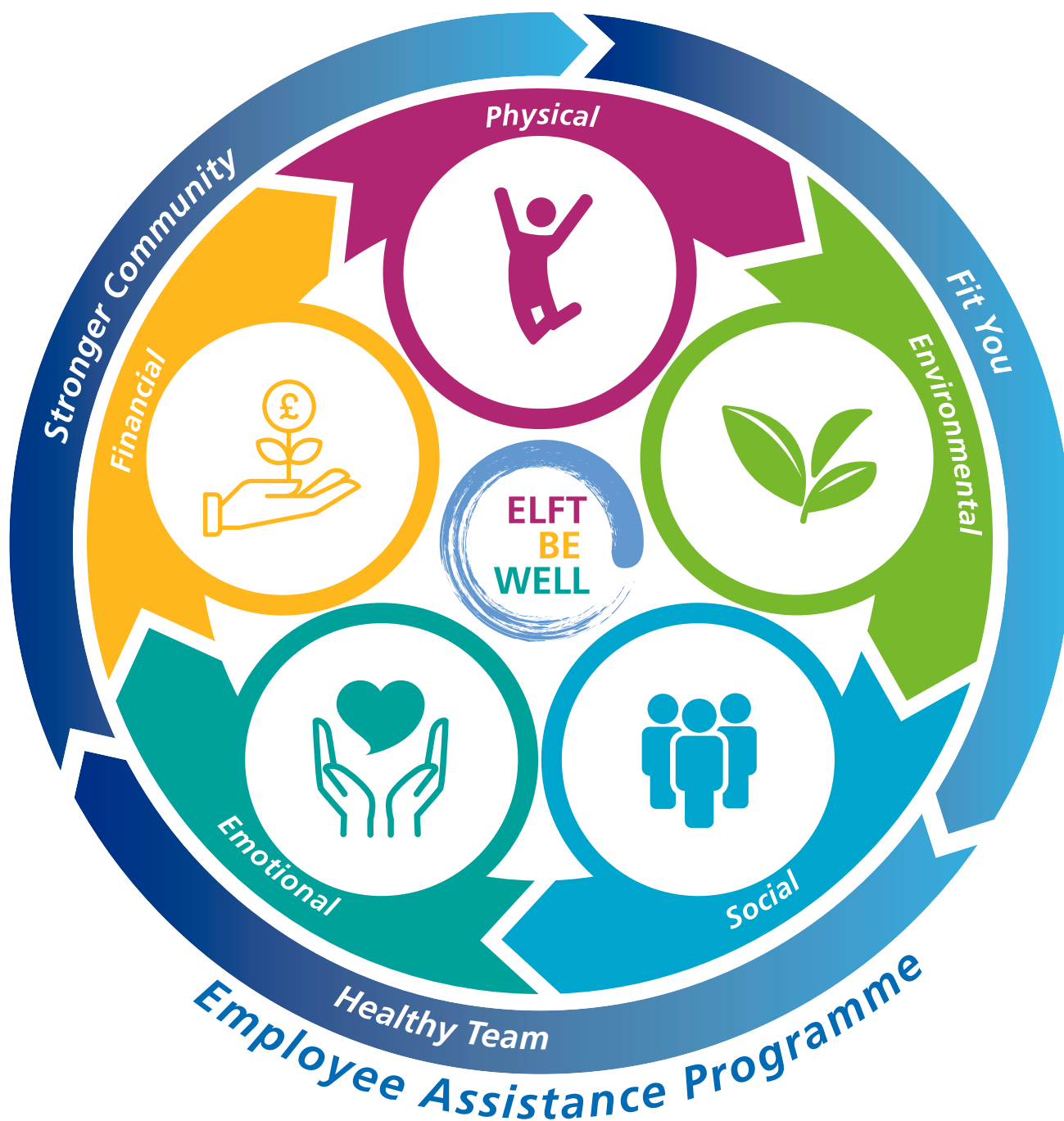




# ELFT *Employee Wellbeing*



## Care First 0800 174 319

\*Some offerings are limited to availability (usually a first come first service basis) and may be location specific.  
Please direct any queries to [Elft.employee.engage@nhs.net](mailto:Elft.employee.engage@nhs.net)



### Physical

- MOT health checks
- The annual flu campaign
- Occupational health self-referral physiotherapy
- Yoga and Pilates classes
- The smoking cessation service
- Alcohol and substance abuse awareness
- Locality walking groups
- Internal and discounted external gym memberships
- The cycle to work scheme
- Take the stairs campaigns
- Nutrition awareness
- Bulk entries into various community physical events (e.g. LondonHalf2020)
- Eye test vouchers
- Menopause awareness
- Sleep hygiene and insomnia awareness
- Encouraging participation in corporate activity teams (e.g. netball and football)
- Physical health first aiders



### Emotional

- Freedom to speak up guardian
- Mindfulness sessions
- Occupational health guidance
- Mental health first aiders
- Resilience training
- Mediation service
- Bullying and harassment advisors
- Various family friendly policies
- Knife crime awareness
- IAPT self-referral system
- Corporate social responsibility initiatives
- ELFT networks



### Financial

- Credit Union saving schemes
- GM Government savings plan
- Cavell nurse fund
- Kerry van Galder dedicated pension advice
- Pension clinics
- Homelessness awareness
- Benefit advice (e.g. housing and government benefits)
- Various financial benefits (e.g. discounts and access to cashback cards)



### Social

- Annual staff awards ceremony
- Away days
- Religious celebrations
- Various locality and team organised events (e.g. bring and shares)
- Charity work (e.g. Macmillan coffee morning)
- QI enjoying work projects
- ELFT networks
- ELFTin1Voice



### Environmental

- War on waste (e.g. reduce printing project)
- DSE and risk assessments
- Occupational health advice
- Staff break out and pause areas