



WELLBEING OFFERINGS FOR STAFF



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Introduction

South Central Ambulance Service (SCAS) really value the health and wellbeing of our people and our success is based on their engagement, passion and commitment. SCAS aim to create a great place to work for our people, where they can develop their skills and expertise, where we support them with their health and wellbeing.

This guide has been created to provide information and raise awareness of the support SCAS offer and to equip you with some tips and tools to proactively look after your own wellbeing. SCAS strive to create a workplace where we are all more aware of our health and wellbeing needs; whether this be mental, physical, financial, emotional or all of the above. The Health and Wellbeing team are continually working to improve the offerings for all SCAS colleagues, through research, local and national offerings, further engagement and communication with everyone and in line with the SCAS People Strategy.

"I am privileged to be the SCAS Wellbeing Guardian in addition to my role as SCAS Chair. This role enables me to seek assurance that the health and wellbeing of the organisation is embedded throughout and that each board member is putting the health and wellbeing of the organisation and employee wellbeing at the heart of all that we do."

Professor Sir Keith Willett, SCAS Chair and Wellbeing Guardian





Mission & Purpose

Mission

In line with the NHS People Plan for 2022/2023 and beyond; we are committed to providing quality Health and Wellbeing support for everyone. Focusing on the actions we must all take to keep our people safe, healthy and well – both physically and mentally.

Purpose

Our priority is to put our people at the heart of what we do, with new and existing opportunities and offerings to empower you to be resilient, safe and thrive in work. Through our six pillars approach inspiring our people to be the best versions of themselves to be able to deliver the right care, first time, every time.



Working Conditions



Emotional Health



Financial Wellbeing



Mental Health



Physical Health



Benefits & Discounts



Our 6 Pillars

SCAS has developed six distinct pillars to align health and wellbeing for employees, as set out in the SCAS People Strategy. These take a holistic approach to supporting good health for all. These pillars, and the initiatives under them, are as follows:



Working Conditions

Championing JLC & SCAS Leader

Process Management –

- Sickness
- Maternity
- Stress Risk Assessment

Wellbeing Conversations

Supporting our People

Connecting with Networks

Connecting with Unions

Management & Team Leader advice

Emotional Health

Hub of Hope

Free access to Headspace

Free access to Unmind

EAP & O/H Referrals

General advice

Bereavement support

Financial Wellbeing

Financial Wellbeing Guide and Cost of Living Brochure

EAP – Financial Wellbeing support & advice

Pre-Retirement courses

Pension advice & Total Reward Statements

Money tools

Debt Advice support

Payroll Pay (salary sacrifice)



Mental Health

Occupational Health Referrals

EAP 24-7 Helpline

REACT Training

TRIM

Mental Health First Aiders (MHFA)

AACE & TASC Suicide Prevention Groups

Suicide Awareness Courses – Zero Suicide Alliance

Introduction to StRaW training

Physical Health

Onsite Physiotherapists

Move to Improve - Programme in EOC North

MOT Health Checks

Menopause support

Temporary Alternative Duties

Occupational Health

Links to Free Fitness sessions

DSE Eye Test claims

Benefits & Discounts

Access to discounts on Home Tech, Cycle to Work, Car Lease scheme

Access to discounts and benefits via the Vivup portal

Red Guava & Butlins discounts

Blue Light Card & many more!

Occupational Health



Optima Health offer practitioner appointments, counselling, physiotherapy, wellness webinars, MOT Health Checks and general wellness advice. They also advise the Trust on the best way to assist you during periods of illness. Speak to your manager for a referral in the first instance.

If you are a manager, and you require access to submit a referral, please email team3@optimahealth.co.uk to request an account.



optimahealth.co.uk



01327 810 797





Employee Assistance Programme (EAP)

health assured

Here to assist you with personal problems that may adversely impact your health and wellbeing or work performance. This can include assessment, short-term counselling and referral services for you and your immediate family. The 24/7 365 service is free, confidential and accessible online via Healthassuredeap.co.uk, by telephone or via the My Healthy Advantage app.



Username: Wellbeing

Password: HostDivePoem



0800 028 0199

Free confidential helpline



Code: MHA193841

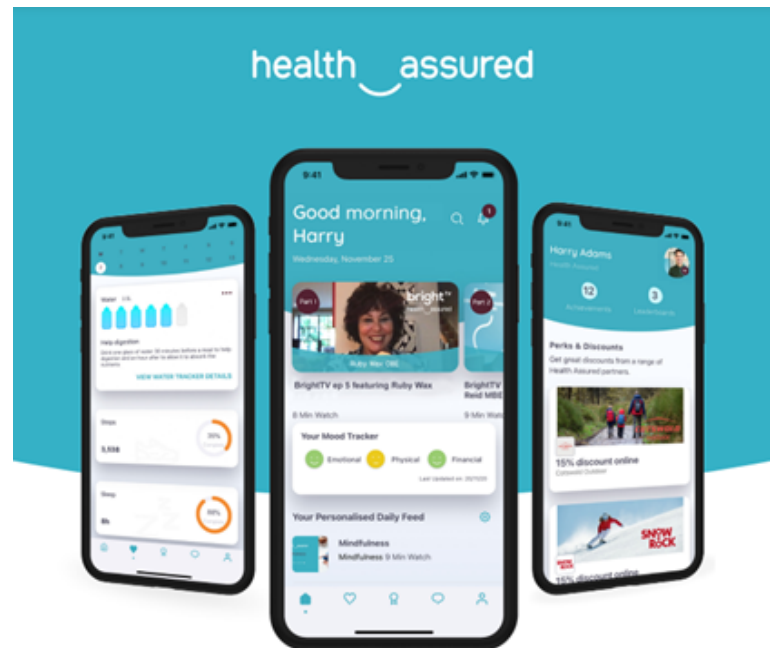


Code: MHA193841

The My Healthy Advantage app is available to all colleagues. The app includes topical articles, wellbeing tools and engaging features designed to improve your mental and physical health and in-the-moment counselling support, all at your fingertips. My Healthy Advantage features include:

- Live chat and support
- Personalised news feed
- Weekly mood tracker
- Lifestyle change four-week plans
- Mini Health checks
- Achievements & recognition
- Perks & discounts

Colleagues can download the My Healthy Advantage app for iOS and Android devices, using the unique code above.



Exciting features available on My Healthy Advantage



Competitive leaderboards



Breathing techniques



Exclusive perks & discounts



BrightTV



Health & wellbeing trackers

What We Offer

affinity

CONNECT

Financial courses & health checks

Money Helper

Financial support, advice & tools

Wellbeing Webinars



NHS

Fitness Studio

Cruse Bereavement Support

Mental Health First Aider

MHFA England

The Will Guys

Will-writing service



Trauma Risk Management



Wellbeing Champions



Cycle To Work Scheme

For more information on any of the above, visit your Health & Wellbeing Portal via <https://scasbenefits.co.uk/> or scan this QR code



Helplines and other Resources

There are a range of resources available outside of the organisation that can also help you if you are struggling, or experiencing an extreme or persistent low mood.



THE
AMBULANCE
STAFF
CHARITY

The Ambulance Staff Charity (TASC) offer a range of services to support mental health, physical rehabilitation, and financial wellbeing to UK ambulance staff. theasc.org.uk **In crisis? Call anytime 0300 373 0898** Available 24/7, 365 days a year.

SAMARITANS

Samaritans is a phone helpline offering support to people experiencing distress or suffering from mental illness or suicidal thoughts. **Helpline number: 16 123** (Open 24 hours a day, 365 days a year) www.samaritans.org

shout 85258

Shout is a text service, free on all major mobile networks, for anyone in crisis. It's a place to go if you're struggling to cope and you need immediate help. **Text number: 85258** (Available 24 hours a day, 365 days a year) www.giveusashout.org



CALM is a helpline specifically for individuals who identify as male. It is designed for men who feel down or are experiencing mental illness or suicidal thoughts. **Helpline number: 0800 58 58 58** (Open 7 days a week, from 5pm - midnight) www.thecalmzone.net

Hub of Hope

Hub of Hope is a mental health database listing mental health services and organisations in your area. Using the location of your web browser or mobile device, the application allows anyone, anywhere, to find the nearest source of support for any mental health issue, from depression and anxiety to PTSD and suicidal thoughts. hubofhope.co.uk



If you're under 35 and struggling with suicidal feelings or you're concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK. **Helpline number: 0800 068 4141** (Open 10am-10pm weekdays, 2pm-10pm weekends and 2pm-10pm bank holidays) www.papyrus-uk.org



Headspace is a FREE app-based meditation subscription service for NHS staff. You can access a range of meditations that can help with stress, sleep, focus, anxiety and wellbeing. www.headspace.com/nhs



Unmind is a FREE mental health platform for NHS staff. Get clinically-backed tools, resources and support for proactively nurturing your mental health. <https://resources.unmind.com/free-nhs-access>



NHS Staff Discounts

As an NHS worker, you are eligible for numerous discounts, some of which are listed below. For up to date information, please visit your dedicated Health and Wellbeing Portal <https://scasbenefits.co.uk> or scan the QR code below.



healthservice discounts



Together with



Scan me!





Contact Us

If you have any feedback, or would like to contact the Health & Wellbeing Team please use the details below:



HWBETeam@scas.nhs.uk



scasbenefits.co.uk/

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