

## Employee Discounts and Benefits

As a valued member of our team The Royal United Hospital offers a wide range of benefits & services to its employees including a range of opportunities & activities to promote your health & wellbeing.

Extensive information on our range of employee benefits & services can be accessed via the Trust's intranet pages under Health & Wellbeing.

- **Excellent pension scheme** including life insurance.
- **Childcare Voucher Purchase Scheme** - Childcare Vouchers can be used to pay for all types of childcare & are accepted by thousands of registered carers.
- Generous **maternity, paternity and adoption pay**.
- **Give as you earn** charity scheme.
- Generous **annual leave entitlement** that increases with your length of service.
- **Flexible working** arrangements.
- **Excellent career progression** opportunities within the Trust.
- **Cycle to Work Scheme** - Employees can obtain a bike & pay for it over 12 months  
[www.cyclescheme.co.uk](http://www.cyclescheme.co.uk)

### Other Benefits include:

- **On site Accommodation** for staff in substantive posts from single rooms to self-contained flats subject to availability.
- **NHS and local Discounts** - various local & NHS discounts [www.healthservicediscounts.com](http://www.healthservicediscounts.com)  
[www.healthstaffdiscounts.com](http://www.healthstaffdiscounts.com)
- Access to **Occupational Health** including staff support and Physiotherapy.
- **Free flu vaccinations** for all staff.
- **Sirona Passport to Health** – Sirona aim to specifically help those people who want to take regular activity; who are overweight, have high blood pressure or high cholesterol levels, family history of heart disease, type 2 diabetes or mild/moderate depression.  
[www.sirona-cic.org.uk/services/passport-to-health/](http://www.sirona-cic.org.uk/services/passport-to-health/)
- **Healthy Lifestyles** - Free support & advice helping people to access services that can support a healthier lifestyle.
- Award ceremony for **Staff Excellence Awards** and **Long Service Awards**.
- **Subsidised restaurants** and **Coffee Bar**.

### On site Health & Wellbeing Benefits:

The Trust provides a number of services for staff specifically geared towards health and emotional wellbeing. Some of these services are wide-ranging and because of this we have listed them as individual sections of this site. They include:

- **Caterpillars Day Nursery** for children of NHS staff from 3 months to school age. Telephone contact number 01225 824462.

- **Chaplaincy** - Provides pastoral support and spiritual care, to patients, their carers and hospital staff.
- **On Site Electric Car Hire** – [www.golow.org.uk](http://www.golow.org.uk)
- **Public Bus transport** - Discounts when tickets are purchased from the Atrium reception desk.
- **Cycle Scheme & Storage.**
- **Employee Assistance Programme (EAP)** - A free and confidential support and counselling service for our staff & their families.
- **Oasis Health Suite** – Membership to the Oasis Gym offering a fully equipped gym, fitness classes, squash court and aromatherapy sessions - all on site at the RUH.
- **Beauty Salon** - The salon is open from 07:30 to 17:30, Wednesday to Friday for all beauty therapies, including massage, reflexology and Indian Head Massage. Appointments outside these hours by special arrangement.
- **Frazurs Hairdressing Salon.**
- **Swimming Pool** - The outdoor heated pool open from May to October. Outdoor furniture and sun loungers available.
- **RUH Choir** - It's a great way to meet some new people and a good stress-buster in the middle of a busy working day.