



Staff Benefits Handbook

Information, benefits and
discounts for staff.



Welcome...

By beginning your career within Social Care, you have not only entered into a fulfilling and worthwhile journey but have also opened up opportunities to the many benefits that will be available to you.

This booklet will give you details of how to access benefits and also details of ways to streamline your access to some of them.

What are you waiting for? Start saving today!

From,



Health and Care
People Team



Blue Light Card Benefits

Blue Light Card provides those in the **NHS**, **emergency services**, **police**, **social care sector** and **armed forces** with discounts online and in-store. Blue Light Card also works with small and large companies across the UK to get involved in supporting the blue light community through offering our members discounts through Blue Light Card.

Blue Light Card has over 2 million members from across the UK and 15,000 brand partners across a range of sectors from leisure, technology, retail to holidays.

Who can access Blue Light Card?

- **New starters**
- **Existing employees** – a range of regular offers, top offers and days out updates and targeted emails are shared to remind existing employees
- **Retired NHS employees** – Blue Light Card opened up to the retired NHS from October 2021



Benefits

- Members can access **exclusive discounts** and offers through the Blue Light Card website and app
- Offers are available on the go, through a virtual card and allow members to find local offers
- High street offers can be accessed through a physical card
- **Services Days** – Blue Light Card takes over a range of theme parks and attractions, on specific days across the UK, exclusively for our members and their families to enjoy
- **Blue Light Tickets** – a ballot-based ticketing website for our members to access free tickets from cinema premieres, food festivals to football matches and concert



Don't miss out!

Signing up is quick and easy. Just follow the steps below:

- Visit www.bluelightcard.co.uk
- Click '**Register**'
- Go to **sign up**
- Select your primary category e.g., Care company workforce
- Enter your personal details
- You will receive a verification email to the email address you've provided – This must be clicked for your account to be activated.



For more details about eligibility and the specific forms of ID that will be accepted for individual job roles, please visit the [Blue Light Card FAQs page](#).



Join Blue Light Card and START SAVING

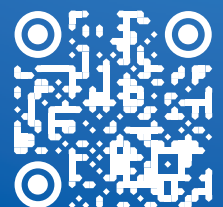


Blue Light Card is the UK's largest discount service for those working in the NHS, emergency services, social care sector and armed forces – providing our members with thousands of amazing discounts online and on the high street.

For just £4.99, members of the blue light community can register for two years access to more than 15,000 discounts from large national retailers to local businesses across categories such as holidays, cars, days out, fashion, gifts, insurance, phones and many more.

Register now at bluelightcard.co.uk

HERE FOR YOU
because you're here for all of us





GREAT DISCOUNTS on the brands you love



Exclusive
member discounts



Save 10%
on your final bill

NEW LOOK

Save up to 20%
online and in-store



Exclusive
member discounts



Save 10%
on your stay



Save up to 20%
online and in-store



Save on
cinema tickets



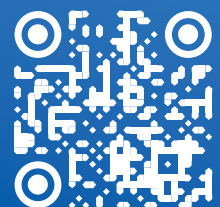
Save up to 15%
on standard entry



Save 20%
on the latest styles

To access our full range of exclusive discounts, sign up today and start saving.

Register now at bluelightcard.co.uk



HERE FOR YOU
because you're here for all of us

Other benefits available to Social Care staff

1

ODE



NHS and care workers (plus those working in charity and education) can apply for the Ode prepaid card, which gets up to 12% cashback at over 80 retailers. This includes:

- Asda 2.5%
- M&S and Waitrose 3%
- Primark 4.5%
- Boots and John Lewis 5%
- Virgin Experience Days 12%
- See a full list of brands and cashback.

2

Uniform Tax Refund



If you have to wash or repair your uniform yourself, you may be able to claim tax relief. The standard flat-rate expense allowance for uniform maintenance is £60 – though many working in the NHS are entitled to more. See the [FREE uniform tax refund](#) guide for full information on eligibility and how to claim.

3

discountsforcarers



Exclusive discounts, cashback & vouchers for Carers & Care Workers. For care assistants, live-in carers, those that care for loved ones, and everyone in between. FREE to join!

Includes:

- Burger King – Free Drinks
- Greggs – Free Hot Drinks
- McDonalds – Free Drinks
- Starbucks – Free Filtered Coffee



Other benefits available to Social Care staff

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COMPANY SHOP



Company Shop Group is the UK's leading redistributor of surplus food and household products.

- Company Shop members enjoy a unique way of shopping, offering them surplus products from well-known brands at amazing prices, helping stretched budgets go further.
- They provide members with vital access to deeply discounted food, as well as life-changing learning and development programmes; building stronger individuals and more confident communities.

Nearest store to Staffordshire and Stoke-On-Trent:
Unit 10, Castle Mill, Birmingham New Road, Dudley,
DY1 4DA (Tel: 01384 470 542)

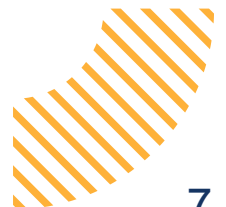
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PS discounts
Shopping Discounts For Public Sector Staff



UK's largest discounts & benefits portal for Public Sector Staff

- If you are a Public Sector employee or family member, you can save money on just about every product or service you buy.
- Join free and start using more than 7000 discounts, from supermarkets to local shops.



VIVUP Benefits

Staffordshire County Council are really pleased to announce that they have extended their **VIVUP Lifestyle Benefits Scheme** to their adult social care market.

Staff can access a range of lifestyle savings and discounts including retail, days out, food & drink and travel. There is no cost to staff, all people need to do is register!

On the registration page, please select 'commissioned service and volunteers' and in the employee number field enter the name of your employer

Free wellbeing support

In addition to our Vivup scheme, adult social care providers can also access our wellbeing support service for free, including:

- **Thinkwell counselling**

Access to free, confidential counselling via the Thinkwell Cares service. Referrals can be made by calling 01785 276899 and leaving a message.

- **InstructorLive Unlimited Access**

Register for access to all programmes on InstructorLive, which has 800+ workouts including HIIT, Pilates, Yoga, Aerobics, Dance, Strength and Toning for every fitness level as well as nutritionist-approved meal plans.





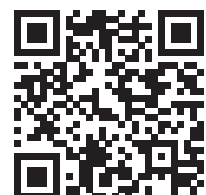
HEALTH. WELLBEING. HAPPINESS.

Staffordshire adult care providers can now access the Vivup benefits site. Register now to start saving money and improving your health, wellbeing and happiness



[VIVUP.co.uk](https://www.vivup.co.uk)

SCAN THE QR CODE WITH YOUR PHONE



Register for free on the VIVUP site to access lifestyle savings and wellbeing support



[VIVUP.co.uk](https://www.vivup.co.uk)

feeling overwhelmed
and struggling to cope?



ThinkWell provides free friendly, confidential access to counselling services

SCAN THE QR CODE WITH YOUR PHONE



The Staff Psychological Wellbeing Hub

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The Wellbeing Hub is a free (and confidential) resource for staff working in health and social care settings across Staffordshire and Stoke-on-Trent.

The goal is to create a culture, where asking for help and support is the norm!

Working in health and social care is a rewarding career but it can be difficult, and it is important we all take care of our health and wellbeing.

Full details can be found in this [brochure](#)



MPFT Wellbeing and Recovery College



Who we are

The Wellbeing and Recovery College provides recovery focused education courses that are accessible to everyone in our local communities. Their goal is to work together to create an environment of hope, control, and opportunities. If you have any questions, please contact wellbeingrec@mpft.nhs.uk



Skills for Care Wellbeing Resource Finder



Who we are

Skills for Care have compiled some resources to create a wellbeing resource finder. The resources have been grouped into topics including physical wellbeing, mental health and grief and bereavement, and may be helpful to support the wellbeing of the adult social care workforce.

Thank you



Get in touch

Email

icsretention@mpft.nhs.uk

Website

<https://staffsstokeics.org.uk/>

Address

Lancaster Building, High Street, Newcastle-under-Lyme, ST5 1PG

Social

<https://linktr.ee/hcpeopleteam>