

Rewards & Benefits Hub



Monthly Newsletter

Welcome to the Rewards and Benefits Hub May Newsletter.

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

What's New?



Sustainability & Engagement Teams Fair

2nd - 12th May 2023

Join us as we step into Spring and meet colleagues from:

- The Sustainability Team
- Employee Health & Well-being Services
- Rewards and Benefits
- Timeforme
- Cycling UK



Learn about Sustainability and how you can benefit and get involved.



Contact: ecoteam@mft.nhs.uk for more info.

Sustainability & Engagement Teams Fair

The Sustainability & Engagement Teams Fair will be visiting sites across MFT between 2nd - 12th May 2023; why not pop over and meet the teams, who are keen to tell you more about how you can get involved in sustainability, free E-Bike hire at Wythenshawe, EHW services and Rewards and Benefits offers!

Go to the Rewards and Benefits [What's New Page](#) for more information about this months deals.

NMGH: Gallery Restaurant:
Thurs 4th & Wed 10th May, 10-3pm

ORC: MRI entrance by the Multi-Faith centre: Fri 5th and 12th May, 10-3pm

WY: Comfort Kitchen:
Wed 3rd & Thurs 11th
Education and Resource Centre: Tues 2nd and Tues 9th May, 10-3pm

Get up to date info on Rewards and Benefits available to you.



Find out what services are available to support staff Health and Well-Being.

Long Service Award application is now open all year round!

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; please read the LSA Staff Guidance before applying, the guidance is 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 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.

Due to a high volume of applications, the Rewards and Benefits team are processing these as quickly as possible. If you have recently applied, then please be patient as we will be in touch as soon as possible.

Financial Wellbeing



Discover Your Path to Financial Wellness

Streamline your finances with our debt consolidation loan.
Merge all your credit commitments into one affordable monthly repayment.

- Credit Cards
- Car Finance
- Store Cards
- Personal Loans

Pay a lower APR

Reduce the term

Salary Deduction

Save Money

To join or for more information, visit www.metromoneywise.co.uk.

All loans are subject to terms and conditions and full affordability checks will be carried out.



Members can download the Metro Moneywise app or visit www.metromoneywise.co.uk

Authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority of the Prudential Regulation Authority.

Debt Consolidation

Are you paying too much on your credit cards, overdraft or personal loans? Take a look at Metro Moneywise Credit Union to see if they can offer you a better rate as part of a consolidated loan, to streamline your finances.

Please note Metro Moneywise are responsible lenders all their loans are subject to affordability checks.

Visit www.metromoneywise.co.uk to join or for more information

You can also go to our [Financial Wellbeing Page](#) for further financial support and the [Credit Unions Page](#) provides details of how you can join and save monthly through your salary.

Shrink the cost of bank holiday celebrations with Lifestyle Savings

Enjoy offers fit for a King, whether you're eating out or dining in

Start saving at vivup.co.uk



Services and offers are subject to change. Terms and conditions for third parties may apply.

Shrink the cost of your bank holiday celebrations with Lifestyle Savings - Whether you're dining in or eating out this bank holiday, you can savour your favourite flavours for less when you redeem a wide range of food and drink discounts through your Lifestyle Savings employee benefit. From saving on your supermarket shop to enjoying money off the most-wanted food delivery services, don't wait to make the bank holiday more manageable without compromising on a delicious dining experience!

Start saving now at vivup.co.uk

Savings or offers are subject to change. Terms & Conditions apply for all third parties

Travel



E-bike FREE hire at Wythenshawe Hospital!

PLEASE NOTE: all E-bike hire enquiries MUST be made directly to ecoteam@mft.nhs.uk

The [Making Cycling E-asier](#) E-bike loan programme is now available at Wythenshawe Hospital. Month long e-bikes loans available to all staff that work on the site.



E-bikes gives extra pedal power when needed, helping cyclists to travel further and faster on a cycle commute or leisure ride. As well as bike loans, cycle confidence sessions are available to help staff get comfortable using an e-bike for the first time.

The project will support staff to stay healthy and save money on their commute to work, as well as reducing carbon emissions and air pollution in the local community.

To sign up to a cycle confidence session or a one-month e-cycle hire, please visit [here](#).

Staff based at other MFT sites can also benefit from a month long e-bike loan by contacting ecoteam@mft.nhs.uk to request a voucher code to book a hire with [Manchester Bike Hire](#).

MFT Bike Scheme



Discover how regular cycling can reduce your carbon footprint - Did you know that choosing to travel by bike instead of by car once a day can reduce your transport-related carbon emissions by [67%](#)? If you're looking to do your bit for the planet while also taking care of your wallet, visit your Cycle to Work employee benefit today. With savings of up to 42%* on bikes and safety accessories from the biggest brands, plus the chance to spread the cost across the year, you can craft your perfect cycle setup and enjoy a cleaner, greener commute to and from work this springtime

Get started at vivup.co.uk

**Savings are realised through a salary sacrifice arrangement. Excluding disposal fee (if applicable). Figures are a guide only and dependent on personal situation. Terms & Conditions apply.*

Lease Cars



Special offer Lease Cars from Fleet Solutions

To ensure you are aware of all the monthly EV/ULEV cars secured by Fleet Solutions and available as special offers monthly, why don't you also follow their Instagram? Simply scan the QR code below and be the FIRST to know!. A wide range of cars are available now via the [Fleet Solutions](https://www.fleet-solutions.co.uk) website.

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](https://www.fleet-solutions.co.uk).

fleet SOLUTIONS
proudly part of the

COMING SOON

BMW i4

400kW M50
83.9kWh 5dr Auto



Standard rate tax payer:
From **£495** per month

Higher rate tax payer:
From **£435** per month

250kW eDrive40 M Sport
83.9kWh 5dr Auto



Standard rate tax payer:
From **£425** per month

Higher rate tax payer:
From **£375** per month

OFFER GOES LIVE: WEDNESDAY 3 MAY, 12PM

The monthly cost includes:


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

Instagram: [@fleet_solutions](#)
www.nhsfleetsolutions.co.uk

*Image for illustrative purposes.


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BE THE FIRST TO KNOW!




Follow us on Instagram
@fleet_solutions

to be the first to find out about our latest special offers!



Scan me



PLEASE NOTE - If you join a salary sacrifice, the reduced pay is used to calculate pension contributions, and the value of the salary sacrifice is not included in any pensionable pay calculations. Changes to pensionable pay as a result of a salary sacrifice may affect a person's tiered contribution rate and may also affect the value of their pension in the future. More information can be found [HERE](#)

MFT Nightingale Choir



The Nightingale Choir is back – come and join us!

The Nightingale Choir is delighted to be starting up again following an enforced break due to the Covid pandemic.

The choir is for all MFT staff and volunteers and is one of the Hallé Corporate Choirs. We are a friendly and relaxed group who meet regularly to learn new songs and sing in harmony under the guidance of our Hallé conductor. We also perform within the Trust and in the community, including at the Hallé Corporate Choir events.

Everyone who enjoys singing is welcome to join the choir – there are no auditions, and there is no requirement to read music or to have previous experience. We rehearse most Tuesdays at 5:30 - 6:30pm at the Nightingale Centre, Wythenshawe Hospital, but rehearsals will also be held on Teams so people can join virtually if they can't make it in person.

To find out more, email mftchoir@mft.nhs.uk, visit our webpage [HERE](#) and register your interest [HERE](#).



You & Your Family



Amazon locker in North Manchester General Hospital

Amazon Hub Locker provides you with a self-service delivery location to collect and return your Amazon.co.uk packages.

Lockers are currently available, just before the entrance to the Gallery Restaurant at NMGH for all staff to use.



Free or Discounted live events tickets

Tickets For Good is an online platform in which NHS staff, contractors, and placement students have access to free and discounted tickets to live events.

You can sign up by using your @MFT.nhs.uk email or a relevant NHS ID. You can then access our platform and attend shows with your family and friends - even if they aren't in the NHS! It is completely free to sign up and use our platform. There is a small £3.95 booking fee per ticket which represents a tremendous discount as we often have high-value tickets on the site, including festival tickets that could be worth over £100.

Upcoming events nearby:

- [Garage Nation](#) on 30 Apr at 9pm
- [The Resurrection Festival](#) on 13 May at 10pm
- [Manchester Open Squash 2023 \(Round 1, Round 2 & Quarterfinals\)](#) on 17 May - 19 May
- [2023 Vitality Blast: Lancashire Lightning v Leicestershire Foxes](#) on 25 May at 12:30pm - 6pm
- [Parklife \(Discounted Offer\)](#) on 10 Jun - 11 Jun
- [Outbreak Festival \(Discounted\)](#) on 23 Jun - 25 Jun

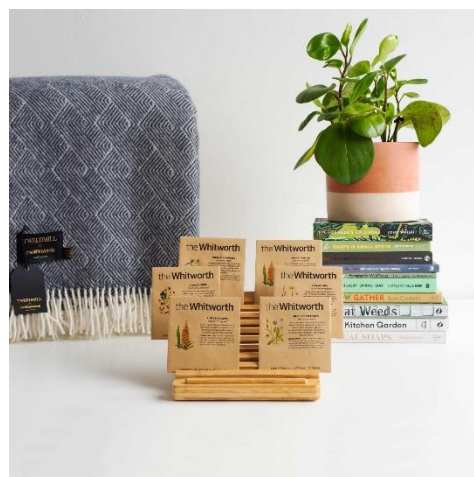


If you want to sign up, please use this [link](#) or scan the QR code!

10% off in Manchester Museum and Whitworth Art Gallery

The Whitworth Art Gallery would like to offer MFT staff 10% off in the [Manchester Museum](#) and [Whitworth Art Gallery](#) – the discount can be used online using the code below or staff can present their card in the shop or café for the 10% discount.

Code: THANKYOUNHS10



Looking After You



Health Cash Plan

MFT work in partnership with several Health Cash Plans, for colleagues to consider.

Health Shield with a cash plan to help towards the cost of healthcare bills such as dental, optical, private physiotherapy, Chiropractic and much more.

[Health Shield](#) is visiting MFT to share their health cash plan, why not pop down and speak to them?

Tuesday 2nd May at Comfort Kitchen Wythenshawe 11am – 1pm

Friday 5th May at Bevan Café Trafford Hospital

Thursday 11th May at RMCH Atrium 11am – 1pm

Monday 15th May at RMEH Atrium 11am – 1pm

Thursday 18th May Filling Station Staff Café 11:30am – 1pm

Wednesday 24th May SMH Atrium 11:00am – 1pm

Thursday 25th May at Gallery Restaurant NMGH 11 – 1



To find out more and see the full list of benefits available click [here](#) to view your Corporate plan.

Alternatively, you can contact Clare Bond, Health Shield Representative, by emailing cbond@healthshield.co.uk

You can also explore other health cash plans on our [Looking After You Page](#)

Core Benefits



[Lime Arts Summer Offers](#)

Lime's innovative creative wellbeing programme continues with free opportunities for MFT and Sodexo staff. Workshops are very popular so book now to avoid disappointment!

- [Create+](#) A six week creative wellbeing programme for MFT staff – places available for courses starting in June



- [Artist-led Teambuilding Workshops](#) at Lime’s studio at ORC – New dates released for May- July 2023
- [Lime Concert Series](#)- Lime's popular Lunchtime Concert Series at Manchester Royal Eye Hospital gives

hospital visitors, patients, and staff access to live concert performances from top musicians from the world

of classical and popular music. Enjoy a free live concert over your lunchtime – no need to book!



To find out more about Lime Art and our other projects [visit the Lime Art website](#) or email limeart@mft.nhs.uk

Going Free – Staff Page


Need a home for your pre-loved items?

If you have any household items, past hobby items or unwanted toys and books, then please add these to the [Going Free - Staff page](#) and enable other colleagues to take advantage of your pre-loved items.

It takes 2 minutes to provide the details of the items you have to share; the Rewards and Benefits team will do the rest!





Going Free – Staff Page







Do you have any unwanted items you no longer need?


MFT Rewards and Benefits Hub have launched the Going Free Staff page!

An opportunity to share items you would like to gift,
free of charge, to another colleague


Head to the [Going Free page](#) now for more details - **happy gifting!**










Why not download the MFT Connect App to your smartphone, so you can access discounts when out and about? Scan the QR code relevant to your phone to get started



Get it on Google Play



Download on the App Store

MFT does not recommend, promote or otherwise endorse any of the items shared on The Going Free page. MFT is purely facilitating the page so that MFT staff can gift unwanted items to other staff. MFT does not take responsibility, liability or accountability for any items shared between MFT colleagues.

Time for Me – The FREE Concierge Service available to all MFT staff.

Tackle Your May To-Do List

Do you ever feel as though your To Do list keeps on growing?

Whether it's a flat tyre, you've sprung a leak, or your working hours aren't compatible with contacting contractors for quotes, it can be a nightmare when life throws unexpected curveballs.

That's where Timeforme comes in. With a 24 hour phone line, the team will take your issues, and provide solutions - no matter where, when, or what.

From finding you the best deals in your area, to resolving issues as quickly as possible. No matter what you need, Timeforme is ready to help.

And don't forget - as an ABTA and ATOL registered travel agent, Timeforme will also provide up to 10% off package holidays.

So, whatever you're facing, let our experts lend you a hand today.

5 Ways To Use timeforme



1. Up To 10% Off Package Holidays

Wherever you're looking to go, and no matter what the budget - Timeforme will research, book, and organise all aspects of your perfect getaway

2. Moving House

Whether you need mortgage support, a removal company, or you need a local trusted trader, simply call Timeforme, 24 hours, 7 days a week





3. Dining Out and Experiences

If you've got an event or occasion, but are short on time, let us lend a hand. Timeforme's dedicated experts can find the perfect solution

4. Household Bills

Wondering what the best deals for your household bills are? Timeforme can research, source, and compare options - so you don't have to





5. Offers and Discounts Hub

Use Timeforme e-card discounts on all of your favourite brands. You can even use them in conjunction with existing NHS offers!

Rewards & Benefits Hub



Manchester University
NHS Foundation Trust



Scan to activate
Welcome
Code:
TIMEFORME

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.