

*A dedicated pack containing services, resources, handy discounts
and apps to support your wellbeing*

Self-Care Top Tips

- Spend time outdoors
- Have regular breaks
- Practice mindfulness
- Learn something new
- Become a Wellbeing Champion
- Take part in your FREE Wellbeing Timetable
- Speak to the Wellbeing Team if you need help with your wellbeing
- Get good quality sleep
- Drink plenty of water

To talk more about your Wellbeing and find out how your Wellbeing Team can help,

contact us on **01332 787703**

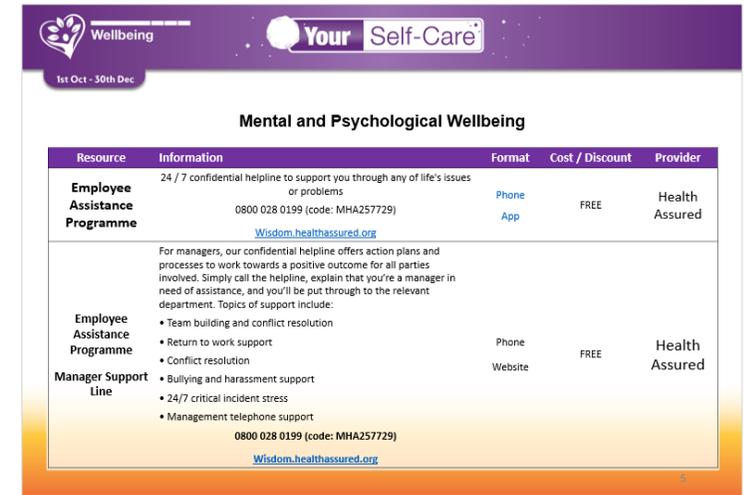
Welcome to Your Self-Care Pack provided by your Wellbeing Team

This pack allows you to browse through a list of services, discounts and apps that offer colleagues across University Hospitals of Derby and Burton NHS Foundation Trust support with their wellbeing.

If you require any assistance with Your Self-Care Pack, please contact your Wellbeing team at uhdb.getthehealthystayhealthy@nhs.net

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Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Employee Assistance Programme	24 / 7 confidential helpline to support you through any of life's issues or problems 0800 028 0199 (code: MHA257729) Wisdom.healthassured.org	Phone App	FREE	Health Assured
Employee Assistance Programme	For managers, our confidential helpline offers action plans and processes to work towards a positive outcome for all parties involved. Simply call the helpline, explain that you're a manager in need of assistance, and you'll be put through to the relevant department. Topics of support include: • Team building and conflict resolution • Return to work support • Conflict resolution	Phone Website	FREE	Health Assured
Manager Support Line	• Bullying and harassment support • 24/7 critical incident stress • Management telephone support 0800 028 0199 (code: MHA257729) Wisdom.healthassured.org			

NEW Employee Assistance Programme!

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Sustaining Resilience at Work (StRaW)	<p>StRaW is a structured conversational approach to providing peer support for mental health issues, affected by the workplace.</p> <p>Email uhdb.support@nhs.net</p>	<p>In-person Phone Online</p>	FREE	UHDB Wellbeing
Trauma Risk Management (TRiM)	<p>TRiM is a peer support conversation that aims to help people who have experienced traumatic or potentially traumatic events.</p> <p>Email uhdb.support@nhs.net</p>	<p>In-person Phone Online</p>	FREE	UHDB Wellbeing
REACT Mental Health Conversation Training	<p>The REACTMH® session provides staff with skills and knowledge to have effective and supportive conversations with their colleagues about mental health</p> <p>Email uhdb.support@nhs.net</p>	<p>In-person Online</p>	FREE	UHDB Wellbeing
Reflective Practice	<p>A valuable opportunity for teams to reflect on their actions, gain a better understanding of their experiences, and are a powerful tool for learning, growth, and supporting a positive work environment.</p> <p>Email uhdb.support@nhs.net</p>	<p>In-person Online</p>	FREE	UHDB Wellbeing

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Employee Assistance Programme	<p>24 / 7 confidential helpline to support you through any of life's issues or problems</p> <p>0800 028 0199 (code: MHA257729)</p> <p>Wisdom.healthassured.org</p>	<p>Phone</p> <p>App</p>	FREE	Health Assured
Employee Assistance Programme Manager Support Line	<p>For managers, our confidential helpline offers action plans and processes to work towards a positive outcome for all parties involved. Simply call the helpline, explain that you're a manager in need of assistance, and you'll be put through to the relevant department. Topics of support include:</p> <ul style="list-style-type: none"> • Team building and conflict resolution • Return to work support • Conflict resolution • Bullying and harassment support • 24/7 critical incident stress • Management telephone support <p>0800 028 0199 (code: MHA257729)</p> <p>Wisdom.healthassured.org</p>	<p>Phone</p> <p>Website</p>	FREE	Health Assured

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Psychological Therapy	Self-refer counselling and psychological therapy service www.trentpts.co.uk/self-referral	Website Self-Referral	FREE	Trent PTS
Time to Talk	Mental Health support and awareness campaign www.livelifebetterderbyshire.org.uk	Website	FREE	Live Life Better
Stay Alive – Suicide Support	The Stay Alive app is a suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide	App	FREE	NHS People
Climate Cafes	A climate café is a simple, hospitable, empathetic space where fears & uncertainties about our climate & ecological crisis can be safely expressed. www.climatepsychologyalliance.org	Online	FREE	Climate Psychology Alliance
Calm Harm	Helps regulate emotions and urge to self harm for teenagers	App	FREE	NHS
The ambulance staff charity	The ambulance sector charity provides support for colleagues in the ambulance sector such as counselling, support with trauma, PTSD, financial support and bereavement support.	Phone	Free	08001032999

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
SOBS (Survivors of Bereavement by Suicide)	SOBS offer peer-led support groups, online virtual support groups, a national telephone helpline, an online community forum and email support. We offer a unique and distinct service for bereaved adults across the UK, run by the bereaved for the bereaved. www.uksobs.com	Online In Person	FREE	UK Survivors by Bereavement by Suicide
Lets chat Derbyshire Podcast	Hosted by Derbyshire's mental health and suicide prevention team https://linktr.ee/dccmhsp	Podcast available on Spotify and Apple	FREE	Derbyshire Mental Health and Suicide Prevention Team
Tomorrow Project	The Tomorrow Project is a confidential suicide prevention service set up to provide both suicide crisis and bereavement support. If you would like to find out more, contact us at info@tomorrowproject.org.uk	Website and/or Appointment	FREE	The Tomorrow Project - Harmless
Chatterbox Café Wellbeing Drop-in	Chatterbox Café has been set up in Derby by a mental health service user who wanted to provide a place for other service users to meet and chat. Chatterbox Café is currently running every Friday 10-11am at Derby Quad in the Market Place in Derby DE1 3AS.	In person	FREE	Volunteer led

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Pzizz	Helps calm your mind fall asleep, stay asleep & wake refreshed	App	FREE	PZIZZ
Sleepstation	Connect with sleep experts to help fall or stay asleep throughout the night	App	FREE (GP referral)	NHS
Headspace	Meditation session to support stress, anxiety and sleep. www.headspace.com	Website App	FREE	Headspace
Every Mind Matters	Supporting good mental health www.nhs.uk/every-mind-matters/	Website	FREE	NHS
Hub of Hope	Directory of local mental health services www.hubofhope.co.uk	Website	FREE	Hub of Hope
Practitioners Health Programme	Confidential self-referral service for doctors and dentists struggling with mental health wellbeing www.practitionerhealth.nhs.uk 0300 0303 300	Appointment Helpline Website	FREE	NHS

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Shiny Mind	Shiny Mind is an evidence-based, proven mental health and wellbeing app, co-created with the NHS	APP	FREE	Shiny Mind
Brightsky	Bright Sky is a confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.	APP	FREE	Brightsky
My Possible Self	Learn to manage, fear, anxiety, stress and unhelpful thinking	App	FREE	NHS
UNMIND	Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.	APP	FREE	UNMIND
Student Health App	Reduces worry and gives confidence for students	App	FREE	NHS
Work Life Central	The WorkLife Central programme consists of a curated collection of expertise, information and inspiration available through video, live event and written format, covering five principal topic areas – Careers, Families, Inclusion, Wellbeing and Workplace. https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/worklife-central/	Website	FREE	Work Life Central

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Domestic Abuse	<p>Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting Derbyshire Domestic Abuse Helpline. It's available 24 hours per day, 7 days per week and is a single point of contact to get the help you need.</p> <p>08000 198 668 = derbyshiredahelpline@theelmfoundation.org.uk 24/7 helpline - 0808 2000 247 https://www.nationaldahelpline.org.uk/</p>	Phone / Text	FREE	Derbyshire County Council
Bottled up Blokes	<p>Peer support groups for men to help raise awareness on male mental health, increase activity and socialise.</p> <p>https://bottledupblokes.com/</p>	Website Football Peer Support	FREE	Bottled Up Blokes
Mentell	<p>Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.</p> <p>https://www.mentell.org.uk/</p>	Online Groups Local Groups	FREE	Mentell

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Papyrus	Support for young people (and friends and family) struggling with suicidal thoughts https://www.papyrus-uk.org/wellbeing-apps/	Website	FREE	Papyrus
Samaritans	Listening service for those who are struggling with mental health or thoughts of self harm/suicide	Helpline 116123 Or email: jo@samaritans.org	FREE	Samaritans
Sands	Stillbirths and neonatal deaths charity www.sands.org or helpline 0808 164 3332	Website	FREE	Sands
National Bereavement Support	Practical bereavement support 01207 268681	Website	FREE	National Bereavement Service
Body Image Support	Support with those struggling with body image perception https://firststepsed.co.uk/resources/body-image-and-perception/	Website Group Support	FREE	First Steps
SHOUT 8528	Trained volunteers are available 24/7 to offer support you getting to a safe space. Connect. Chat. Calm. Plan.	Text SHOUT to 85258 (Wont appear on your phone bill)	FREE	Mental Health Innovations

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
NHS in MIND	Exercises that can be done to help anxiety and stress, specifically for NHS during Covid-19 www.nhsinmind.co.uk	Website	FREE	NHS
Place2be	Childrens Mental Health Charity - support for parents/carers and keyworkers. https://www.place2be.org.uk/ or contact 020 7923 5500	Website	FREE	Place2be
Alcohol Support	People come to AA through many different means... choose the path that best suits you. If you prefer e-mail as a means of contact then feel free to email us at help@aamail.org or 0800 9177650	Website Phone Email	FREE	Alcoholics Anonymous
Mental Health Toolkits	Resources on mental health (Please click link in provider box)	Website	FREE	Derbyshire County Council
Text Support Service	A confidential text support service you can access by texting FRONTLINE to 85258 for support 24/7. This service is available to all our NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their mind and need to talk it through.	Text	FREE	NHS People

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Dad's Space	<p>Dad's space is a men's mental health initiative aimed at new, experienced and expecting dads to discuss their journey through fatherhood. Sessions take place 1st and 3rd Thursday of every month 7:30pm till 9:00pm Community corner, pride park, DE24 8XL For any questions, please contact Lucas Carter lucas.carter@dcct.co.uk or 01332 41614</p>	In Person	FREE	Derby County Community Trust
SupportLine	<p>SupportLine is able to offer support on a wide range of issues including relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, health concerns, homelessness, racial harassment, loneliness Helpline: 01708 765200 Email info@supportline.org.uk www.supportline.org.uk/problems</p>	<p>Website Phone</p>	FREE	Supportline
Derby Safe Haven	<p>The Service delivers a responsive programme of evidence-based intervention support to the people who access the Service, including: Self-help information and guided self-help, psychoeducation support, signposting and navigating to relevant resources or services for further support and peer support. Contact 0800280077</p>	Phone	FREE	Derby Safe Haven

Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
First Hand	First hand is for anybody affected by witnessing a suicide whether they know the person or not. First hand offers guidance to organisations/support options best suited towards you.	Website	FREE	Home - First Hand (first-hand.org.uk)
Talk to Frank	Honest Information on Drugs 0300 1236600 https://www.talktofrank.com/	Website Phone	FREE	Talk to Frank
Help is at hand	A resource for people bereaved through suicide or other unexplained death, and for those helping them.	Website	FREE	Help is at hand – Support After Suicide
Derby and Derbyshire Emotional Health and Wellbeing	This emotional health and wellbeing signposting website for Derby and Derbyshire contains local and national links and resources updated regularly. For assisted access, use the Accessibility button above	Website	FREE	Derby & Derbyshire - Emotional Health & Wellbeing (derbyandderbyshireemotionalhealthandwellbeing.uk)
SafetyPlan.net	Offering compassion, kindness and easy ways to keep people safer from suicidal thoughts. Discover the hope of recovery through powerful videos from other peoples experience. This website provides safety plans and guidance tools funded by NHS England. www.stayingsafe.net	Website	FREE	4 Mental Health

Physical Wellbeing

Resource	Information	Format	Cost	Provider
JUCD Wellbeing Timetable	An exclusive timetable of activities and classes held in person and online for all workforces within Joined Up Care Derbyshire. Password 'moon'	Book online here www.bookwhen.com/jucdwellbeing	FREE	UHDB Wellbeing
Better Health	Support better health choices https://www.nhs.uk/better-health/get-active/	Website	FREE	NHS
Class Recordings	View Your Wellbeing Teams on-demand channel of recorded classes – www.vimeo.com/showcase/8854943 password Wellbeing	Website	FREE	JUCD Wellbeing
Active Recovery	Physical activity sessions which aim to support those who have undergone cancer treatment . Active recovery helps to regain confidence, fitness and strength which can be affected by chemotherapy/radiotherapy.	Phone: 01332 416140 Email: community@dcct.co.uk	FREE	Contact Derby County Community Trust
Park Run	Weekly community 5k running groups https://www.parkrun.org.uk/	Community	FREE	Park Run

Physical Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Squeezy for Men	Companion for pelvic floor exercises	App	£2.99	NHS
Live Well	Advice, tips and tools to support health and wellbeing https://www.livewellderby.co.uk/ or contact 01332 641254	Website	FREE	Derby City Council
Couch to 5k	9 week running programme	App	FREE	NHS
Get You Better	The getUBetter app provides evidence-based advice for all common muscle, bone, and joint problems, including back, back and leg, neck, shoulder, hip, knee, ankle pain, and soft tissue injury.	App	FREE	Getubetter
Squeezy	Companion for pelvic floor exercises	App	£2.99	NHS
Changing Health	Lifestyle coaching to help loose weight and eat well	App	FREE	NHS

Physical Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Self-Care Forum	Supporting self-care for health and wellbeing https://www.selfcareforum.org/ or contact us 020 7421 9318	Website	FREE	Self-care forum
Health Unlocked	Connect with other people with similar health conditions https://healthunlocked.com/	Website	FREE	NHS
Oviva	Specialist Dietician Support	App	FREE – GP referral	NHS
Pathway through pain	Online course to help manage musculoskeletal pain	App	FREE	NHS

Financial Support

Resource	Information	Format	Cost / Discount	Provider
Hardship Fund	<p>With the support of Derby and Burton Hospitals Charity, we are able to offer financial support to individuals who find themselves suffering hardship due to unforeseen short-term circumstances.</p> <p>The UHDB Staff Hardship Fund will make a grant based on a one-off loan without repayment, dependant on circumstances and subject to approval. The value of the hardship payment is up to £500 subject to application and assessment. Download form from Neti or click here</p>	Application Form	FREE	Derby and Burton Hospital Charity
GamCHAT	Support people in Derbyshire who are affected by someone else's gambling problem. call 07506 692873 or email gamchat@daas.uk.com	Phone Online	FREE	DAAS
The Money Advice Service	Free impartial money advice Free and impartial help with money, backed by the government www.moneyhelper.org.uk	Website	FREE	The Money Advice Service
Cost of Living Support	<p>From advice around welfare rights and benefits, to support for families, people with long-term health conditions and carers. We've also got advice on how to become more energy efficient, reduce food waste and information about local food support projects.</p> <p>www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx</p>	Website	FREE	Derbyshire County Council

Financial Support

Resource	Information	Format	Cost / Discount	Provider
Christians Against Poverty	Debt counselling charity for people of all faiths. www.capu.org.uk	Website	FREE	Christians Against Poverty
National Debt line	Free confidential and independent debt advice www.nationaldebtline.org	Website	FREE	The Government
StepChange	Advice from debt experts www.stepchange.org	Website	FREE	StepChange
Stop Loan Sharks	Supporting victims of illegal vending www.stoploansharks.co.uk 0300 555 2222	Website, Helpline	FREE	The Government
Food Banks	Derbyshire - www.ruralactionderbyshire.org.uk/foodbanks Derby - https://derbycitylifelinks.org.uk/food-banks-derby/ Staffordshire - https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times	Website	FREE	Local Council
Pet Advice	RSPCA: Their website www.rspca.org.uk provides advice on how you can look after your pet's health whilst keeping costs down.	Website	FREE	RSPCA

Financial Support

Resource	Information	Format	Cost / Discount	Provider
Car Parking	Car parking guidance for the NHS: The NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	Guidance PDF	FREE guidance	NHS
Money Advice	Provides information on a range of topics, such as benefits, money troubles, savings and pensions. They also offer a free Couch to Financial Fitness programme . You can contact them for free, impartial advice via the NHS telephone support line on 0800 448 0826 or using the details on their contact us page . Find out more on their Talk Money Week page . www.moneyhelper.org.uk	Website and Phone Advice	FREE	Money Helper
Fuel Costs	The following tools can help you find the cheapest petrol and diesel prices near you: PetrolPrices app Confused.com petrol prices finder GoCompare petrol and diesel prices finder .	App and Websites	FREE	Various
The Money Course	Discover lots of practical, real-life money skills which you will be able to apply to your own situation and which will help you manage your money day-to-day www.themoneycourse.org/join	Online	FREE	Crosslight Advice

Financial Support

Resource	Information	Format	Cost / Discount	Provider
Money Saving Expert	Financial Wellbeing support and advice, specifically for NHS employees	Online - HERE	FREE	The Money Saving Expert
Uber Medic 25% Discount	Transport https://www.uber.com/en-GB/blog/uber-medics/	Click here (Online or via app)	25% discount	Uber
AA Breakdown	Up to 40% off breakdown cover for all NHS employees www.theaa.com/breakdown-cover/keyworker	40% off Online	40% off	AA Breakdown
Debt Advice	StepChange Debt Charity: Offers free debt advice to help you deal with debt and set up a solution, along with guides on the rising cost of living . www.stepchange.org.uk	Website	FREE	Step Change
Debt Advice	Angel Advance: Provides free expert debt advice to help individuals manage their debts. Their website has a specific cost of living page . www.angeladvance.co.uk	Website	FREE	Angel Advance
The National Gambling Helpline	The National Gambling Helpline: 08088020133	Phone	FREE	

Lifestyle and Family

Resource	Information	Format	Cost / Discount	Provider
Car Parking	Car parking guidance for the NHS: The NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	Guidance PDF	FREE guidance	NHS
Pregnancy Infertility Support	Helpline: 01708 765200 Email: info@supportline.org.uk www.supportline.org.uk/problems/pregnancy-and-infertility-support/	Phone Email Website	FREE	SupportLine
Sanitary Support	For support with accessing sanitary products, please contact your Occupational Health team for stock availability or visit your local food bank where these can be supplied: Derbyshire - www.ruralactionderbyshire.org.uk/foodbanks Derby - https://derbycitylifelinks.org.uk/food-banks-derby/ Staffordshire - https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times	Website	FREE	Local Authority
The Autism Information and Advice Centre	The Autism Information and Advice Service are dedicated to enhancing the lives of individuals with autism and their families in ways such as drop in sessions, monthly alliance meetings, face to face training sessions and awareness sessions. https://www.autisminformationservice.org.uk/ or autismservice@citizensadvicemidmercia.org.uk	Website	FREE	The Autism Information and Advice Centre

Lifestyle and Family

Resource	Information	Format	Cost / Discount	Provider
Change4Life Smart Recipes	Healthy recipes for the whole family	Online App	FREE	Public Health England
Relationship Advice and Support	Relationship advice and support or call 0300 303 4477 What we do Relate	Website Phone	FREE	What we do Relate
Weight management	A 12-week weight management programme which is designed to be personally tailored to support you on your journey to a healthier lifestyle.	Online	FREE	NHS People
Family Lives	Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life.	Phone Website	FREE	Parenting and Family Support - Family Lives (Parentline Plus) Family Lives
You are not alone (Motherhood support)	Are you struggling with mental health during pregnancy or as a new mum? Contact our team to offer you an assessment from 12 weeks pregnancy onwards. We can tell you about the help you with the support you can access in pregnancy up to when your baby is 2 years old. el: 01332 623911 (Derby Team) or 01246 216523 (Chesterfield Team) Email: dhcft.perinatalcmht@nhs.net	Telephone and Email	FREE	Derbyshire Perinatal Service

Lifestyle and Family

Resource	Information	Format	Cost / Discount	Provider
Smokefree	4 Week programme for those wanting to stop smoking www.smokefree.org	Online	FREE	Public Health England
Stoptober	4 Week programme for those wanting to stop smoking	App Website	FREE	Public Health England
Drinkaware	Charity working to reduce alcohol misuse in the UK www.drinkaware.co.uk or contact 0300 123 1110	Website App	FREE	Drinkaware
Drink Free Days	Supports tracking and cutting down on alcohol https://www.nhs.uk/better-health/drink-less	App	FREE	Public Health England
Family and Cost of Living	If you are struggling during the cost of living crisis, check what benefits and financial support you may be able to get to support you and your family. Below you'll find a list of benefits from childcare to maternity support. www.communityactionderby.org.uk	Website	FREE	Community Action
Pet Advice	RSPCA: Their website provides advice on how you can look after your pet's health whilst keeping costs down. www.rspca.org	Website	FREE	RSPCA
Autism Awareness Training	FREE Autism Training Program funded by Derbyshire County Council is designed to provide knowledge, skills, and strategies needed to gain better understanding and make a positive impact in the lives of autistic individuals	Website	FREE	Derbyshire Autism Services

Menopause

Resource	Information	Format	Cost / Discount	Provider
Menopause Café	Support group and ongoing chat for colleagues experiencing menopause symptoms or wanting to learn more – Third Tuesday of the month at 2pm	Online	FREE	JUCD Wellbeing
Menopause Practitioner Q&A	Ask a menopause practitioner questions about your symptoms or treatment advice – First Tuesday of the month at 2pm	Online	FREE	JUCD Wellbeing
Manager and Leader Support	Are you a manager or leader and wanting to learn more about how you can support your team, join us on a Thursday morning to discuss options and get advice	Online	FREE	JUCD Wellbeing
Menopause Awareness Training	An overview of what menopause is, common symptoms associated with it, and scenarios which will help our people better understand the ways in which they can help support themselves and each other. https://www.e-lfh.org.uk/programmes/menopause-awareness/	Online	FREE	NHS England
Menopause Webinar Recordings	Watch a series of popular menopause topics being discussed and advised by leading menopause professionals	Online	FREE	Vimeo (Password Wellbeing)

Food and Drink Discounts

Food/Drink Company	Discount Available
<u>Alphabet Brewing</u>	25% off on all webshop orders https://www.alphabetbrewing.co.uk/pages/offers
<u>Great Wine</u>	25% off for NHS staff https://greatwine.co.uk/nhs/
<u>Huel</u>	10% discount https://uk.huel.com/pages/nhs-discount?utm_source=NHS&utm_medium=Discount&utm_campaign=NHS_Discout
<u>Shake that Weight</u>	8% discount to all staff https://www.shakethatweight.co.uk/nhs-emergency-services-discount/
<u>Happy Parents. Happy Baby. Antenatal Courses</u>	10% off specialist-led antenatal courses https://happyparentshappybaby.com/
<u>Kids Pass</u>	40% off a Kids Pass membership offering deals for family days out across the UK https://www.kidspass.co.uk/nhs
Marie's Luxury Beauty and Massage	Reduced rates for NHS colleagues. Qualified Swedish Massage, Facials and Wellbeing promotion. mariexj@aim.com

Generic and Miscellaneous Discounts

Company	Discount	Type
<u>Yoga Impact Charity</u>	Free virtual Yoga for healthcare workers every Tuesday and Friday mornings 9:30-10:30am British Summer Time. https://www.yogaimpactcharity.com/covid	Health and Fitness
<u>YogaDownload.com</u>	50% off a 3-month Membership to YogaDownload https://join.yogadownload.com/nhs-offer/	Health and Fitness
<u>Echoes and Shadows</u>	15% off all fine art photographic prints, mounted prints, framed prints and greeting cards with FREE UK Delivery. https://www.echoesandshadows.com/offers	Homeware
<u>Cycleplan</u>	35% off specialist cycling insurance. Protect your bike against theft, loss or damage. Public liability insurance is also available. https://www.cycleplan.co.uk/?ref=NHSWEB	Leisure
<u>Financial Times</u>	50% off a standard subscription https://subs.ft.com/products-2?reason=expired&segmentId=7f4b8d47-a7c5-8495-0e0d-3cc9d8c20730	Leisure
Reflexology	10% discount on Ruth Marriott, Lotus Reflexology enquiries@lotusreflex.co.uk 07940 817936 www.lotusreflex.co.uk	Holistic

Generic and Miscellaneous Discounts

Company	Discount	Type
<u>Game Exchange</u>	15% Discount on all Preowned Games and Funko POPs for NHS Staff. https://www.gameexchange.co.uk/nhs-staff-bonus	Leisure
<u>Goldkey Media</u>	Free access to a specially curated selection of newspapers and magazines. https://nhs.media/	Leisure
<u>999 Wills</u>	Free (basic) Wills to all front-line workers. https://activewills.com/page/free-will-key-workers	Miscellaneous
<u>Fiat Chrysler Automobiles UK</u>	Savings on its range of new cars and commercial vehicles. https://fiatregister.co.uk/c/nhs	Motor
<u>Virtuo</u>	£30 discount on your first car rental https://www.govirtuo.com/uk/partnerships/nhs-virtuo	
<u>Herbal Happiness</u>	I'd like to please take this opportunity to confirm our web team have created a code for all NHS staff to receive a 10% discount if they purchase from our website www.herbalhappiness.co.uk The discount code is NHS22 and can be applied at the end of the check out stage.	Herbal Therapy
<u>Laughtercise</u>	Staff wellbeing and team building activities and videos https://laughtercise.co.uk/blog/wellbeing-health-tips/nhs-staff-wellbeing/	Team Building