



**In partnership**



# Staff Benefits Handbook

**Information, benefits  
and discounts for staff**





# Welcome

## New Year, New Benefits

By beginning your career within Social Care, you have not only entered into a fulfilling and worthwhile journey but have also opened up opportunities to the many benefits that will be available to you.

This booklet will give you details of how to access benefits and also details of ways to streamline your access to some of them.

**What are you waiting for? Start saving today.**

From,



**Health and Care**  
People Team



# Blue Light Card

## Benefits

Blue Light Card provides those in the **NHS, emergency services, police, social care sector** (CQC Registered Services only) and **armed forces** with discounts online and in-store. Blue Light Card has now added **Social Care Personal Assistants** to its list of eligible professions who can benefit from its amazing discounts and exclusive experiences.

Blue Light Card also works with small and large companies across the UK to get involved in supporting the blue light community through offering our members discounts through Blue Light Card. Blue Light Card has over 2 million members from across the UK and 15,000 brand partners across a range of sectors from leisure, technology, retail to holidays.



## Who can access Blue Light Card?

- **New starters**
- **Existing employees** – a range of regular offers, top offers and days out updates and targeted emails are shared to remind existing employees
- **Social Care Personal Assistants** - Employed Personal Care Assistant membership is required to join Blue Light Card. To be eligible for an ILG (Independent Living Group) PA (personal assistants) “Employed Personal Assistant” membership you must satisfy the eligibility criteria and be able to confirm you are an employed Personal Assistant working in Social Care and/or Healthcare.
- **Retired NHS employees** – Blue Light Card opened up to the retired NHS from October 2021



**BLUE LIGHT CARD™**

**Here for you** because you're here for all of us

# Benefits

- Members can access **exclusive discounts** and offers through the Blue Light Card website and app
- Offers are available on the go, through a virtual card and allow members to find local offers
- High street offers can be accessed through a physical card
- **Services Days** – Blue Light Card takes over a range of theme parks and attractions, on specific days across the UK, exclusively for our members and their families to enjoy
- **Blue Light Tickets** – a ballot-based ticketing website for our members to access free tickets from cinema premieres, food festivals to football matches and concerts



## Don't miss out

**Signing up is quick and easy. Just follow the steps below:**

- Visit [www.bluelightcard.co.uk](http://www.bluelightcard.co.uk)
- Click 'Register' to to sign up
- Select your primary category (e.g. Care company workforce)
- Enter your personal details
- You will receive a verification email to the email address you've provided – This must be clicked for your account to be activated.

**For more details about eligibility and the specific forms of ID that will be accepted for individual job roles please visit the Blue Light Card [FAQs page](#).**



**BLUE LIGHT CARD™**

**Here for you** because you're here for all of us



# Join Blue Light Card and START SAVING



Blue Light Card is the UK's largest discount service for those working in the NHS, emergency services, social care sector and armed forces – providing our members with thousands of amazing discounts online and on the high street.

For just £4.99, members of the blue light community can register for two years access to more than 15,000 discounts from large national retailers to local businesses across categories such as holidays, cars, days out, fashion, gifts, insurance, phones and many more.

Register now at [bluelightcard.co.uk](https://www.bluelightcard.co.uk)

**HERE FOR YOU**  
because you're here for all of us





Are you a  
**PERSONAL ASSISTANT**  
working in  
**SOCIAL CARE?**

If you hold an Independent Living Group Personal Assistant ID card, you're eligible for Blue Light Card.



**SIGN UP TODAY**



Register now at [bluelightcard.co.uk](https://bluelightcard.co.uk)

**HERE FOR YOU**  
because you're here for all of us



# GREAT DISCOUNTS on the brands you love



Exclusive  
member discounts



Save 10%  
on your final bill

NEW LOOK

Save up to 20%  
online and in-store



Exclusive  
member discounts



Save 10%  
on your stay



Save up to 20%  
online and in-store



Save on  
cinema tickets



Save up to 15%  
on standard entry



Save 20%  
on the latest styles

To access our full range of exclusive discounts, sign up today and start saving.

Register now at [bluelightcard.co.uk](http://bluelightcard.co.uk)

**HERE FOR YOU**  
because you're here for all of us



# Other benefits available to Social Care staff



## 1 ODE



Scan to see a full list of brands and cashback

NHS and care workers (plus those working in charity and education) can apply for the **Ode prepaid card**, which gets up to 12% cashback at over 80 retailers. This includes:

- Asda 2.5% Boots and John Lewis 5%
- M&S and Waitrose 3%
- Experience Days 12%
- Primark 4.5%



Scan to see the free uniform tax refund guide

## 2 Uniform Tax Refund

If you have to wash or repair your uniform yourself, you may be able to claim tax relief.

The standard flat-rate expense allowance for uniform maintenance is £60 – though many working in the NHS are entitled to more. See the **FREE uniform tax refund guide** for full information on eligibility and how to claim.



Scan to see the free uniform tax refund guide

## 3 Discounts for Carers

For care assistants, live-in carers, those that care for loved ones, and everyone in between. FREE to join! Includes:

- Burger King – Free Drinks
- Greggs – Free Hot Drinks
- McDonalds – Free Drinks
- Starbucks – Free Filtered Coffee

There has been significant updates since the publication of our first benefits booklets and there are now a **further 87 companies** offering discounts or offers to members.





# Other benefits available to Social Care staff



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## Company Shop



Scan to become a member

Company Shop Group is the UK's leading redistributor of surplus food and household products.

Company Shop members enjoy unique way of shopping, offering them surplus products from well-known brands at amazing prices, helping stretched budgets go further. They provide members with vital access to deeply discounted food, as well as life-changing learning and development programs; building stronger individuals and more confident communities.

Nearest store to Staffordshire and Stoke-On-Trent:  
**Unit 10, Castle Mill**  
**Birmingham New Road, Dudley**  
**DY1 4DA**  
**(Tel: 01384 470 542)**



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## PS Discounts

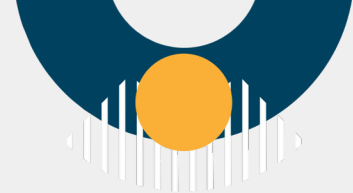


Scan for discounts & benefits

UK's largest discounts & benefits portal for Public Sector Staff.

If you are a Public Sector employee or family member, you can save money on just about every product or service you buy. Join free and start using more than 7000 discounts, from supermarkets to local shops.





# New Benefits and Discounts added for 2024

## The National carer card and app supports you when caring for someone.

It provides reassurance by including your Emergency Contact details (ICE), whilst unlocking Discounts, Wellbeing Hub, our Carer Circle tool, and so much more through our app.

This card is for everyone who is a carer whether they are an unpaid carer, a carer in receipt of financial benefit or a paid carer (in Social care, homecare, voluntary services, agency work etc etc..) Young carers are also eligible for this card!

No documentation is required to support your application for a carers card but you will be asked some questions regarding your role and who you care for.

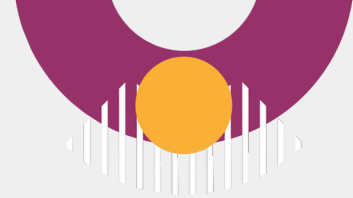
## The card costs £8 for a 2 year period.

This also gives you access to the carers card app which provides access to hundreds of benefits, discounts and other services such as a wellbeing hub.

The card is perfect for those who care for a person at home whether they live with them or not as the card allows for two 'In case of Emergency' (ICE) contacts to ensure that if you are taken ill or have an accident then your emergency contacts are able to be contacted to ensure the person within your care remains cared for.

Visit [Carers Card UK - Carers ID Card](#) For more information and to sign up today.





# New Benefits and Discounts added for 2024

Blue Sky recognises that for decades social care staff have been crying out for recognition as vital key workers. The Covid pandemic highlighted a gap in public awareness of the social contribution made by people working hard in our communities.

**The “Blue Sky Social Care Card” is one step in the direction of being recognised as equals to other valued services.**

The Blue Sky Social Care Card acts as an Employee/Unpaid Carer ID card, certified by your Employer and our teams. The Card can be ordered with their individual company logo printed onto the card (with company’s authority). This can also be completed as a bulk order for all employees. Cards can also be ordered by individual employees/carers from the eligibility with or without a company logo. That’s not all! As a huge thank you for all your hard work, you will also receive national discounts and perks.

The Blue Sky card not only enables Carers to be identified as a carer but also enables discounts as various retailers and stores including:

- Nandos
- New Look
- River Island
- Starbucks
- Burger King
- Subway
- The Perfume Shop
- MAC
- Superdrug
- BonMarche
- Local eateries/retailers & many more!

There is a £5 cost for 12 months to apply for the card and various evidence needs to be supplied on application.

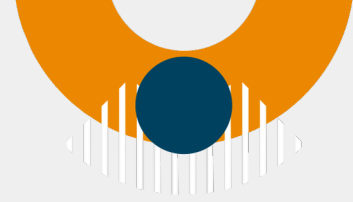
Visit [Blue Sky Social Care Card Home](#)



## Eligibility

- Paid Carers, Support Workers & Personal Assistants
- Care Agency Worker & Care Home Workers & their employers
- Self Employed Carers/Personal Assistants
- Anyone working in Social Care, including Social Workers
- Unpaid Carers or Volunteers
- User Led Organisation (ULO) workers, such as a charity
- Direct payment or Personal Budget Employers % their users
- Foster Carers
- Volunteer & Community Sector
- Anyone providing a service to Social Care





# New Benefits and Discounts added for 2024

**The National Trust is for everyone. Personal assistants, community care workers, day opportunity care workers, care home workers and unpaid carers of adults and young children are able to enter all National Trust sites for free.**

The National Trust are offering an Essential Companion card to all disabled persons which makes it simple to take one or two carers or companions with you, free of charge. Show the card when you arrive, and the carer(s) or companion(s) won't need to pay an entry fee. The card is in the persons name so you can bring whoever you like, but even if you don't have an Essential Companion card, you can still take carers or companions free – the card just makes it quicker and simpler for you.

The National Trust are also offering Links Pass for groups.

The Links Pass gives half-price entry to groups affiliated with disability charities, day centres, or registered care homes. Carers or companions with the group are welcome free of charge. It's valid at participating National Trust places (excluding weekends and bank holidays).

## Some helpful details about the Links Pass:

- The Links Pass is available to groups affiliated with **local and national disability charities**, a **local authority**, currently or previously connected to the NHS, **care homes** or **day centres** and **other caring charitable groups** of this kind.
- The pass entitles people within the group who are disabled or of pensionable age to 50 per cent off the standard price of admission. Essential companions, or carers, in the group are given free entry.
- All visits must be pre-booked and are available at the discretion of the National Trust property or General Manager.
- On applying for the Links Pass, organisers must quote
- The charity or NHS Trust number and name of their national organisation.
- The Links Pass is only renewed on request – each welcome pack includes an application form for the following year.

**Details of how to obtain these cards are available on the link for the website at [Access for everyone | National Trust](#)**



# VIVUP Benefits

Staffordshire County Council are really pleased to announce that they have extended their **VIVUP Lifestyle Benefits Scheme** to their adult social care market.

Staff can access a range of lifestyle savings and discounts including retail, days out, food & drink and travel. There is no cost to staff, all people need to do is register! On the registration page, please select 'commissioned service and volunteers' and in the employee number field enter the name of your employer

## Free wellbeing support

In addition to our Vivup scheme, adult social care providers can also access our wellbeing support service for free, including:

Access to free, confidential counselling via the **Thinkwell Cares service**. Referrals can be made by calling 01785 276899 and leaving a message.

## InstructorLive Unlimited Access

Register for access to all programmes on InstructorLive, which has 800+ workouts including:

- HIIT
- Pilates
- Yoga
- Aerobics
- Dance
- Strength and Toning
- Nutritionist-approved meal plans.





# Vivup, taking good care of your people

**Because a happy, healthy workforce makes good business sense.**

Taking good care of your workforce isn't just about offering individual benefits, it's about taking a completely different view and trying to understand and meet their complex needs. We take a new approach to employee benefits by helping you create a culture of physical, financial and mental health wellbeing in the workplace. With us, employers can provide support through staff benefits and initiatives that give their employees the means and encouragement to take care of themselves, helping keep their mind, body and wallet healthy

## Why Vivup?

Vivup provides a flexible, innovative and customisable platform and a wide selection of in-house benefits specifically designed to improve employee engagement and loyalty – helping you attract and retain the very best people

Our ambition is to make it easy for your company to illustrate your total employee benefits offer, being committed to helping all of your employees become happier, more successful and rounded individuals in everything that they do



### Payroll Pay®

From the latest tech to weekends away, Payroll Pay® helps your staff better manage their finances enabling them to spread the cost of items over a set period of time direct from salary



### Lifestyle Savings

We've thoughtfully put together a huge range of lifestyle savings to help your staff save money across the UK's major retailers, supermarkets, travel, dining out, leisure activities, sports nutrition and much more



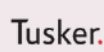
### Employee Assistance Programme

Providing your staff with market-leading help and support for life's ups and downs 24/7, 365 days a year, whenever they need it



### Recognition and Reward

From a heartfelt thank you to a well-earned financial bonus, give your employees the recognition and rewards they deserve



To find out more or request a demo of our platform, please email [enquiries@vivup.co.uk](mailto:enquiries@vivup.co.uk) or call 01252 784 541



HEALTH. WELLBEING. HAPPINESS

# The benefits to you

Improving employee wellbeing has broad appeal and can support your organisation with...

- ✓ Increasing staff productivity
- ✓ Reducing absenteeism
- ✓ Attracting and retaining talent
- ✓ Growing a positive workplace culture
- ✓ Supporting your health and wellbeing agenda



## The Vivup Difference

Sign up to one or more of our health and wellbeing benefits for your employees now and utilise the Vivup website, the first customisable platform where all of your employee benefits and health and wellbeing initiatives can be accessed by staff in one place

### £ Affordable, fully customisable platform

- Provided as a cost effective solution
- Integrate all your benefits in one place, including from other providers
- Illustrate your total employee offer, values and culture
- Dedicated account manager with you every step of the way

### Better communication and engagement

- Utilise Vivup's personalised messaging service
- Staff benefits can be accessed via the website or Vivup app
- Comprehensive marketing support helps promote your benefit offering internally
- Inspire active participation in all aspects of work life

### Reduce the administrative burden

- On-demand payroll reports provided
- Important tasks highlighted on the dashboard
- Online calculators and full order details to aid authorisation
- Dedicated customer service helpdesk to answer all your staff queries

### Gain meaningful insight

- Monitor progress, demonstrate success and continuously improve your staff benefits
- See which benefits are the most popular amongst staff and how and when they are accessed
- View your total savings per month, plus much more

## With Lifestyle Savings included free-of-charge too!

Provide your staff with access to savings to help them save money across hundreds of the UK's favourite high-street and online retailers, including supermarkets

ASOS

NIKE

VUE INTERNATIONAL

TESCO

Argos

currys

MARKS & SPENCER

JOHN LEWIS PARTNERS

MERLIN ENTERTAINMENTS

and many more...

To find out more or request a demo of our platform, please email [enquiries@vivup.co.uk](mailto:enquiries@vivup.co.uk) or call 01252 784 541

  
HEALTH. WELLBEING. HAPPINESS

# MPFT Wellbeing and Recovery College

## Who we are

The Wellbeing and Recovery College provides recovery focused education courses that are accessible to everyone in our local communities.

Their goal is to work together to create an environment of hope, control, and opportunities. If you have any questions, please contact [wellbeingrec@mpft.nhs.uk](mailto:wellbeingrec@mpft.nhs.uk)



# Skills for Care Wellbeing Resource Finder

## Who we are

Skills for Care have compiled some resources to create a wellbeing resource finder. The resources have been compiled some resources to create a wellbeing resource finder.

The resources have been grouped into topics including physical wellbeing, mental health and grief and bereavement, and may be helpful to support the wellbeing of the adult social care workforce.





# The Staff Psychological Wellbeing Hub

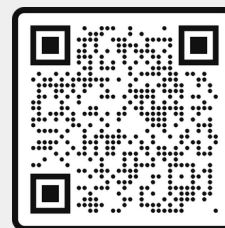


The Wellbeing Hub is a free (and confidential) resource for staff working in health and social care settings across Staffordshire and Stoke-on-Trent.

The goal is to create a culture, where asking for help and support is the norm!

Working in health and social care is a rewarding career but it can be difficult, and it is important we all take care of our health and wellbeing.

Full details can be found in this [brochure](#).



# Coming up later in 2024



## Staff Wellbeing Champions

In partnership with Skills for Care the Integrated Care Systems (ICS) is looking to form a staff Champions Network which will support information sharing.

The role will be to share information and available opportunities directly with their peer group and attend collaborative meetings to gain insight into the above.

If you are interested in becoming a Staff Wellbeing Champion please get in touch! We would love to hear from you on [icsretention@mpft.nhs.uk](mailto:icsretention@mpft.nhs.uk)



## Each Person

each person

Each Person wholeheartedly believes in looking after employees' financial needs through enhanced savings and their emotional needs by recognising their efforts. The Each Person dashboard is coming to Acute Trusts, Primary Care and Social Care soon!

The Each Person dashboard is a reward, recognition and staff wellbeing platform. E-Cards can be sent Manager to employee, team members to team member. The dashboard also provides employee discounts, cash back on purchases and rewards directly through the platform (if enabled by your trust/employer). Each Person will also direct you to health and wellbeing support when you feel you need it. Listen out for information to when it is coming your way to be part of a recognising social care culture!

# Get in touch

## Email

[icsretention@mpft.nhs.uk](mailto:icsretention@mpft.nhs.uk)

## Website

<https://staffsstokeics.org.uk.org.uk>

## Social

<https://linktr.ee/hcpeopeteam>

## Address

Lancaster Building, High Street, Newcastle-under-Lyme,  
ST5 1PG

