

Your Financial Wellbeing Guide

VIVUP Employee Assistance Programme

VIVUP can support with emotional impact that financial worry can bring by **03303 800 658** (24hours a day, 7 days a week, 365 days a year).

- VIVUP also provide some benefits including the Cycle to work scheme and Car Lease Scheme. (Schemes may reduce your pensionable pay and therefore affect your pension on retirement. Please ensure you read the terms and conditions which provide more detail.

- **03303 800 658** (24hours a day, 7 days a week, 365 days a year).

- ♦ Scan the QR code for the VIVUP Benefits website.



InstantPay through Wagestream

- Colleagues working a bank shift can access some of their pay earlier than pay day with a cost of a convenience fee of £1.75.

- Apple:



- Android



Discounts in on-site restaurants

Medirest cafés and restaurants on all of our three hospital sites offer a staff discount on hot food. Just show your ID card.

Bulletin Board advertisement page

Buy, sell and give away items using the staff Bulletin Board. **Search Bulletin Board on the Intranet.**

The MoneyHelper Service

- MoneyHelper offer support to help you manage your finances at home, which offers a dedicated free NHS staff telephone support line.

0800 448 0826

(Monday to Friday, 8am to 6pm)

or WhatsApp **+44 07701 342 744**.



National Debt line

Free and confidential debt advice service for people in England, Wales and Scotland available on **0808 808 4000**.



Citizens Advice Bureau

Citizens Advice Bureau can help you resolve any issues you are having, including benefits, employment, housing and many more.

Call Ashfield Citizens Advice on **01623**

203080 or email regarding debt **debt@**

ashfieldca.org.uk or a housing problem

email **housing@ashfieldca.org.uk** and we will aim to respond within 3 working days.



Foodbanks

- To access a food bank, you usually need a voucher from a frontline professional, doctor, health visitor, social worker, church minister, school or Citizens Advice.

- You can also call – Help Through Hardship on **0300 330 2112** who may be able to issue you a voucher for some food banks.

- Our Chaplaincy team can help to direct and support you to access food banks. Contact **elizabeth.franklin@nhs.net** with "food bank" in the subject title.

Bus Travel pass scheme

- Discounted Stagecoach bus passes that you can pay for on a monthly basis with deductions being made from net salary.
- Trent Barton offer discounts for passes paid via Direct Debit.
- ◆ For more information e-mail:
sfh-tr.estates@nhs.net

Pensions and Pre-retirement planning

Join a FREE Pre-retirement planning course ideally for those 3 years from retirement. This includes financial planning. Contact the course provider, Affinity Connect, on bookings@affinityconnect.org for more details and course dates.

Turn to us

Turn2us helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through our partner organisations.



Cavell Nurses' Trust

- Help Nurses, Midwives and Healthcare Assistants, both working and retired, when they're suffering personal or financial hardship. This is often due to illness, disability, older age, domestic abuse and the impact of rising living costs.
- ◆ www.cavellnursestrust.org
- ◆ 01527 595 999

Help with rent

Some examples of help available for rent are available:

Help managing your rent
– Nottingham City Homes

Extra Help with Your Rent
– Nottingham City Council

Check your local authority Website for support in your area



Salary Finance

With Salary Finance, Sherwood Forest Hospitals NHS Foundation Trust colleagues have access to a range of financial benefits. They offer loans with more affordable rates, deducted directly from your salary, which means higher rates of acceptance, even if your credit history isn't perfect.

To find out if a Salary Finance loan could help you consolidate your debt and put some money back in your pocket, or to access any of their other salary-linked solutions visit:



NHS Staff Deals and Discounts

There are a range of discounts available to NHS staff, whether it's at restaurants, cinemas, clothes shops or toy shops, you can often find there are offers available in the Financial Wellbeing Guide available online:



SCAN HERE
for our full
online Financial
Wellbeing Guide

Cost of Living Payments

The government website includes a variety of information on benefits, cost of living payments and support schemes available.



Getting help with childcare costs

Many families can claim tax free childcare and 30 hours after a child's 3rd birthday. Check the website for details on how to apply.

Help paying for childcare:

Childcare you can get help paying for –
GOV.UK (www.gov.uk)



Laundry claim and Professional fees claim

There are some expenses that you can claim via HM Revenue and Customs.

For details on how to register for these see:

Professional fees:



Uniform tax relief:



Gambling Support

Call free 24/7, 365 days a year
0808 8020 133
<https://www.gamcare.org.uk/>



For queries about the content of this leaflet e-mail: sfh-tr.wellbeing@nhs.net