

# Staff Benefits and Wellbeing



## Spring Edition

Check out our latest schemes, offers and discounts with our quarterly newsletter and learn more about what your Staff Benefits and Wellbeing package has to offer!



### Save money on days out

Check out our amazing discounts and offers available on UK attractions, cinemas and theme parks – perfect for family days out now the warmer weather has arrived!

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### Myth Busters: Staff Lottery Edition

Why do York Hospital colleagues always bag most wins? Why do Staff Benefits never share the names of winners? Find out more



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### Christmas Savings Challenge

We know it's early to mention the festive season, but now is the perfect time to start saving to avoid the festive financial strain! See how much you can save with our three easy saving steps!

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# Staff Benefits

S U M M E R F A I R S  
2025



Coming Soon!

Bridlington Hospital - 26th June  
Selby Hospital - 1st July  
Malton Hospital - 3rd July  
Scarborough Hospital - 10th July  
York Hospital - 17th July

Visit the website or follow us on  
Facebook for more details  
@YHFTBenefits



**Staff Benefits  
and Wellbeing**

# Spring has arrived...



Planning a trip out?  
Save some pennies  
on your favourite  
places!

## Save money on days out!

### Discounted Flamingo Land Tickets

Purchase discounted Flamingo Land tickets from our Staff Shops. Tickets are £40 each, cheaper than the 'Main Season' ticket prices when buying direct. Make sure you get the best deal by price checking the date you wish to visit Flamingo Land on their website before purchasing tickets from the Staff Shop - [www.flamingoland.co.uk](http://www.flamingoland.co.uk) (Staff Shop tickets are non-refundable)

### Discounted Vue Cinema Tickets

The Staff Shops also sell discounted Vue Cinema tickets at an amazing £6 each – ask at the till to purchase. (Staff Shop tickets are non-refundable).

### Merlin Attractions

Merlin Entertainments offer a fabulous range of discounts for well known attractions and theme parks across the UK such as Alton Towers, Sealife Centers, Thorpe Park, Cadbury World, The Dungeons and more. For booking link, email [yhs-tr.staffbenefits@nhs.net](mailto:yhs-tr.staffbenefits@nhs.net)



### More discounts on days out

Visit the Staff Benefits website [www.york.nhs.uk/staffbenefits](http://www.york.nhs.uk/staffbenefits) and scroll down to select the 'Discounts and Offers' button, then select the 'Cinemas, Theme Parks and Attractions' button for our full list of discounts and offers available on days out!



# Myth Busters

## Staff Lottery Edition



We love our Staff Lottery and we're positive our members do too! Although we've heard our fair share of rumours lately, so let's separate the fiction from facts.

"Only staff based at York Hospital win the lottery, you never see winners from other sites"

### FALSE

York Hospital based staff make up **over 50%** of our members! For members not based at York, this doesn't mean you have any lesser chance of winning. The only thing that can improve your chances is how many numbers you hold in the draw.

### TRUE

The General Data Protection Regulation (GDPR) prevents us from sharing the names of lottery winners. It is up to the winners if they wish to share this information with others - although we can share the winner's lottery number, department and site.

"Staff Benefits are not allowed to share the names of the winners"

"Staff Lottery isn't worth doing, the prizes are small and the chances of winning are smaller"

### FALSE

During each monthly draw we give away a total of **£4950** shared between **10** lucky winners! With the top prize being a whopping **£1500**. Not forgetting, as our lottery is only open to Trust employees, chances of winning are far greater than any other local lottery! With a guaranteed **120** winners per year all employed by Y&S Trust.

### TRUE

The Staff lottery also funds our complementary therapy and podiatry service (subsidising each treatment by £11). It also funds our staff grants, available for weight management programmes, new fitness activities or office environment, funding up to £25 per grant.

"The Staff Lottery funds other benefits for staff"



# Onsite Fruit and Vegetable Stall

**Every Monday and Friday  
7am -2.30pm  
Located outside Main Entrance**



# Christmas Savings Challenge

We know it's super early to mention Christmas, but now is the perfect time to start saving to avoid the festive financial strain!

## Let's get started!

### Step One: How much can you afford to put aside each month?

Remember, the goal is to put away what you can afford, whether it's £10, £50 or £100, there's no amount too small. If you're unsure how much you can put away, look at your current spends and see where money can be saved. For example;

- Do you treat yourself to take out once a week, try skipping one week each month and try a 'fake-away' instead.
- The coffee you purchase on the way to work every day costing £3.50, swap to a coffee you make yourself or treat yourself every other day instead.
- Do you like a pay day splurge? Reduce your spend or budget yourself.

### Step Two: What's your savings goal?

Now you know how much you can put aside each month, let's calculate your savings goal. Ideally, you need to reach this goal by the start of the festive season. How many paydays do you have remaining between now and your final chance to put savings away for Christmas? For example; "I have 8 paydays left between now and 1<sup>st</sup> December"

Let's put this figures into a calculation:

Total amount  
to be saved  
each payday

X

How many  
paydays left until  
1st December

=

Your  
savings  
goal

### Step Three: Where to put your savings

Work out the best place to stash your Christmas savings! Putting them away in cash at home each month means they're easily available to spend on other things, consider setting up a savings account with one of our partners:

#### Wagestream

Wagestream is an app you download to your smart phone, using Wagestream you can set up a savings account, access financial help and support, draw down a percentage of your wage before payday for rainy days, check to see if you're entitled to any benefits and access discounts, offers and cashback at your favourite stores.

Setting up a savings account with Wagestream is easy! After you've downloaded the app, head to the savings option and select how much you would like to put away each payday. This amount is then automatically deducted from your pay and added to a savings account with a competitive interest rate. You can watch your savings gain interest daily and withdraw money with one working day's notice. If you decide to keep saving, your savings will automatically be added to your bank account once you reach £1000.

For more details, visit [www.york.nhs.uk/wagestream](http://www.york.nhs.uk/wagestream)

#### Leeds Credit Union

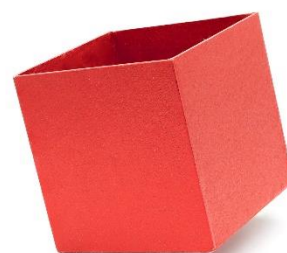
Leeds Credit Union offer you the opportunity to open a savings account, with your chosen amount being deducted directly from your wages every month. There are different types of savings accounts available, with a dedicated 'Christmas Saver' account available as an option.

For more information, visit [www.york.nhs.uk/leedscreditunion](http://www.york.nhs.uk/leedscreditunion)

## Are you ready to save, save, save!

Once you've completed all three steps, you're all set to save for Christmas! If you have any questions, queries or hesitations about setting up a savings account with the above, please contact Staff Benefits directly by emailing [yhs-tr.staffbenefits@nhs.net](mailto:yhs-tr.staffbenefits@nhs.net) (we are always happy to help!)

Good luck on your Christmas savings journey!





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sector colleagues!



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- Smart Tech
- Laptops
- Phones & Tablets
- Games Consoles
- Domestic Appliances



# Spotlight on new



# Discounts and Offers

## S Wade Tiling and Plumbing

Easingwold/ York

**15% discount** to all NHS staff

Specialising in bathroom refurbishment, also offering interior tiling projects and other plumbing works.

Please show ID badge to redeem

[www.tiling-plumbing.co.uk](http://www.tiling-plumbing.co.uk)

## Revive Skin + Nutrition

York

**15% discount** to all NHS staff

Offering a holistic approach to skin health through a combination of facial treatments and personalised advice, helping you feel confident in your own skin, naturally.

Please show ID badge to redeem

[Find on Facebook – click here](#)

## Sapphire Nurse Aesthetics

Easingwold/ York

**10% discount** off all products

Leading aesthetics clinic and training provider, specialize in delivering safe, high-quality aesthetic treatments while also training medical professionals to excel in the field

Please show ID badge to redeem

[www.sapphirenurseaesthetics.co.uk](http://www.sapphirenurseaesthetics.co.uk)

## Rio Cultural Secrets

Brazil

**10% discount**

Discover the vibrant spirit of Rio de Janeiro with Rio Cultural Secrets Private Tours, offering exclusive, tailor-made experiences that reveal the hidden gems and iconic landmarks of the Marvelous City. Please email [yhs-tr.staffbenefits@hns.net](mailto:yhs-tr.staffbenefits@hns.net) for discount code to use when booking.

[www.rioculturalsecrets.com](http://www.rioculturalsecrets.com)

## The Magpies Festival

Sutton Park

**20% discount** on tickets

The Magpies Festival will take place on 8th and 9th August 2025 at Sutton Park Stately Home, near York. The boutique festival offers an eclectic line-up of folk, americana, acoustic, swing, world music and everything in between, with a family ethos and activities to keep even the youngest of revellers entertained.

Please email [yhs-tr.staffbenefits@hns.net](mailto:yhs-tr.staffbenefits@hns.net) for discount code to use when booking.  
[www.themagpiesfestival.co.uk](http://www.themagpiesfestival.co.uk)

## Keepmoat Homes

East Coast

**Discounts available** on deposit contributions/ plot upgrades  
Our Forge Valley development in East Ayton features a range of 2, 3 and 4 bedroom homes - some of which are ready to move into. First Homes also available which gives first time buyers the opportunity to buy a new home with a 30% discount off open market value.

Please show ID badge, email [alexis.wright@keepmoat.com](mailto:alexis.wright@keepmoat.com) for more information.  
[www.keepmoat.com](http://www.keepmoat.com)

## Beauty by Beth

Tadcaster

**10% discount** on all services  
Specialising in gel and builder nails using very high-quality products, also offering eyebrow tint and wax, eyebrow lamination, eyelash extensions, and lash lift and tint.

Please show your ID badge to redeem.

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## Tish Bolton Training

York

**Block of 10 / 30-minute sessions at £160** (normally £180)

Want help, motivation & guidance to foster your health. Personal Trainer with 13 years experience in transforming body & mind.

Please show ID badge to redeem

[www.tishbolton.co.uk](http://www.tishbolton.co.uk)

## Capelli Salon

York

**15% discount** off first appointment and **10% discount** on future appointments

Services include cutting, coloring, hair treatments and on trend hair styles. Please show ID badge to redeem. Call the salon on 01904 612712

[Find on Facebook – click here](#)

## Camblesforth Hall & Grange

Camblesforth

**£500 off 2026 Weddings or  
£1000 off 2027 Weddings**

booked before 1st July 2025

Yorkshire's most unique,  
exclusive Wedding venue. A  
perfect blend of rustic barns  
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[www.camblesforth-hall.co.uk](http://www.camblesforth-hall.co.uk)

## Karen Ann Aesthetics Evergreen

York

**20% off** all services

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skin care including facials,  
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skin peels and anti-wrinkle  
treatments.

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## Jordan Gould - Personal Training

York

**20% off** packages for NHS staff

I am a personal trainer in York  
with over 12 years experience in  
the fitness industry. I specialise  
in body transformations, strength  
training, muscle building and  
gym confidence.

Get in touch below;

07800560765

[j-gould21@hotmail.co.uk](mailto:j-gould21@hotmail.co.uk)

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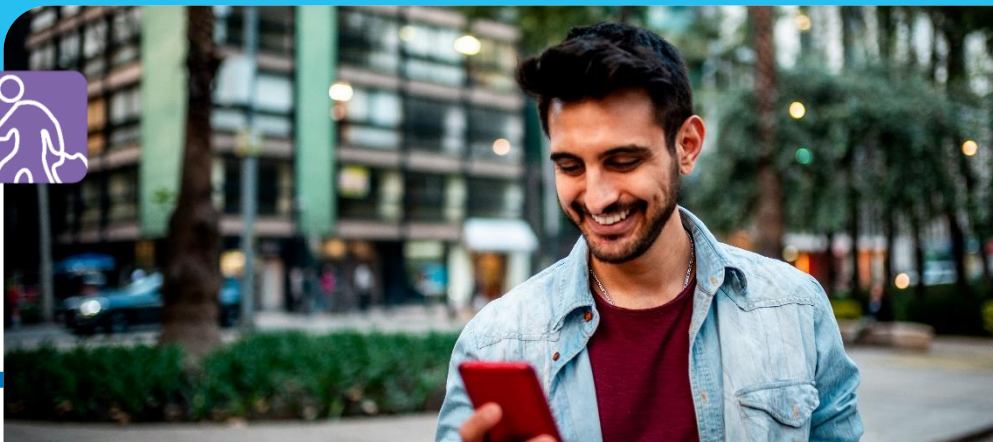
592127 or email

[rachel@yourtravelpartners.co.uk](mailto:rachel@yourtravelpartners.co.uk)

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# How we communicate with you

Stay up to date with our latest schemes, events, discounts and offers!

## Follow us on social media

Follow us on Facebook ([Staff Benefits YHFT](#)) and Instagram ([@StaffBenefits](#)) for daily updates on our schemes, offers and discounts.

## Staff Benefits Champions

Join our mailing list to be the first to receive time limited offers and discounts along with regular updates on our up and coming events and goings on.

## Staff Benefits Website

Don't forget to regularly check back on our website for updates on your Staff Benefits Package! [www.york.nhs.uk/staffbenefits](http://www.york.nhs.uk/staffbenefits)

## Got a question?

Email us [yhs-tr.staffbenefits@nhs.net](mailto:yhs-tr.staffbenefits@nhs.net) with all your Staff Benefits and Wellbeing related queries.