

EMPLOYEE BENEFITS AND DISCOUNTS

We are delighted to bring to your attention details of the range of local services and benefits open to employees of the Cardiff and Vale University Health Board (the UHB).

HEALTH BENEFITS

Employee Health & Wellbeing Service provides a number of wellbeing services for staff including, Counselling, Psycho-Education Workshops and access to specialist Occupational Health advice. [Find out more about the services provided](#) on the Working for Us Pages on the UHB internet site.

Occupational Physiotherapy Service - any member of the UHB staff can self refer to [Physiotherapy](#) via the Occupational Health Department.

GLL Corporate Scheme - operated of behalf of Cardiff Council (formerly Active Cardiff) - the UHB is a member of the GLL Corporate Scheme (formerly Active Cardiff). It is a monthly payment scheme which allows you to use the facilities at any of GLL's 9 sports and leisure facilities – as often as you like and at a time to suit you. The price per month is £25.50 (as at December 2016).

For further information please see the [FAQ document](#).

Cardiff International Pool - corporate membership is now available for [Cardiff International Pool](#) and five other Leisure Centres across Cardiff and the Vale of Glamorgan.

Rhondda Cynon Taf Corporate Leisure for Life Scheme – we are also a member of Rhondda Cynon Taf's [Leisure for Life Scheme](#) which offers members of staff unlimited access to gym, swim, indoor sports and classes at all Rhondda Cynon Taf Council Leisure Centres - for a set price of just £26.25 a month.

Sports and Social Club - the [Cardiff Medical Centre Sports and Social Club](#) is based at the University Hospital of Wales site. It offers a wide range of facilities including a well-equipped fitness suite and indoor heated swimming pool, together with a variety of drop-in classes and pre-booked courses.

TRAVEL

Lease Car Salary Sacrifice – we operate a [Lease Car Salary Sacrifice Scheme](#) in conjunction with the NHS Wales Shared Services Partnership and NHS Fleet Solutions.

Lookers Loyalty Affinity Scheme – the UHB has a formal partnership with Lookers Fleet Sales Cardiff whereby our employees can be part of their '[Loyalty Affinity Scheme](#)' which will give considerable savings on personal car lease, plus also provide a donation for each sale to our Health Board Charitable Fund.

Bus Pass Scheme – we run a scheme which allows employees to purchase a [Cardiff Bus iff Card](#) by salary deduction to help spread the cost.

Cycle to Work Scheme – employees can join the [Cycle to Work scheme](#) (via salary sacrifice) which enables cycles to be sourced through local bike shops or by mail order.

Lift Sharing – if you're not sharing yet, or still have some empty seats to fill, just take two minutes to go to [Lift share website](#) and see who else is travelling into the UHB

CHILDCARE

Workplace Nurseries - we are very fortunate that we have two workplace day-care [nurseries](#) - a 60-place nursery at the University Hospital of Wales and a 30-place nursery based at the University Hospital Llandough site.

Childcare Vouchers Purchase Scheme – we have a salary sacrifice [Childcare Voucher scheme](#) which is aimed at helping reduce the cost of childcare for our employees.

LOCAL BENEFITS

NHS and local discount Schemes - for further information on the Staff Discount Schemes open to UHB employees please visit the UHB [internet site](#)

Annual Leave Purchase Scheme - did you know that the UHB has an [Annual Leave Purchase Scheme](#)?

This scheme enables staff to apply to 'buy' up to two weeks additional annual leave and spread the repayments through deductions in their salary over a 3,6, or 12 month period.

The Trading Post – provides employees the opportunity to buy and sell, give away or pick up a wide range of items on the UHB intranet site.

SUPPORT NETWORKS

Carers - if you are a [carer](#) looking after a relative, friend or neighbour, the UHB Patient Experience Department has a dedicated [email](#) account for people who are carers to use for any carer-related enquiries, problems, requests for information.

Rainbow LGBT FFlag Network – the Network has been formed as a support system for all Lesbian Gay Bisexual and Transgender employees of the UHB and straight allies / friends.

FINANCIAL BENEFITS

Credit Unions - [Cardiff & Vale Credit Union](#) run a successful payroll deduction scheme through which all NHS employees can save directly to a credit union savings account from their wages.

Staff Lottery –raises funds for the UHB Health Charity Registered Number 1056544 for the benefit of both staff and patients. It also gives staff the chance to win £1,000 on each [weekly draw](#).

Post Office® Money - Preferential currency rates on Euros and US Dollars are available for Cardiff and Vale UHB staff at the Post Office® in the Concourse at the University Hospital of Wales.