

# HEALTH & WELLBEING



## CYCLE TO WORK (CYCLEScheme)

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Regular cycling can help you lose weight, reduce stress and improve your fitness, as well helping to protect the environment. If you travel for at least part of your journey to work by bike, the Cyclescheme will enable you to get a bike and accessories completely tax-free – savings can start at a minimum of 25% (including end of hire fee) but most people save more.

For full details including a calculator to see how much you could save, visit [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk) and enter employer code: 3c4cb6. Alternatively, call 0844 879 5101 or email [info@cyclescheme.co.uk](mailto:info@cyclescheme.co.uk)

## BUILDING RESILIENCE PROGRAMME

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We aim to safeguard colleagues by offering coping strategies to improve quality of life both at work and at home, thus improving overall

personal wellbeing. This may be in the form of an accredited health and wellbeing programme; stress awareness sessions, and/or other bespoke staff health and wellbeing workshops. For more information, please call Claire Haley, staff benefits and wellbeing lead on (0117) 342 3749 or email [benefits@uhbristol.nhs.uk](mailto:benefits@uhbristol.nhs.uk)

## ORAL HEALTH CHECK

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You can have a free check up with a student dental hygiene/therapist at the Dental Hospital plus possible treatment if you are not registered with a dentist or have visited one in the last 12 months. One course of treatment will be completed, provided this falls within the remit of the students.

To arrange an appointment please call (0117) 342 4382 or email [staff\\_oralhealth@uhbristol.nhs.uk](mailto:staff_oralhealth@uhbristol.nhs.uk) who will get in touch to confirm your appointment.

## PHYSIO DIRECT

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Telephone access to physiotherapy assessment and personalised advice is available at UH Bristol without seeing your GP. The specialist guidance and exercises should aid early recovery from joint, muscle and spinal problems commonly resulting from back pain or sports injuries. Book your telephone consultation on (0117) 342 3400 – the physiotherapists will return your call to carry out a telephone consultation. If they feel you require an appointment they will organise a referral for you.

## PHYSIOSELECT

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Improve your posture, flexibility, strength and general fitness with pilates, circuits and hydrotherapy classes delivered within the physiotherapy department. Call Physio Select for further details of classes on (0117) 342 3866 or email [physioselect@uhbristol.nhs.uk](mailto:physioselect@uhbristol.nhs.uk)

## ALCOHOL & SUBSTANCE SUPPORT

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There is a range of information and guidance for staff in terms of alcohol and substance use. A dedicated page can be found within the Staff Health and Wellbeing section of HRWeb on Connect, or can be made available, in strictest confidence, via Claire Haley, staff benefits and wellbeing lead on (0117) 342 3749.

## WORKING DURING PREGNANCY WORKSHOPS

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The monthly 'Working during pregnancy workshops' aim to support staff during any stage of pregnancy by providing information and guidance for you to remain happy and healthy at work – up until the start of your maternity leave. To book your place, please contact Claire Haley, staff benefits and wellbeing lead on (0117) 342 3749 or email [childcare@uhbristol.nhs.uk](mailto:childcare@uhbristol.nhs.uk)

## SEASONAL FLU VACCINATIONS & TRAVEL CLINIC

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Free flu vaccinations are undertaken annually by Occupational Health at various onsite locations. In addition, the travel clinic based within the Whitefriars centre provides specialist travel health advice and immunisations to staff at competitive prices. For more information visit the Occupational Health website: [www.apohs.nhs.uk](http://www.apohs.nhs.uk), call (0117) 342 3400 or email [occupationalhealth@uhbristol.nhs.uk](mailto:occupationalhealth@uhbristol.nhs.uk)

## SUPPORT TO STOP SMOKING

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Staff can access onsite stop smoking support with Smokefree Bristol who hold weekly clinics within the respiratory department. The Boots store within the BRI Welcome Centre also has trained advisors available Monday to Friday and can offer information and advice on-the-spot or via appointment. Details of the Smokefree Bristol clinic are available on Connect or call (0117) 922 2255.