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# Staff Benefits Handbook

Information, benefits and discounts for staff.

**Summer 2013**

# Welcome...



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Welcome to Sheffield Teaching Hospitals Staff Benefits Handbook. It is hoped that the contents will be of interest and of use to you and your family.

Should you have any queries about any of the benefits, there are contact details attached to each of them. Should you wish to notify us of any staff benefits not in the booklet, please use the form attached on the back page.

This booklet and all details contained within are also available on the Trust internet site, [www.sth.nhs.uk](http://www.sth.nhs.uk) and on the Trust intranet site <http://www.sth.nhs.uk>

Benefits and support services are one way in which we try to help our staff.

We aim to support you to:

- develop your career through lifelong learning
- combine work and home life effectively
- enjoy a healthy and safe learning environment.

We are constantly looking to develop new benefits and incentives that our staff value and will use. If you have any ideas or suggestions then please contact the Human Resources Department or email [letstalk@sth.nhs.uk](mailto:letstalk@sth.nhs.uk) on the Trust's email system.

Sir Andrew Cash  
Chief Executive

# Trust membership Pension

All staff automatically become members of Sheffield Teaching Hospitals NHS Foundation Trust when they begin work here. This entitles you to the following benefits:

- Our free quarterly member's newsletter 'GoodHealth'. It's full of health tips and advice direct from our doctors and nurses as well as valuable information on the hospitals and what's going on in the NHS.
- Invites to exclusive member's events. These might range from health fairs where you can come and get your blood pressure checked or our open evenings where you get to listen to some of our medical experts.
- A chance to have your say by taking part in surveys about the hospital or letting the Hospital Governors who represent members know your views.
- The opportunity to vote in elections for the Hospital Governors – and even stand for election yourself if you want.

The NHS pension scheme is one of the best in the country. As a member you get a package of pension benefits which are guaranteed by law when you become entitled to them. The range of benefits include:

- a pension and tax free lump sum when you retire
- life assurance cover of twice your annual pay
- voluntary early retirement benefits
- redundancy benefits
- family benefits
- options to increase your benefits.

For more information about pension benefits contact: 0300 3301 346 or visit [www.nhsbsa.nhs.uk/pensions](http://www.nhsbsa.nhs.uk/pensions)

## Annual leave

For staff on Agenda for Change terms and conditions (all staff excluding medical staff), annual leave entitlement is as follows:

Length of Service	Annual Leave Plus Bank Holidays
On appointment	27 days plus 8 days
After 5 years' service	29 days plus 8 days
After 10 years' service	33 days plus 8 days

# Flexible working

**At various stages in your working life, domestic and family commitments, responsibilities and circumstances can change significantly. We support flexible working arrangements which will help you balance work with other aspects of your life where we can. Our Trust believes this will:**

- help recruitment and retention of staff
- enable you to balance your working life with other commitments that might otherwise lead you to make the decision to leave the trust
- improve staff motivation and morale
- benefit patients because staff who feel more in control of their own lives will be efficient and effective at work.

It should be noted that staff do not have an automatic right to change the way they work. Flexible working arrangements may not be suitable for all posts and it is not an automatic right. However, every effort will be made to accommodate requests wherever possible.

**Term Time Only Contracts** - These enable you to work during school terms, and have the holidays off, or work reduced hours in the school holidays around their childcare. It provides greater flexibility if you have children of school age. All term time contracts are reviewed annually by the Trust.

**Annualised Hours** - This system organises your working time on the basis of hours per year, rather than week, and is paid in

equal monthly instalments. The system allows greater flexibility with hours whilst still receiving a regular income.

**Job Sharing Scheme** – the hours/sessions and responsibilities of one full time job are shared between you and your job share partner, whilst retaining your own accountability. You will receive wages/salary according to the number of hours you work, and any entitlements are calculated individually.

**Career Break** - provides you with the opportunity to leave your employment for a period of unpaid leave of up to 5 years without it being counted as a break in service.

**Home Working** - provides you with the option of increased flexibility around family routines, reduced commuting time, and reduction in travel costs. This may help to increase the quality of your life, whilst retaining your full contractual rights. Improving Working Lives Version 3, December 2005.

**Zero Hours Contracts** - this contractual option allows you to have a contract with the Trust, but you are not committed to working a set number of hours. (Also known as an 'As and When' contract).

**Special Leave** The Trust recognises that domestic and family commitments and responsibilities can potentially reduce or hinder your ability to fulfil your work responsibilities. Practical help is therefore on offer in the form of paid special leave e.g. Paternity Leave, Adoption Leave, Carers Leave.

For more information about flexible working please contact Human Resources on ext 14760 for the Northern General.

## Flexible retirement

A range of alternatives is available as you approach retirement. Stopping work entirely and drawing a pension when you retire is not the only option. There are a variety of alternatives such as:

- wind down - work part-time in ways that will not reduce your pension benefits
- step down - do a less demanding, lower-paid job and preserve your pension entitlement from the higher level post
- retire and work - receive your pension and work part-time or full-time.

You should always get advice about the consequences of flexible retirement on your pension benefits.

For more information about flexible retirement please contact Human Resources on ext 14760.

## i-Choose scheme saves you money on childcare, car parking and cycles

Sheffield Teaching Hospitals operates a staff benefits scheme called i-Choose. Under i-Choose you can select a bicycle, childcare vouchers or pay for car parking by having the cost reduced from your salary, saving you tax and National Insurance Contributions (NIC).

You will essentially be giving up part of your salary in exchange for a non-cash benefit (bicycle, car parking or childcare vouchers) which is treated more favourably for tax and NIC. In order to join i-Choose and to start achieving savings, you need to send the completed form attached to this leaflet to the Payroll Department.

Please note that when entering a salary sacrifice arrangement it is important to consider the potential effect that a reduction in pay might have on:

- The value of your NHS pension and lump sum.
- Your entitlement to Working or Child Tax Credits.
- Your entitlement to State Pension or other benefits.
- Any statutory benefits such as Maternity or paternity pay, adoption leave or sick pay.

For more information contact the i-Choose co-ordinator on STH ext 52427.

## Child and family care support

Juggling family and work commitments can sometimes be a real challenge. Our nursery management team offer a confidential service to all of our staff and is a source of information on all caring responsibilities including:

- on-site childcare facilities
- childminding network
- childcare vouchers
- Advice on policies to help home and work life can be accessed via the HR department
- childcare discount information
- emergency childcare
- education funding
- information on government funding
- suggestions about flexible working patterns

Contact the Childcare Service Manager on ext 14254 for more information.

## Health and wellbeing



Health and Wellbeing is a scheme to encourage staff to improve their fitness level, diet and overall well being. The Trust frequently holds road shows to promote Health & Wellbeing more widely across the Trust, this includes stalls, fitness classes and challenges.

## Occupational health service

The occupational health service offers advice on health, safety and wellbeing at work. The team operates alongside the Trust to ensure that your working environment is safe and offers a range of services to maintain and improve your health. The occupational health service is a confidential service – no health information about an employee is disclosed to the employer without the individual's consent.

You can use the occupational health service whatever your role. Whether you are worried about lifting heavy materials, have had a needlestick injury or want some advice for a niggling health problem, they will be pleased to help. You don't have to be referred by your manager – just contact the occupational health team directly on ext: 13360 for the Central Campus and 14737 for the Northern General site.

### Workplace Wellbeing Counselling Service

Staff who may be experiencing personal or work difficulties can also get free support from the Workplace Wellbeing counselling service. They can help with:

- Relationship problems
- Alcohol or drug problems
- Distressing Events
- Stress at work or at home
- Bereavement.

For more information about the service call 0114 226 1810 or email [workplace.wellbeing@shsc.nhs.uk](mailto:workplace.wellbeing@shsc.nhs.uk).

## Local gyms and sports centres

Many local gyms and fitness centres offer staff discounts on memberships or to use their facilities. Please contact the gyms directly to get updated prices.

## Trade union support

We work in partnership with representatives from all the local recognised Trade Unions and professional bodies including

UNITE, RCN and Unison. Being a member of a union gives you a range of benefits, including:

- protection and representation at work
- health and safety guidance and support
- confidential welfare services for you and your dependents in difficult times.

Legal services including free help with work problems and support for you and your family  
For more information please call the staff side office on 14408 for the Northern General Hospital and 12224 for the Central Campus.

## Breath of fresh air - a smoke free environment

To promote a healthy environment for everyone, smoking is not permitted in or on Trust premises, unless it is in an outdoor smoking shelter or other designated area. Staff who wish to give up smoking can get free specialist help and support from our stop smoking team on ext 13702.

# The Learning and Development Department

We currently offer training and support for individual staff, teams and departments across the Trust. This includes:

- Staff support and guidance
- A directory of available courses (mostly free of charge)
- Training delivered to groups, one to one and by computer
- Facilities which include classrooms and Open Learning Centres
- Support to individuals or teams undertaking projects.

Our courses include:

Appraisal, Basic maths and English, Induction Leadership Development, Mandatory training, Mentorship, Vocational qualifications

For information about what we can offer please call (0114) 27 15334.

## Long Service Award Scheme

Our staff are our greatest asset and as such we want to recognise employees who decide to make their career with us

over a number of years. Our Long Service awards is a celebratory event to recognise long service.

For more information contact Human Resources on ext 14760.

## Discounted meals

The Trust runs a number of canteens and food bars across the sites giving staff and visitors a wide choice of good quality food.

Staff members get even better value as all meals they buy are subject to a 25% discount. Staff need to show their ID badge to receive the discount.

## Thank You Awards

The Trust runs an annual award ceremony to recognise and celebrate the dedication and achievements of individuals and teams. Winners of the awards are both individuals and teams who come to work day in day out and do an absolutely superb job for patients, or in supporting their colleagues in their work.

Above all, nominees are recognised for their work above and beyond the call of duty, highlighting excellent examples of team working, commitment, dedication, leadership and innovation.



For more information please contact the Communications department on 2261363.

## Laundry

The Trust provides a same day dry cleaning service for staff meaning you can drop your clothes in at the start of your day and have the convenience of being able to pick it up on your way home.

For more information call ext: 14200.

## Car share

The Trust has its own Liftshare scheme, where you can offer to car share, offer lifts and those without cars can look for lifts.

You can also register to find Bike Buddies and Walking Buddies. Registration on the site is free and once registered you don't have to commit to anything unless you are absolutely sure it's right for you. Liftshare will match the most suitable people close to you and those who pass close by you on their journeys.

To register, go to: <http://www.liftshare.org> or contact Claudia Westby on Ext 66001 or email [claudia.westby@sth.nhs.uk](mailto:claudia.westby@sth.nhs.uk)

## Free shuttle bus

The Hospital Shuttle bus is

**free to all members of staff on production of their ID badge and provides a very effective link between the hospital campuses.**

The service runs between the Bus Turning Circle, Beech Hill Road, at the Royal Hallamshire Hospital and the Clock Tower turning circle, at the Northern General Hospital and stops at all bus stops on the route. Buses run half hourly leaving both sites on the hour and half hour every weekday. The service starts at 06:00 and the last buses leave at 18:00.

If you would like more information about the H1 service, please contact Claudia Westby on Ext 66001 or email [claudia.westby@sth.nhs.uk](mailto:claudia.westby@sth.nhs.uk).

## Cycle facilities and Bike Doctors

**Walking and cycling are the zero emission options when it comes to travel and cycle storage facilities are available across all of the hospital sites.**

Members of staff are able to acquire a bike through the Trusts cycle to work scheme – i-Choose a Bicycle.

To ensure that your bike is in good working order, Bike Doctor Clinics are held each month at both the Central and Northern Campuses. Bike Doctor is a free service to all members of staff, to check the roadworthiness of any bicycle. The Bike Doctors will make minor repairs and fit any spare parts provided, if they have the time.

For information on any of the above please contact Claudia Westby on Ext 66001 or email [claudia.westby@sth.nhs.uk](mailto:claudia.westby@sth.nhs.uk).

## Sheffield Vision Centre - discount for staff on services

The Sheffield Vision Centre Opticians is owned by the Trust and is quality provider of various types of refractive surgery including laser eye surgery to private fee paying patients and it also sells a wide range of designer branded spectacles.

Trust staff can get up to 20% off the optician services, which includes the designer spectacles, and they also qualify for 10% off the centre's different refractive surgery services.

It is staffed by NHS employees and the profits from this enterprise are re-invested to support NHS services within the Trust.

You can contact the Opticians on ext 11561 or the Vision Centre on ext 11564.

## Travel Clinic

The Trust has a Travel Health Clinic based at the Royal Hallamshire Hospital which provides a 'One-stop Service' for all travel-related health issues in patients aged 16 and over.

The service includes:

- up-to-date expert travel advice,
- comprehensive vaccination availability, including Yellow Fever, Rabies, Meningitis and Japanese encephalitis
- anti-malarial prophylaxis (advice, prescription and tablets)
- Vaccine certification for Yellow Fever and Meningitis.
- travel-related equipment (including mosquito nets, repellent and water purification mechanisms).

This clinic also aims to complement existing travel services in the city by offering specialist advice on a range of issues.

To book an appointment call ext 13560.

## Helping hand with debt your debt needs payplan

The Trust is working with a free debt management company called Payplan which will offer staff free advice for any debt problems that may be experienced.

The team of experienced money advisors at Payplan will be able to help you with any debt issues that you have from difficulty paying off credit cards and loans to simply making ends meet.

Payplan will offer free budgeting advice and where appropriate provide debt solutions to resolve debt issues - all completely free of charge. With 17 years' experience, Payplan has successfully helped more than a million people deal with their debt problems.

Every year, they help, advise, support and provide

solutions to more than 100,000 people for free. Payplan has expertise in offering a full range of debt solutions including free Debt Management plans (DMPs) and Individual Voluntary Arrangements (IVAs) which can be tailored to suit your personal circumstances.

Call Payplan free on 0800 280 2816 or use our online Debt Help Form for a quick and easy way to get free debt advice from experienced professionals.

### **The Sheffield Credit Union**

Sheffield Credit Union is a savings and loan co-operative that exists for the benefit of members who live or work in Sheffield.

Sheffield Credit Union is not a bank but we offer many similar services. UK Credit Unions, like banks and other financial institutions, are authorised and regulated by the Financial Services Authority (FSA). For further information please contact (0114) 2760787

**Westfield Health** - With over 90 years experience, they are one of the UK's most successful and secure health insurance providers. With five different levels of cover available, and with discounted rates for NHS staff, Westfield provide a range of services such as optical benefits, dental, medical consultations, inpatient and day-surgery, chiropody, GP telephone consultation. For further information, please contact Westfield Health on 0114 250 2000

## **Staff discounts**

### **NHS discounts**

All NHS staff have access to NHS discounts, an online service offering discounts from High Street shops and suppliers. For more information visit [www.nhsdiscounts.com](http://www.nhsdiscounts.com)

### **Red Guava**

This website offers motoring, finance, travel, shopping and leisure benefits for NHS staff. Visit [www.redguava.co.uk](http://www.redguava.co.uk)

### **Costco**

This warehouse club offers discounted membership to NHS staff including a complimentary card for your partner.

The Company Shop - offer discounts of up to 90% on grocery, toiletries, household goods, perfumes and drinks with leading brands and major supermarkets such as Tesco, Asda, Waitrose and Marks & Spencer. Because of the unique deals they have in place and the huge discounts they can offer, their shops operate on a membership basis. To find out if you are eligible to join and for an application form, please go to <http://membership.staffshop.co.uk/contact-request>



We are committed to becoming a more sustainable Trust and with it reducing our carbon footprint and its impact on climate change.

We are running a project called Be Green which will work with staff to make sure ideas are put into practice which help our hospitals and offices operate in a more environmentally friendly way.

As part of the scheme, volunteer Be Green Representatives will be appointed from the Trust to act as the eyes and ears of the campaign team.

They will keep fellow staff informed about the help that is available to them to work in a more environmentally friendly way and also communicate to people around the Trust about what work is already taking place and how they can get involved.

# Suggestions

If you have any suggestions on the Trusts Good Health and Wellbeing programme please call 14768 or if you would like to talk to someone about staff engagement please call 14453.

If you have any suggestions for any companies you would like to be approached for inclusion in this booklet in the future, please fill in the form below and return to:

Communications, 8 Beech Hill Road, Sheffield.



Your Name:

Directorate / Section:

Tel:

E-Mail:

Can you approach the following business (please give as many details as possible) :

Name of Company:

Type of Business:

Address/Location:

Comments:

# Staff discounts

The discounts of services that follow are subject to change. Anyone interested in using the discount should make sure it is still valid before ordering any work. Sheffield Teaching Hospitals NHS Foundation Trust has not vetted the advertisers or discounts and accepts no liability for the work done or goods supplied by any advertiser. Nor does Sheffield Teaching Hospitals NHS Foundation Trust endorse any of the products or services.

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Garages</b>			
Bows Garage 36 Trinity Street Sheffield S3 7AJ	Garage, MOT testing, servicing & repairs, tyres & tracking, diagnostics, air conditioning	Tel: 0114 270 0040	10% discount to NHS staff on showing a staff ID badge.
Burrows Motor Company Privilege Programme	Minor and major car services including MOT	privilege@ burrowsmotorcompany. co.uk	£59 - Minor Service (Out of warranty vehicles) £99 - Full Service (Out of warranty vehicles) £19.99 MOT excluding march and September
J.J. Autos, Unit 4 The Yard, Bardwell Road Sheffield S3 8AS	Garage	John Leary Tel: 0114 275 8151 Mob: 07889 808091	£5.00 off MOTs - from £40 - £35 - class 4
Pentagon Toyota 260 Penistone Road Sheffield South Yorkshire S6 2FQ	Garage	For sales: Keith Roberts 0114 285 5558 and select Option 1 For service: Alex Pickup 0114 285 5558 and select Option 3	10% service discount, including collection and delivery to work or home within Sheffield area • Half price MOT • A free 'Winter Health Check', plus a free 'Winter Car Care Kit' to help staff be ready for winter • Will not be beaten on price, willing to price match any tyres, including winter tyres. Cost includes free fitting, valve and balance.
Smithy Garage Motor Services Ltd Low Bradfield Sheffield, S6 6LB	Garage	Tel: 0114 285 1477 Email: smithygarage@ live.co.uk Mobile: 07812 714001	10% Discount for all Students, STH & University of Sheffield Staff. (On production of Staff/Student ID card)
<b>Hairdressers</b>			
284 Hair 284 Ecclesall Road Sheffield S11 8PE	Hairdressers	Tel: 0114 321 8218	10% to NHS staff
Boudoir 354/6, Fulwood Rd, Ranmoor S10 3GD	Hairdressers	Tel: 0114 230 8888 Web: www. Boudoirhair.com	15% discount to NHS staff

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
Headspace Proctor Place, Hillsborough, Sheffield	Hairdressers	Mark Hanson Tel: 0114 234 7474	10% every visit, 15% discount every 4th visit
Jam Hairdressers 135 Oakbrook Road, Sheffield S11 7EB	Hairdressers	Sam	25% for STH Employees
The Cutting Club Hair Salon 160 Devonshire St Sheffield S3 7SG	Hairdressers	Ruth Johnson Tel: 0114 273 0905	20% discount Mon to Thurs
The Hairband 625 Ecclesall Road Sheffield S11 8PT	Hairdressers	Tel: 0114 268 5685/ 0114 268 5666 Web: www.thehairband.co.uk	15% discount to NHS staff
The Hair Room 499 Glossop Road Broomhill Sheffield S10 2QE	Hairdressers	Tel: 0114 268 2599	20% discount to NHS staff
The Hair Studio 3-5 Wadsley Lane Sheffield S6 4EA	Hairdressers	Tel: 0114 275 8151	10% discount to NHS staff
Vivienne's Hair & Beauty, 55 West Bars Chesterfield S40 1AZ	Hairdressers	Gemma Bradshaw Tel: 01246 239006	£10 off any service ½ Price Spray Tan On presentation of NHS ID card

## Beauty Therapy

Bliss Beauty 13a Middlewood Road Hillsborough S6 4GU	Beauty Therapy. Waxing, spray tanning, acrylic, gel and silk nails.	Tel: 0114 285 4585	10% discount to NHS staff
City Head Spa	Beauty therapy including new state of the art Japanese Head Spa service	Tel: 0114 272 4772	NHS staff a discount of 20% off all services as well as a complimentary offer of £25 for a cut and blow dry saving you up to £30
La Vie En Rose 456-458 Glossop Rd Sheffield S10 2QA	Beauty Therapy	Tel: 0114 266 3311	10% discount to NHS staff
The Works Nail & Beauty Studio, 88 Crookes Sheffield S10 1UG	Beauty Therapy	Lindsay Stephens Tel: 0114 268 6067	10% discount to NHS staff

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Alternative Therapy &amp; Healthcare</b>			
Boots Pharmacy, Royal Hallamshire Hospital S10 2JF	Wide range of food and snacks along side selected lines of toiletries and health goods. Offers additional pharmacy service	Tel: 01142750317	10% discount to all NHS staff
Crystal Peaks Holistics Practicing from: Beighton Lifestyle Centre 52A High Street Beighton, Sheffield S20 1ED	Holistic Therapy. Aromatherapy, reflexology, Indian head massage, Swedish massage, hot stone therapies, crystal therapies.	Mob: 07514 563490	10% discount to NHS staff on all holistic treatments.
Chirofirst Chiropractic Clinic	Chiropractic Clinic	Dr Quasser Razzaq Tel: 0114 262 1999 info@chirofirst.co.uk	25% discount, cannot be used in conjunction with any other offers.
Draper Therapy	Qualified, professional and confidential counselling service. Short term or long term.	Web: drapertherapy.co.uk Tel: 07412 655743 Email: drapertherapy@yahoo.co.uk	Discount for NHS staff or their family members: £30 (Initial Session £10)
Free Spirit Acupuncture Hillsborough Leisure Centre Beulah Road Penistone Road Hillsborough S6 2AN (See website for other locations).	Complementary Therapy. Acupuncture reflexology and massage.	Beverley Heath Mob: 07881 624242 Web: www.freespiritacupuncture.co.uk	15% discount to NHS staff. Buy 5 acupuncture treatments, receive the 6th free. Buy 2 reflexology or massage treatments, receive the 3rd free.
Dronfield Health & Therapy Clinic 24 High Street Dronfield, Sheffield S18 1PY	Chiropractor. (Please call for two alternative locations).	Jonathan Timar Mob: 07932120663 Email: ytimar2002@yahoo.com	50% discount to NHS staff on all consultations and future treatments.
Rachael Hibberd	Holistic Massage Therapist	Tel: 0114 383 0202 Email: info@rachaelhibberd.co.uk www.rachaelhibberd.co.uk	NHS staff save £10
Stepping Stone Hypnotherapy 28 Wilkinson Street Sheffield S10 2GB	Hypnotherapy	Web: www.steppingstonehypnotherapy.co.uk Email: emma@steppingstonehypnotherapy.co.uk Tel: 07756 430295	10% discount to all NHS staff

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
Wellforce 28 Wilkinson Street Sheffield S10 2GB	Offers counselling, hypnotherapy, acupuncture, osteopathy, nutrition & food allergy testing, Bowen technique, Alexander technique.	Tel: 0114 276 9500	10% discount to NHS staff

## Retailers & Manufacturers

Glenmill Carpets Head Office: 38-42 Spital Hill Sheffield S4 7LG Hillsborough showroom: 145 Bradfield Road Sheffield S6 2BY	Furnishing Retailer. Quality carpets, beds and furniture.	head office Tel: 0114 272 0200 and Hillsborough branch Tel: 0114 232 0011	15% discount to NHS staff
In-Home Floorings The store to your door.	Carpet Retailer. 1000s of carpet and vinyl samples to choose from in the comfort of your own home, free planning service, experienced fitters.	Mr Stephen Round Tel: 0114 244 2865 Mob: 07837 354262 Email: roundysbox@ yahoo.co.uk Website: www. inhomefloorings.co.uk	15% discount to NHS staff
Langsett Cycles	Bicycle shop	info@langsettcycles.co.uk	10% discount to NHS customers
Nigel's Eco Store www.nigelsecostore.com	Online stall which sells all sorts of fun and practical items to help you make your home more efficient and your lifestyle more sustainable.	Free eco hotline: Tel: 0800 288 8970 Mob: 01273 710770 Email: helpme@ nigelsecostore.com	10% discount forever more. Code: STHECO (this is case sensitive i.e. needs to be in CAPS. Visit www. nigelsecostore.com and use the above code to purchase anything that takes your fancy.
PA Jewellery The Old Bank 23 Commonsides Sheffield S10 1GD	Jewellery Retailer.	Tel: 0114 266 9253 Web: www.pajewellery.com	10% discount to NHS staff
Porcelanosa Yorkshire 2 Windsor Road, Sheffield S8 8UB	Kitchen and bathroom equipment.	Tel: 0114 250 01 08 Email: sheffield@ porcelanosa.co.uk	25% discount on everything
T Barnes Fabrications Ltd Unit 2 Grange Lane Sheffield S5 0DP	Steel Fabrication. Specialising in wrought iron work including gates and railings.	Mike Green Mob: 07714 267504 Email: info@tbarnes fabrications.co.uk Web: www.tbarnes fabrications.co.uk	10% discount to NHS staff and their families



Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
UK Blinds Direct 176 Lupton Road Sheffield S8 7NJ	All types of window blinds. Vertical, venetian, roller, roman, velux.	Pete Morley Tel: 01142 372 459 or 0800 389 4583	10% discount to NHS staff on all blinds
<b>Trade Services</b>			
ACB Electrical Services	Electrician. Specialising in domestic and commercial installation, new builds, rewires, security alarms and PAT testing. Registered with ECA through ELECSA. Part CHAS.	Tel: 01226 210658 Mob: 07915 652350	10% discount to NHS staff
Amanda's Blinds 9a Lindon Terrace Doncaster Road Rotherham S65 YNJ	Made to measure blinds. All types of blinds/fabrics.	Tel: 0800 0437233	15% discount to NHS staff
D & K Painting	Interior/exterior painting, wallpapering	Derek Housley Tel: 0114 233 8500 or: 0797 282 9861	Discount 15% for NHS staff
Earth Electrical Response Ltd 62 Wath Road Sheffield S7 1HE	Electrician	Michael Shipley Tel: 0114 258 3744 Mobile: 07834322260 www.eerltd.com	Free quotations - 10% discount to all STH staff.
GB Painting and Decorating	Painting & Decorating. Interior and exterior, small plastering jobs, free quotes, no job too small.	Tel: 0114 233 8896 Mob: 07761 731800 Email: glynbenton@fsmail.net	10% discount to NHS staff
GG - EDT	Equine Dentist	Gary Wilson Tel: 07507 558862 www.horse-teeth.co.uk	10% discount for all horses treated. No restrictions
Home Computer Repair	On-site Computer repairs, upgrades and installations. We come to you, free telephone advice, friendly service, 7 years experience.	James Hamnett Tel: 0789 6413 722	25% off labour cost for all NHS staff
John Eddison Joinery	Joinery/property maintenance	Tel: 0114 247 6993 Mob: 07709599584	10% NHS discount
MF Surveying LLP	Chartered surveyors	Peter Flint-Murray Tel: 07731 338854 www.mfsurveying.com	20% discount to all STH staff. Free estimate on all work
M.R Home Services	Cleaning & ironing	Tel: 07714 274 675	Up to 25% off for NHS Staff

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
Nationwide Solar	Energy saving solar panels	Tel: 0844 522 0033 www.nationwidesolar.co.uk/extra/sht.php	A discounted rate to purchase panels for your own home.
Origin Broadband	A local broadband provider who can offer up to 40mb fibre optic broadband to around 80% of South Yorkshire	Tel: 07769 180856 www.origin-broadband.co.uk	3 months half price to NHS Staff
Peter Chandler Plumbing	Gas Safe Registered No. 507148 All plumbing and gas work carried out Domestic and commercial heating Emergency 24 hour call outs, Free quotes within Sheffield area	Peter Chandler Tel: 07979 501784	10% discount to NHS staff and their families.
SB Cleaning LTD	high quality commercial and domestic cleaning	Tel: 0114 272 1143 Tel: 07721 014953	30% for NHS workers Free Quotation – no obligation
Sheffield Floor Sanding Company	Floor Sanding. Professional & friendly service, floor fitting & restoration, 98% dust free machines, domestic & commercial work.	Richard Hatton Tel: 0114 234 8340 Mob: 07946 678874 Email: hattonr@hotmail.co.uk	10% discount to NHS staff
Vodafone 8 Fargate, Sheffield, S12HE	Monthly discount from mobile phone/tablet contracts	Vodafone, Mob: 07717 763873	New or existing customers due an upgrade can get 20% off monthly line rental eligible plan £20+ a month, or 10% off your monthly line rental on plans below £20. You can share this offer with up to 5 friends just ask them to sign up and you apply for the discount on their behalf.

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Courier &amp; Delivery Services</b>			
Mail Boxes Etc Devonshire House 49 Eldon Street Sheffield South Yorkshire S1 4NR	Packing & shipping, mailbox services, print and copy.	Tel: 0114 272 0777 Web: www.mbe. co.uk/sheffield	10% off all UPS parcel delivery services (except Express Plus). Terms and Conditions apply. Applies to all STH staff and management.
<b>Bars, Restaurants &amp; Cafes</b>			
Bangla Cottage 481 Langsett Road Hillsborough S6 2LN	Restaurant & Takeaway. Indian & Bangladeshi foods.	Tel: 0114 285 3439 Web: www. sheffieldrestaurant. co.uk/restaurants/ hillsborough/ banglacottage	10% discount to NHS staff on group bookings (more than 10 people), food only. 10% discount to NHS staff on takeaway.
Mrs B's 649 Queen's Road Sheffield S2 4DX	Sandwich shop/cafe	Tel: 0114 240 3424	10% discount to NHS staff on sandwiches and hot drinks.
The Dam House Bar & Restaurant	Mushroom Lane, sheffield	Tel: 0114 266 8041	20% discount off food to NHS staff
The Francis Newton Clarkehouse Road Broomfield, Sheffield Yorkshire S10 2LA	Bar & Restaurant.	Tel: 0114 267 3660	20% discount on food.
<b>Travel, Chauffeur &amp; Removal Services</b>			
2 men 1 van	Removals, house clearance, etc. No job too small, any distance.	David or Lindsay Tel: 0114 264 5140 Mob: 07904698726 Email: davidowls@ hotmail.co.uk	20% discount to NHS staff off total price.
Specialised Movers are UK and Worldwide Removals and Storage Specialists.	Removals and Storage Specialists.	Tel: 0114 261 1183, E:mail: services@ specialisedmovers.com www.specialisedmovers.com	We offer discounted services to all STH staff
<b>Driving Schools</b>			
Ellis School of Motoring	All areas of Sheffield, flexible working hours.	Harold Ellis Tel: 0114 246 5443 Mob: 07786 877105 www.ellischoolof motoring.com	Special rates for all NHS staff.

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
Wigham Driving School	Sheffield area, established 35 years	Tel: 0114 358 6154	Discounts to all NHS employees of £22.50 to £19.50 per hour and further discounts for courses booked.

## Professional Services

David Calow	Financial Advisor. For professional advice on: mortgages, loans, pensions, investments, life insurance, buildings & contents insurance, redundancy insurance, will writing.	David Calow Tel: 0114 274 8188 Mob: 07970 786537 Email: David.Calow@homeworks.uk.com	Free consultation and advice to all NHS employees. David has 13 years previous experience within the NHS and is sure to understand your needs.
Digital Artwork Solutions	Graphic Design	Richard Hawkins Tel: 07866 674650, Email: richard@digitalartwork solutions.co.uk	10% discount to NHS Staff
Howells Solicitors Sheffield office: 15-17 Bridge Street Sheffield S38NL	We offer legal help, advice and representation for all areas of family and matrimonial law	Tel: 0114 249 6709	Free one hour appointment, 10% off annual rates, Fixed fees
Lewis Francis Blackburn Bray, 14-16 Paradise Square, Sheffield, S1 2DE	Solicitors	Rachel Sawyer Tel: 0114 272 9721	10% discount to NHS staff
Lomas Architecture 4 Quarry Lane, Brincliffe, Sheffield S119EB	Architect service	Richard Lomas Tel: 0114 296 0600 Email: Lomasarchitect@aol.com Web: www.lomasarchitecture.co.uk	10% discount on fees
The Money Map- Independent Financial Advisers 3 Twelve O'Clock Court, 21 Attercliffe Road, Sheffield, S4 7WW	Financial Advisers	Tel: 0114 274 4990 www.themoneymap.co.uk	Free Investment/ Pension/Protection/ Mortgage Review for all NHS staff within South Yorkshire.
Optimum Financial Solutions	Financial Advisers. Mortgages, life & critical illness insurance, buildings & contents insurance.	Paul Tel: 0114 233 6944 Mob: 07866 428860 Email: appointment@ optimumfs.co.uk Web: www.optimumfs.co.uk	Fee free mortgage and protection advice for life. Open to NHS staff only.

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Sports &amp; Leisure Clubs</b>			
Abbeydale Tennis Club Abbeydale Road South Dore Sheffield S17 3LJ	Tennis Club. Four indoor & four outdoor tennis courts. Tennis lessons for all.	Tel: 0114 236 1938 Speak to John Gledden, Carolyn Talbot or any reception staff for further details. Web: www.abbeydale tennisclub.com	20% discount to NHS staff and their immediate families on all memberships. Free 40 minute tennis lesson or free cardio tennis group session. Discount code: NHS-T.
Woodfall Therapy Clinic	Clinical hypnotherapy, neuro linguistic programming, emotional freedom techniques, performance coaching	Stephen Kamsika Tel: 01709 555329, Email: info@woodfallther apyclinic.co.uk, www.woodfalltherap yclinic.co.uk	10% discount to NHS staff, (fees may be paid through Westfield etc (depending on service))
<b>Holiday &amp; Travel</b>			
Ellie-Ann Cottage Gardenstown, Aberdeenshire, North Scotland.	Immaculate recently refurbished fisherman's cottage	Tel: 07790 003403	20% Discount
Swallows Rest West Witton, Nr Leyburn	Accommodation. 3* holiday cottage. 1 bedroom, parking, patio area, village pub. Nestled at the foot of pen hills in Yorkshire Dales. Fantastic scenery, great walks.	Ingrid and Graham Tel: 01969 624303 Web: www. arnoldsholiday cottages.com	Special offer for NHS staff - 5% discount with prices starting at £241 per week.
LJ Leisure Canyon House 38 California Drive Catcliffe, Rotherham S60 5TX	Short breaks and group holidays to most destinations to suit your requirements. Please print a brochure from the website for details.	Tel: 01709 837353 Email: sales@ ljleisure.co.uk Web: www.ljleisure.co.uk	5% discount to NHS staff on all tours featured in our brochures and on some one-off tours.

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