Staff benefits for healthy living

- Complementary Therapies
- Occupational Health
- Staff Podiatry
- Staff Physiotherapy
- Staff Lifestyle Assessments
- Staff Travel Incentives
- Staff Counselling
- Child Care Vouchers

Visit the Health and Wellbeing microsite on the intranet or call Occupational Health on 0161 419 5491 for more details.

Staff Health and Wellbeing
The Trust runs a host of services designed to help you in all aspects of your working life — from physical and mental wellbeing, right the way through to looking after your pocket. This leaflet gives you more information about the services we offer.

Tai Chi / Zumba only £2 per session starting
Classes are available at Stepping Hill Hospital as follows. All classes are £2.00.
Tai Chi on Mondays 5.15–6.00pm - Physio Gym. Zumba on Thursdays - Pinewood 5.15-6.00pm.

Yoga (No need to book)
Yoga classes are available as follows - £3 a session, collected by instructor:-
- Beginners Mondays 5:15-6:30 Pinewood
- Intermediate Thursdays 5:15-6:30 Pinewood
- Anyone Tuesday 12:00-1:00 Cherry Tree (Physio Gym)

Discounted Personal Training Sessions
PT Hut in Bredbury are offering 10% discount on 1:1 Personal Training sessions for NHS Staff. No matter what it is you’re interested in whether it’s body building, strength training, callisthenics, losing weight, toning up etc. they have a personal trainer that can help or classes you can join. Contact them on TEL: 0161 425 5460 / 07446696463 E-mail: info@thepthut.co.uk Website: www.thepthut.co.uk Facebook: thepthutstockport

Occupational Health
The Occupational Health Department offers a range of services including telephone based advice and guidance on a Self-referral basis. An appointment with an Occupational Health Practitioner can be arranged where appropriate If you would like to Self-referrer please contact the Occupational Health Service for confidential advice on 0161 419 5491

iWill – Your own Health & Wellbeing Online Resource Centre
Occupational Health offers you the opportunity to access your own personal, confidential online Health & Wellbeing Resource Centre, called iWill.

There are a range of topics that will provide you with the tailored lifestyle guidance on the subject or subjects of your choice, this could be balancing your life or drinking less caffeine. In each category you will find a mix of information sheets, measurement tools as well as podcasts and videos to get you started and keep motivated. A link to the website and log on details are on the Health & Wellbeing or Occupational Health microsites.

Staff Counselling
To self-refer to the staff counselling service, please telephone 0161 419 5432 leaving your name and contact details and you will receive a call back to arrange an appointment.
**Staff Podiatry**
Staff can self-refer to the Podiatry service. If you have painful feet then find out why - telephone 0161 419 5787 to make an appointment at the Staff Podiatry Clinic at Stepping Hill Hospital, or to find out about the drop-in clinics located throughout Stockport.

**Staff Physiotherapy**
Staff with a newly developed Musculoskeletal problem can have it assessed and treated by the Trust’s Out Patient Physiotherapy staff. The service is designed as a relatively fast turnaround service to assist in keeping staff at work, or aide their return to work.

It is also to prevent problems becoming chronic, and for that reason it is **only new acute and sub-acute problems that have only existed for 4 weeks** in duration or less that can be accepted. There are, however, no restrictions on the area of the body that is involved. Physiotherapy is available at Stepping Hill Hospital, Kingsgate House and in Tameside. Please complete the Physio Referral form on the Occupational Health microsite.

**Smoking Cessation / Alcohol Support / Weight Management**
Healthy Stockport is a free, confidential local support service to help people make positive lifestyle changes. The service offers practical support on healthy eating, moving more, smoking, healthy weight, mental wellbeing and alcohol services. You can contact them by telephone on 0161 426 5085 or email info@healthystockport.co.uk as well as visiting their website [www.healthystockport.co.uk](http://www.healthystockport.co.uk) or contact Occupational health on 419 5491.

**Training and Development**
For information on Training and Development please visit the training and development microsite on the intranet or telephone 0161 419 4956 for more information.

**Complementary Therapy**
If you feel stressed or run down, perhaps you need a lift. Why not try a complementary therapy such as **Massage, Indian Head Massage, Reiki, Aromatherapy, Spiritual Healing, Metamorphic Technique, Reflexology or Bach Flower Remedies**. Treatments have been subsidised by the Trust and therefore cost to the client is **£14 per session for up to 6 sessions per year** per client. For further details or to arrange an appointment contact Sue Atkinson on 0161 285 1903.

**Staff travel**
We encourage staff to minimise car use as much as possible. The following benefits are available to all those wishing to walk, cycle and car share or take public transport:
- Interest free loans available to buy a bicycle
- Separate male and female shower and changing facilities
- Secure cycle parks across the hospital site
- Walking to work will improve your fitness (pedometers are available on loan from the Occupational Health Department)
- Discounted bus tickets and Interest free loans to purchase an annual travel card
- Staff who car share receive a reduced rate on parking and a designated car sharers parking pass

For more information please contact the travel administration office on 0161 419 5032

**Health and Wellbeing Lifestyle Assessments**
Occupational Health offer Health and Wellbeing lifestyle assessments. This initiative supports the Trust in continuing to work towards improving the health and working lives of staff. Please contact the Occupational Health Service on 0161 419 5491 to arrange an appointment then complete the Life Style assessment form on the Occupational Health microsite. Also take a look at iWill - your online personal Health and Wellbeing Resource Centre for additional support.