOES LIVE: WEDNESDAY 29 MARCH, 12PM

The monthly cost includes:

- ✓ Insurance
- ✓ Tyre cover
- ✓ Road tax
- ✓ Breakdown cover
- ✓ Routine servicing
- ✓ Windscreen cover

NO CREDIT CHECKS | NO DEPOSITS

Instagram: @fleet_solutions
www.nhsfleetsolutions.co.uk

*Image for illustrative purposes.

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COMING SOON

MERCEDES-BENZ EQB
300 4Matic 168kW AMG Line 66.5kWh 5dr Auto

Standard rate tax payer:
From **£419** per month

Higher rate tax payer:
From **£369** per month

OFFER GOES LIVE: WEDNESDAY 29 MARCH, 12PM

The monthly cost includes:

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You & Your Family



Dinsmore Music Academy

Dinsmore Music Academy provide lessons in Piano, Guitar and Voice, in a variety of settings including students' homes, in the South Manchester Area.

Offering discount to MFT staff and their families, the offer is currently a term of 5 lessons at a reduction of 15% on their standard pricing.

Anyone wishing to make an enquiry can email them directly at info@dinsmoremusicacademy.org quoting their **NHS1** Discount Code, or alternatively can enrol directly via the website, again quoting the **NHS1** Discount Code.



Take a look at Dinsmore [website](#) to find out more about the Music Academy and the tutors' testimony's.

Nightingale Choir

Did you know MFT has a colleague choir?

The Nightingale Choir was started in October 2015 as the first public sector choir in the Halle Corporate Choir programme. The choir are a friendly enthusiastic group of staff and volunteers from across MFT and sing a wide range of music in a fun and relaxed environment, performing regularly to varied audiences.

Singing as part of a group is well known to improve mood and reduce stress levels and is a fantastic way to unwind after a stressful day at work. Being part of the choir is fun, relaxing and sociable and members have all made lasting connections with people across the Trust that they never would otherwise have met.

All MFT staff and volunteers (including those who are retired) are very welcome to join the Choir.

Membership is free, there are no auditions, you don't need to be able to read music and no previous choral experience is necessary. The only requirement is a love of singing!

If you would like to be a member of the Nightingale Choir, you can register [HERE](#)

Look out for the Nightingale Choir Intranet page – this will be hosted on the rewards and Benefits Hub and coming very soon.

Do you want to join the Nightingale Choir?

The Nightingale Choir is a friendly, enthusiastic group of staff and volunteers from the Nightingale Centre and MFT

- 🎵 We are one of the **Halle Corporate Choirs** and we sing a wide range of music in a fun and relaxed environment
- 🎵 **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
- 🎵 **No auditions and no previous choral experience necessary**

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

Health Service Discounts

Have you signed up to Health Service Discounts?

Now it is officially spring, why don't you soak up some amazing discounts and deals? Whether you'd like a [wardrobe refresh](#), to spruce up the [garden](#), or to book a [poolside haven](#), we have over 1500+ deals across top brands. Sign up and save every time you shop with Health Service Discounts!



Top deals of the month:

- Levi's – Extra 20% discount on full price items
- New Look – 14% discount
- Oliver Bonas – 15% discount
- Clarks – 20% discount

Plus many more, new discounts. [Take a look here for a full list.](#)

Not a member? [Sign up for free](#) to Health Service Discounts and save every time you shop, go to the [You and your family page](#) to find out about more offers and discounts to save you money!

Looking After You



The Body Coach App

Great News! The Joe Wicks Body Coach App has free access for all NHS staff for the initial 3 months. The App contains a wealth of resources, including exercises, strength training, delicious recipes, inspiring stories and much more. To access the App register [HERE](#) using your MFT/NHS email address, Enjoy!



For more health related discounts, visit our [Looking after You page](#) where you can find out about;

- MFT Gym discounts – Everlast gyms
- Slimming World FREE 12-week referral for eligible staff
- Blue light Hiking
- Eye tests for digital screen users

and much more!

Holiday Discounts & Offers



Summertime is here!

Planning for a holiday? Have you checked out our [Holiday Discounts & Offers page](#)?

There are lots of offers for NHS staff, such as;

- Avanti Travel Insurance discounts
- TUI holidays, up to 10% off package holidays
- Timeforme concierge service, finding the best deal for you
-

don't miss out, save money and get the best deal for your next holiday!



Armed Forces Rewards and Benefits



Armed Forces Rewards and Benefits page – hosted on the Rewards and Benefits Hub.

This page promotes discounts available for members of the Armed Forces, Veterans and Armed Forces Community. Lots of online and high street discounts, details of the Veterans Railcard, Tickets for Troops, Help for Heroes support and much more!

Click [here](#) for the Armed Forces Discount page

Core Benefits



Lime Arts Spring Offers

Lime workshops are very popular and are filling up quickly, so book now to avoid disappointment. Please share across your networks.

- **Create+ - A pioneering creative wellbeing programme for MFT staff – Last few places available starting 14th March!**
- **Artist led team building workshops - New Dates for March-May 2023**



To find out more and book, please contact Lime Art at limeart@mft.nhs.uk

Follow Lime on Twitter @limearthhealth and visit the new Lime Arts website [HERE](#)

just [Click here](#) to go to the Lime Arts Intranet page and find out more about Limes mission to embed arts and creativity into the culture of healthcare at MFT.

2023 CSS STAR Awards (Nominations close on 30th April 2023)



As the team at CSS work with colleagues from all Trust hospitals and MCS, all MFT staff and colleagues are welcome to nominate a CSS star that they work with to highlight the work that they do. As a reminder CSS is split into the following divisions; Allied Health Professionals, Anaesthetics Critical Care & Perioperative Medicine, Corporate including Infection Prevention & Tissue Viability, Imaging, Laboratory Medicine, Pharmacy. You can nominate via the QR code or by going to the CSS Intranet page [HERE](#)

MFT Library Services

The [MFT library Service](#) is a multidisciplinary resource available to all Trust-based clinical and non-clinical staff, students, researchers, educators and learners.

Using the library [Using the Library - Manchester University NHS Foundation Trust](#)

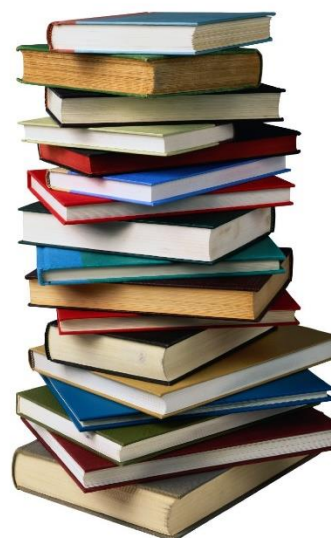
There are four libraries you can use: Oxford Road Campus, Wythenshawe Hospital, North Manchester General Hospital and Trafford General Hospital.

All four libraries offer a full range of services such as [literature searching page](#), [training](#), [document supply](#) and [outreach](#).

All books and journals, including e-books and e-journals can be searched via the online integrated [library catalogue](#).

An OpenAthens account will give you access to a whole range of online resources such as e-books, e-journals, databases and point of care resources - [OpenAthens registration form](#)

To find out more about the libraries and their facilities [click here](#).



MFT Timeforme



Celebrate Easter with Timeforme!

With Easter upon us, don't forget that MFT Timeforme has everything you need, from trips with up to 10% off, to sourcing the perfect activities to keep little ones entertained.

Timeforme is a 24/7 service – tackling your to do list, so you don't have to! Call night or day for assistance, no matter how big or small your request.

To date, we've helped Trust staff by finding cheaper energy tariffs, booking tables and making reservations, carrying out property viewings, finding local trusted traders, and many more!

Simply click [here](#) and activate your account using the welcome code **TIMEFORME**

Don't forget – MFT staff can even add a free plus 1 to utilise the service too!



Would you like to be a Rewards and Benefits Champion?

If you are keen to keep your colleagues updated on all Rewards, Benefits and Financial Wellbeing information within the Trust, then why not register as a Rewards and Benefits Champion!

As a Rewards and Benefits Champion you will be emailed a monthly newsletter, along with details of offers, promotions and campaigns we have planned enabling you to share with your Team and wider networks via the best communication channels for your area or department.

To register simply [CLICK HERE](#) and complete a very short registration form.



MFT Connect

Would you like to be able to access details of NHS discounts and benefits when out and about? The MFT Connect mobile app can be downloaded to a smartphone and access the rewards and Benefits Hub page from your mobile device. You can download the app for both iOS and Android devices. This is a great option if you have little or no access to your email and Intranet!

QR code for IOS devices



QR code for Android devices



MFT does not recommend, promote or otherwise endorse the products, services or commercial offerings of any third party. MFT is providing awareness of products, services and discounts as part of the overall Rewards and Benefits Hub service. MFT does not take responsibility or accountability for any future agreements made between MFT colleagues and external financial and utility businesses. MFT does not accept any liability for third party websites. All content and web links are correct at the time of creating this newsletter.