

LIFESTYLE



EXTRA AUTHORISED UNPAID ANNUAL LEAVE & VOLUNTARY HOURS REDUCTION

UH Bristol operates two schemes whereby staff can apply to take up to two weeks (of their normal working week) unpaid annual leave and/or voluntarily reduce their hours over a 12 month period.

These schemes are available for application all year round. See the Leave page of Connect, or ask your manager for further details.

NHS OVER 40'S HEALTH CHECKS

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Bristol Healthy Living Centres in partnership with Bristol City Council are offering free NHS health checks within our workplace. The 30-40 minute health check involves simple checks of blood pressure, cholesterol and weight, and you'll find out where your lifestyle might be putting you at increased risk. You'll be offered information, advice and support to help you stay healthier for longer. Health Checks are confidential (not shared with your organisation) and your results will be transferred back securely to your GP Practice.

Qualifying criteria includes the requirement for you to be registered at a Bristol based GP. Full criteria is available on the Workplace Wellbeing section of Peopleweb or from the Workplace Wellbeing Team on (0117) 34 22113.

WORK LIFE BALANCE

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UH Bristol is committed to the principle of work life balance and flexible working. We recognise that your home, family, personal and public duties can, at certain times, impact on your working life and it is recognised that individuals work best when they can balance their work responsibilities with the rest of their lives.

In order to support colleagues and enable them to balance home and work lives, we have a range of policies and practices which include:

- Maternity policy
- Shared parental leave policy
- Flexible working, home working and flexi time
- Career break and sabbatical leave
- Voluntary hours reduction.

Full details are available from the Employee Services team on (0117) 342 5000, option 3.

BIG GREEN SCHEME

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The Big Green Scheme promotes lifestyle choices aimed at improving people's health and wellbeing. The scheme is also working to reduce our environmental impact across all areas including energy, transport and procurement through our Sustainable Development Plan. Find out more, including a calendar of events, from the Big Green Scheme pages on Connect or email thebiggreenscheme@uhbristol.nhs.uk

CYCLE2WORK (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.

Full details of the cycle scheme are available from the finance team on (0117) 342 3656. Also look out for notifications on Newsbeat.