



**Staff**

# Benefits Handbook

Information, benefits and discounts for staff.



*listening... sharing... improving*

**Spring 2010**

# Welcome...



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to Sheffield Teaching Hospitals Staff Benefits Handbook. It is hoped that the contents will be of interest and of use to you and your family.

Should you have any queries about any of the benefits, there are contact details attached to each of them. Should you wish to notify us of any staff benefits not in the booklet, please use the form attached on the back page.

This booklet and all details contained within are also available on the Trust internet site, [www.sth.nhs.uk](http://www.sth.nhs.uk) and on the Trust intranet site <http://nwww.sth.nhs.uk>

Benefits and support services are just one way in which we try to help our staff.

We aim to support you to:

- develop your career through lifelong working
- combine work and home life effectively
- enjoy a healthy and safe working environment.

We are constantly looking to develop new benefits and incentives that our staff value and will use. If you have any ideas or suggestions then please contact the Human Resources Department or email [letstalk@sth.nhs.uk](mailto:letstalk@sth.nhs.uk).

We hope you thoroughly enjoy working at Sheffield Teaching Hospitals, and that we live up to your high expectations of the Trust as a first class NHS employer.

A handwritten signature in black ink that reads "Andrew Cash".

Sir Andrew Cash  
Chief Executive

## Trust membership Pension

All staff automatically become members of Sheffield Teaching Hospitals NHS Foundation Trust when they begin work here. This entitles you to the following benefits:

- Our free quarterly member's newsletter 'GoodHealth'. It's full of health tips and advice direct from our doctors and nurses as well as valuable information on the hospitals and what's going on in the NHS.
- Invites to exclusive member's events. These might range from health fairs where you can come and get your blood pressure checked or our open evenings where you get to listen to some of our medical experts.
- A chance to have your say by taking part in surveys about the hospital or letting the Hospital Governors who represent members know your views.
- The opportunity to vote in elections for the Hospital Governors – and even stand for election yourself.

The NHS pension scheme is one of the best in the country. As a member you get an excellent package of pension benefits which are guaranteed by law when you become entitled to them. The range of benefits include:

- a pension and tax free lump sum when you retire
- life assurance cover of twice your annual pay
- voluntary early retirement benefits
- redundancy benefits
- family benefits
- options to increase your benefits.

For more information about pension benefits contact the Helpline: 0845 421 4000.

# Annual leave

For staff on Agenda for Change terms and conditions (all staff excluding medical staff), annual leave entitlement is as follows:

Length of Service	Annual Leave Plus Bank Holidays
On appointment	27 days plus 8 days
After 5 years' service	29 days plus 8 days
After 10 years' service	33 days plus 8 days

# Flexible working

At various stages in your working life, domestic and family commitments, responsibilities and circumstances can change significantly. We support flexible working arrangements which will help you balance work with other aspects of your life. Our Trust believes this will:

- help recruitment and retention of staff
- enable you to balance your working life with other commitments that might otherwise force them to leave work
- improve staff motivation and morale
- benefit patients as staff who feel more in control of their own lives will be efficient

and effective at work.

It should be noted that staff do not have an automatic right to change the way they work. Flexible working arrangements may not be suitable for all posts and it is not an automatic right. However, every effort will be made to accommodate requests wherever possible.

**Term Time Only Contracts** - These enable you to work during school terms, and have the holidays off, or work reduced hours in the school holidays around their childcare. It provides greater flexibility if you have children of school age.

**Annualised Hours** - This system organises your working time on the basis of hours per year, rather than week, and is paid in equal monthly instalments. The system allows greater flexibility with hours whilst still receiving a regular income.

**Reduction in Hours** - This is a temporary reduction in working hours for a specified period of time. This initiative allows you to deal with commitments outside of work on a 6 month or 1 year basis.

**Job Sharing Scheme** – the hours/sessions and responsibilities of one full time job are shared between you and your job share partner, whilst retaining your own accountability. You will receive wages/salary according to the number of hours you work, and any entitlements are calculated individually.

**Career Break** - provides you with the opportunity to leave your employment for a period of unpaid leave of up to 5 years without it being counted as a break in service.

**Home Working** - provides you with the option of increased flexibility around family routines, reduced commuting time, and reduction in travel costs.

**Zero Hours Contracts** - this contractual option allows you to have a contract with the Trust, but you are not committed to working a set number of hours. (Also known as an 'As and When' contract).

**Special Leave** The Trust recognises that domestic and family commitments and responsibilities can potentially reduce or hinder your ability to fulfil your work responsibilities. Practical help is therefore on offer in the form of paid special leave e.g. Paternity Leave, Adoption Leave, Carers Leave.

For more information about flexible working please contact Human Resources on ext: 14760 for the Northern General and 13570 for the Central Campus.

## Flexible retirement

**A range of alternatives are available as you approach retirement. Stopping work entirely and drawing a pension when you retire is not the only option. There are a variety of alternatives such as:**

- wind down - work part-time in ways that will not reduce your pension benefits
- step down - do a less demanding, lower-paid job and preserve your pension entitlement from the higher level post
- retire and work - receive your pension and work part-time or full-time.

You should always get advice about the consequences of flexible retirement on your pension benefits.

For more information about flexible retirement please contact Human Resources on ext: 14760 for the Northern General and 13570 for the Central Campus.

We also have two programmes which will support you when you are preparing to retire. These include one when you reach 50 and another when you are very close to retirement. More details about preparation for retirement courses can be found in the Education Training and Development directory and also on the trust's intranet web pages.

## **i-Choose** scheme saves you money on childcare, car parking and cycles

Sheffield Teaching Hospitals operates a staff benefits scheme called i-Choose. Under i-Choose you can select a bicycle, childcare vouchers or pay for car parking by having the cost reduced from your salary, saving you tax and National Insurance Contributions (NIC).

You will essentially be giving up part of your salary in exchange for a non-cash benefit (bicycle, car parking or childcare vouchers) which is treated more favorably for tax and NIC. For more information and details of the enrolment dates for the schemes, contact the i-choose Co-ordinator on ext: 11434.

Please note that when entering a salary sacrifice arrangement it is important to consider the potential effect that a reduction in pay might have on:

- The value of your NHS pension and lump sum
- Your entitlement to Working or Child Tax Credits
- Your entitlement to State Pension or other benefits
- Any statutory benefits such as maternity or paternity pay, adoption leave or sick pay.

For more information contact the i-Choose co-ordinator on STH ext: 11434.

## **Child and family care support**

Juggling family and work commitments can sometimes be a real challenge. Our family care co-ordinator offers a confidential service to all staff and is a source of information on all caring responsibilities including:

- on-site childcare facilities
- childminding network
- childcare vouchers
- policies to help work and home life
- childcare discount information
- emergency childcare
- education funding
- information on government funding
- carers leave and flexible working

Contact the Childcare Service Manager on ext: 14254 for more information.

## **Laundry**

The Trust provides a same day dry cleaning service for staff meaning you can drop your clothes in at the start of your day and have the convenience of being able to pick it up on your way home.

For more information call ext: 14200.

## Local gyms and sports centres

Fitness Unlimited, which has centres at Ponds Forge International Sports Centre, Hillsborough Leisure Centre, Don Valley Stadium and Concord Sports Centre, offer Trust staff a discount on using their gyms, swimming pools, fitness classes and spa areas. The prices are:

- Peak Membership
- £25 a month (normally £32)
- Off-Peak Membership
- £19.50 a month (normally £25).

## Health and well being

The occupational health service offers advice on health, safety and well being at work. The team operates alongside the Trust to ensure that your working environment is safe and offers a range of services to maintain and improve your health.

You can use occupational health services whatever your role. For example, if you are worried about lifting heavy materials, or inappropriate lighting in clinics, contact your occupational health adviser for appropriate advice.

You don't need to wait for your department manager to make arrangements for you and in matter of a confidential nature you can contact the occupational health team directly on ext: 13360 for the Central Campus and 14737 for the Northern General site.

## Workplace Wellbeing Counselling Service

Staff who may be experiencing personal or work difficulties can also get free support from the Workplace Wellbeing counselling service. They can help with:

- Relationship problems
- Alcohol or drug problems
- Distressing Events
- Stress at work or at home
- Bereavement

For more information about the service call 0114 226 1810 or email [workplace.wellbeing@shsc.nhs.uk](mailto:workplace.wellbeing@shsc.nhs.uk).

## Trade union support

We work in partnership with representatives from all the recognised Trade Unions and professional bodies including UNITE, RCN and Unison. Being a member of a union gives you a range of benefits, including:

- protection and representation at work
- health and safety guidance and support
- confidential welfare services for you and your dependents in difficult times

Legal services including free help with work problems and support for you and your family.

For more information please contact:

UNITE - 0114 256 2600

RCN - 07765 212007

UNISON NGH - 0114 271 4408

RHH - 0114 271 2224

For more information on the following, please contact: 0114 2714408

Chartered Society of Physiotherapists (CSP)

Society of Radiographers (SOR)

British Dietetics Association (BDA)

Royal College of Midwifery (RCM)

British Medical Association (BMA)

British Orthoptic Society (BOS).

## Breath of fresh air - a smoke free environment

To promote a healthy environment for everyone, smoking is not permitted in or on Trust premises, unless it is in an outdoor smoking shelter or other designated area.

Staff who wish to give up smoking can get free specialist help and support from our stop smoking team on ext: 13702.

## Long Service Award Scheme

Our staff are our greatest asset and as such we want to recognise employees who decide to make their career with us over a number of years.

Our Long Service awards is a celebratory event to recognise long service.

For more information contact Human Resources on ext: 14760 for the Northern General and 13570 for the Royal Hallamshire Hospital.

# Learning and Development

We are currently offering:

- leadership and management development programmes
- NVQ's and learning accounts
- coaching and mentoring
- conflict management training
- e learning opportunities where people learn using a computer
- flexible learning opportunities
- support and advice about L&D activities
- help with appraisal and development review meetings
- development review/appraisal training
- advice on protected learning time to help you study
- help and advice about funding for courses
- a checklist of essential learning activities for new staff
- a personal learning and development record
- health and safety training

For more information about learning and development opportunities available please call ext: 68460.

# Thank You Awards

The Trust runs an annual award ceremony to recognise and celebrate the dedication and achievements of individuals and teams.

Winners of the awards are both individuals and teams who come to work day in day out and do an absolutely superb job for patients, or in supporting their colleagues in their work.

Above all, nominees are recognised for their work above and beyond the call of duty, highlighting excellent examples of team working, commitment, dedication, leadership and innovation.

For more information please contact the Communications department on 2261363.

# Staff discounts

## NHS discounts

All NHS staff have access to NHS discounts, an online service offering discounts from High Street shops and suppliers. For more information visit [www.nhsdiscounts.com](http://www.nhsdiscounts.com)

## Red Guava

This website offers motoring, finance, travel, shopping and leisure benefits for NHS staff. Visit [www.redguava.co.uk](http://www.redguava.co.uk)

## Costco

This warehouse club offers discounted membership to NHS staff including a complimentary card for your partner.

## Car share

The Trust has its own Liftshare scheme, where you can offer to car share, offer lifts and those without cars can look for lifts.

You can also register to find Bike Buddies and Walking Buddies. Registration on the site is free and once registered you don't have to commit to anything unless you are absolutely sure it's right for you. Liftshare will match the most suitable people close to you and those who pass close by you on their journeys.

To register, go to: <http://www.liftshare.org> or contact Claudia Morris on ext: 66001 or email [claudia.morris@sth.nhs.uk](mailto:claudia.morris@sth.nhs.uk).

## Free shuttle bus

The hospital shuttle bus is free to all members of staff on production of their ID badge and provides a very effective link between the hospital campuses.

The service runs between the bus turning circle, Beech Hill Road, at the Royal Hallamshire Hospital and the Clock Tower turning circle, at the Northern General Hospital and stops at all bus stops on the route. Buses run half hourly leaving both sites on the hour and half hour every weekday. The service starts at 0600 and the last buses leave at 1800.

If you would like more information about the H1 service, please contact Claudia Morris on ext: 66001 or email [claudia.morris@sth.nhs.uk](mailto:claudia.morris@sth.nhs.uk).

## Journey planners

Sustainable travel is encouraged actively across the Trust - and all new members of staff are entitled to a Personalised Journey Planner.

The planners are provided free of charge by the Trust and the information is updated regularly for a full year.

Application Forms are available from the Induction Workshops or from Claudia Morris on ext: 66001 or email [claudia.morris@sth.nhs.uk](mailto:claudia.morris@sth.nhs.uk).

## Cycle facilities and Bike Doctors

Walking and cycling are the zero emission options when it comes to travel and cycle storage facilities are available across all of the hospital sites.

Members of staff are able to acquire a bike through the Trust's cycle to work scheme - i-Choose a Bicycle.

To ensure that your bike is in good working order, Bike Doctor Clinics are held each month at both the Central and Northern Campuses. Bike Doctor is a free service to all members of staff, to check the roadworthiness of any bicycle. The Bike Doctors will make minor repairs and fit any spare parts provided, if they have the time.

For information on any of the above please contact Claudia Morris on ext: 66001 or email [claudia.morris@sth.nhs.uk](mailto:claudia.morris@sth.nhs.uk).



## Vision Centre

The Sheffield Vision Centre is owned by the Trust and is a full optician's service as well as a quality provider of various types of refractive surgery including laser eye surgery to private fee paying patients.

It conducts full eye examinations and sells a wide range of designer branded spectacles and sunglasses. Trust staff can get up to 20% off the Optician services, which includes the designer spectacles, and they also qualify for 10% off the centre's different refractive surgery services.

It is staffed by NHS employees and the profits from this enterprise are re-invested to support NHS services within the Trust. You can contact the Opticians on ext: 11561 or the Vision Centre on ext: 11564.

## Discounted meals

The Trust runs a number of canteens and food bars across both of its sites giving staff and visitors a wide choice of good quality food.

Staff members get even better value as all meals they buy are subject to a 25% discount.

## Travel Clinic

The Trust has a Travel Health Clinic based at the Royal Hallamshire Hospital which provides a 'One-stop Service' for all travel-related health issues in patients aged 16 and over.

The service includes:

- up-to-date expert travel advice
- free 'online' pre-travel evaluations
- comprehensive vaccination availability, including Yellow Fever, Rabies, Meningitis and Japanese encephalitis
- anti-malarial prophylaxis (advice, prescription and tablets)
- Vaccine certification for Yellow Fever and Meningitis
- travel-related equipment (including mosquito nets, repellent and water purification mechanisms).

This clinic also aims to complement existing travel services in the city by offering specialist advice on a range of issues.

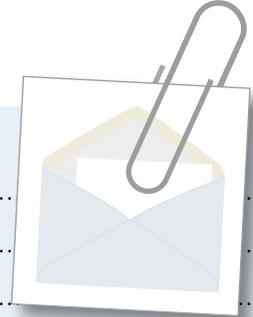
To book an appointment call ext: 13560.

[www.sth.nhs.uk/travelclinic](http://www.sth.nhs.uk/travelclinic).

# Suggestions

If you have any suggestions for any companies you would like to be approached for inclusion in this booklet in the future, please fill in the form below and return to:

Communications, 8 Beech Hill Road, Sheffield.



Your Name:

Directorate / Section:

Tel:

E-Mail:

Please approach the following business (give as many details as possible):

Name of Company:

Type of Business:

Address/Location:

Comments:

# Staff discounts

On the following pages is a list of local businesses and services which are offering discounts to NHS staff. Please remember to produce your staff ID at time of purchase to redeem these offers. Not to be used in conjunction with any other offer unless specified. Offers correct at time of print. Please contact individual companies for more information.

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Garages</b>			
J.J. Autos Unit 4 The Yard Bardwell Road Sheffield S3 8AS	Garage	John Leary Tel: 0114 2758151 Mob: 07889 808091	£5.00 off MOTs - from £40 - £35 - class 4
<b>Hairdressers</b>			
Boudoir 354/6 Fulwood Rd Ranmoor S10 3GD	Hairdressers	Tel: 01142308888 Web: www. Boudoirhair.com	15% discount to NHS staff
The Hairband 625 Ecclesall Road Sheffield S11 8PT	Hairdressers	Tel: 0114 268 5685/ 0114 268 5666 Web: www. thehairband.co.uk	15% discount to NHS staff
The Hair Room 499 Glossop road Broomhill Sheffield S10 2QE	Hairdressers	Tel: 0114 2682599	20% discount to NHS staff
The Hair Studio 3-5 Wadsley Lane Sheffield S6 4EA	Hairdressers	Tel: 0114 2758151	10% discount to NHS staff

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Beauty Therapy</b>			
Bliss Beauty 13a Middlewood Road Hillsborough S6 4GU	Beauty Therapy. Waxing, spray tanning, acrylic, gel and silk nails.	Tel: 0114 2854585	10% discount to NHS staff
La Vie En Rose 456-458 Glossop Rd Sheffield S10 2QA	Beauty Therapy	Tel: 0114 266 3311	10% discount to NHS staff
The Works Nail & Beauty Studio 88 Crookes Sheffield S10 1UG	Beauty Therapy	Lindsay Stephens Tel: 0114 2686067	10% discount to NHS staff
<b>Alternative Therapy &amp; Healthcare</b>			
Crystal Peaks Holistics Practicing from: Beighton Lifestyle Centre 52A High Street Beighton Sheffield S20 1ED	Holistic Therapy. Aromatherapy, reflexology, Indian head massage, Swedish massage, hot stone therapies, crystal therapies.	Mob: 07514563490	10% discount to NHS staff on all holistic treatments.
Free Spirit Acupuncture Practicing from: Hillsborough Leisure Centre Beulah Road Penistone Road Hillsborough S6 2AN (See website for other locations).	Complementary Therapy. Acupuncture reflexology and massage.	Beverley Heath Mob: 07881 624242 Web: www. freespiritacupuncture. co.uk	10% discount to NHS staff. Buy 5 acupuncture treatments, receive the 6th free. Buy 2 reflexology or massage treatments, receive the 3rd free.
Practicing from: Dronfield Health & Therapy Clinic 24 High Street Dronfield Sheffield S18 1PY	Chiropractor. (Please call for two alternative locations).	Jonathan Timar Mob: 07932120663 Email: ytimar2002@ yahoo.com	50% discount to NHS staff on all consultations and future treatments.

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
Wellforce 28 Wilkinson Street Sheffield S10 2GB	Complementary Health Clinic. Offers counselling, hypnotherapy, acupuncture, osteopathy, nutrition & food allergy testing, Bowen technique, Alexander technique.	Tel: (0114) 276 9500	10% discount to NHS staff

## Retailers & Manufacturers

Glenmill Carpets Head Office: 38-42 Spital Hill Sheffield S4 7LG Walkley Showroom: 377-381 South Road Sheffield S6 3TD	Furnishing Retailer. Quality carpets, beds and furniture.	Riff Tel: 0114 272 0200	10% discount to NHS staff
In-Home Floorings The store to your door.	Carpet Retailer. 1000s of carpet and vinyl samples to choose from in the comfort of your own home, free planning service, experienced fitters.	Mr Stephen Round Tel: 0114 2442865 Mob: 07837354262 Email: roundysbox@yahoo.co.uk Website: www.inhomfloorings.co.uk	15% discount to NHS staff
PA Jewellery The Old Bank 23 Commonsides Sheffield S10 1GD	Jewellery Retailer.	Tel: 0114 266 9253 Web: www.pajewellery.com	10% discount to NHS staff
Slide 87 Division Street Sheffield, South Yorkshire S1 4GE	Snow Sports Retailer	Tel: 0114 270 6666 Email: info@slidesnowboardstore.co.uk Web: www.slidesnowboardstore.co.uk	10% discount to NHS staff
T Barnes Fabrications Ltd Unit 2 Grange Lane Sheffield S5 0DP	Steel Fabrication. Specialising in wrought iron work including gates and railings.	Mike Green Mob: 07714267504 Email: info@tbarnesfabrications.co.uk Web: www.tbarnesfabrications.co.uk	10% discount to NHS staff and their families

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
UK Blinds Direct 176 Lupton Road Sheffield S8 7NJ	All types of window blinds. Vertical, venetian, roller, roman, velux.	Pete Morley Tel: 01142 372459 or 08003894583	10% discount to NHS staff on all blinds

## Trade Services

ACB Electrical Services	Electrician. Specialising in domestic and commercial installation, new builds, rewires, security alarms and PAT testing. Registered with ECA through ELECSA. Part CHAS.	Tel: 01226 210658 Mob: 07915652350	10% discount to NHS staff
GB Painting and Decorating	Painting & Decorating. Interior and exterior, small plastering jobs, free quotes, no job too small.	Tel: 0114 2338896 Mob: 07761 731800 Email: glynbenton@fsmail.net	10% discount to NHS staff
Sheffield Floor Sanding Company	Floor Sanding. Professional & friendly service, floor fitting & restoration, 98% dust free machines, domestic & commercial work.	Richard Hatton Tel: 0114 2348340 Mob: 07946678874 Email: hattonr@hotmail.co.uk	10% discount to NHS staff

## Courier & Delivery Services

Mail Boxes Etc Devonshire House 49 Eldon Street Sheffield South Yorkshire S1 4NR	Packing & shipping, mailbox services, print and copy.	Tel: 0114 272 0777 Web: www.mbe.co.uk/sheffield	10% off all UPS parcel delivery services (except Express Plus). Terms and Conditions apply. Applies to all STH staff and management.
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Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Bars, Restaurants &amp; Cafes</b>			
Bangla Cottage 481 Langsett Road Hillsborough S6 2LN	Restaurant & Takeaway. Indian & Bangladeshi foods.	Tel: 0114 285 3439 Web: www. sheffieldrestaurant. co.uk/restaurants/ hillsborough/ banglacottage	10% discount to NHS staff on group bookings (more than 10 people), food only. 10% discount to NHS staff on takeaway.
Escape Bar & Restaurant 26 Burncross Road Chapelton Sheffield S35 1SF	Bar & Restaurant. Regular menu as well as specials on offer, quiz on Wednesdays from 9pm.	Tel: 0114 257 0777 Email: bookings@ escapebar-restaurant. co.uk Web: www.escapebar- restaurant.co.uk	10% discount to NHS staff. Sizzler offer for £6.00. Sunday Lunch for just £5.95.
Mrs B's 649 Queen's Road Sheffield S2 4DX	Sandwich shop/cafe	Tel: 0114 2403424	10% discount to NHS staff on sandwiches and hot drinks.
Olive Bar & Restaurant Division Street Sheffield S1 4GE	Restaurant.	Tel: 0114 221 4004 Web: olivebarandrestaurant. co.uk	20% discount to STH staff on food and 2 for 1 on cocktails.
<b>Travel, Chauffer &amp; Removal Services</b>			
CMC Travel	14 Seater mini bus, days out, airports hen/stag nights or weekends	Tony Tel: 0114 2652043 Mob: 07751382893 Email: davidowl@ hotmail.co.uk	20% discount to NHS staff off total price.
	2 men 1 van, removals, house clearance, etc. No job too small, any distance.	David or Lindsay Tel: 0114 2645140 Mob: 07904698726 Email: davidowls@ hotmail.co.uk	20% discount to NHS staff off total price.
<b>Driving Schools</b>			
Ellis School of Motoring	All areas of Sheffield, flexible working hours.	Harold Ellis Tel: 0114 246 5443 Mob: 07786 877105 email: hellis13@aol. com	Special rates for all NHS staff. £17 per hour (reduced from £18) and a special 1½ hour lesson for £24 (reduced from £26).

Company Name/ Address	Type of Business/ Service Offer	Contact Name/ Details	Discount Offer/ Code
<b>Professional Services</b>			
David Calow	Financial Advisor. For professional advice on: mortgages, loans, pensions, investments, life insurance, buildings & contents insurance, redundancy insurance, will writing.	David Calow Tel: 01142 748188 Mob: 07970 786537 Email: David.Calow@homeworks.uk.com	Free consultation and advice to all NHS employees. David has 13 years previous experience within the NHS and is sure to understand your needs.
Optimum Financial Solutions	Financial Advisors. Mortgages, life & critical illness insurance, buildings & contents insurance.	Paul Tel: 0114 2336944 Mob: 07866 428860 Email: appointment@optimumfs.co.uk Web: www.optimumfs.co.uk	Fee free mortgage and protection advice for life. Open to NHS staff only.
<b>Sports &amp; Leisure Clubs</b>			
Abbeydale Tennis Club Abbeydale Road South Dore Sheffield S17 3LJ	Tennis Club. Four indoor & four outdoor tennis courts. Tennis lessons for all.	Tel: 0114 236 1938 Speak to John Gledden, Carolyn Talbot or any reception staff for further details. Web: www.abbeydaletennisclub.com	20% discount to NHS staff and their immediate families on all memberships. Free 40 minute tennis lesson or free cardio tennis group session. Discount code: NHS-T.
<b>Holiday &amp; Travel</b>			
Swallows Rest West Witton, Nr Leyburn	Accommodation. 3* holiday cottage. 1 bedroom, parking, patio area, village pub. Nestled at the foot of pen hills in Yorkshire Dales. Fantastic scenery, great walks.	Ingrid and Graham Tel: 01969 624303 Web: www.arnoldsholidaycottages.com	Special offer for NHS staff - 5% discount with prices starting at £241 per week.
LJ Leisure Canyon House 38 California Drive Catcliffe Rotherham S60 5TX	Short breaks and group holidays to most destinations to suit your requirements. Please print a brochure from the website for details.	Tel: 01709 837353 Email: sales@ljleisure.co.uk Web: www.ljleisure.co.uk	5% discount to NHS staff on all tours featured in our brochures and on some one-off tours.

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AND SEALING**



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Domestic & commercial work**

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[www.optimumfs.co.uk](http://www.optimumfs.co.uk)

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[appointment@optimumfs.co.uk](mailto:appointment@optimumfs.co.uk) to take advantage  
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Call now for a free quote on:

**Tel: 0114 2687627**

**Ecclesall Road,  
Sheffield, S11 8PL**

**10% discount on production of this advert**





# Fitness membership Special offer for NHS staff £24.50 per month

(normally £28.99)

Price includes – Unlimited access to the fitness suite, personalised fitness programme, fitness classes and swimming.

## Graves Tennis and Leisure Centre

Bochum Parkway, Norton, Sheffield S8 8JR

Tel: **0114 2839900**

[www.gravestennisleisure.co.uk](http://www.gravestennisleisure.co.uk)



## In-Home Floorings

The concept is to bring the store to your door. 1000's of carpet and vinyl samples to choose from in the comfort of your own home.

- 20 years experience • Free planning service
- Experienced fitters • 15% discount offered to all NHS staff employees • Friendly and efficient service

Tel: **0114 244 2865** ♦ Mobile: **07837 354262**

email: [roundysbox@yahoo.co.uk](mailto:roundysbox@yahoo.co.uk)

[www.inhomefloorings.co.uk](http://www.inhomefloorings.co.uk)



## Mark Cobbold B/Eng Electrician

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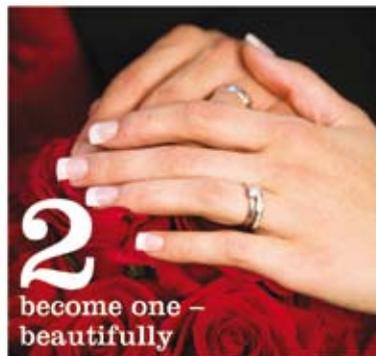
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