



Welcome to the January edition of the Rewards and Benefits newsletter!

This newsletter highlights the benefits available to you as an MFT Colleague. For more details, visit the Rewards and Benefits Hub on People Place. On Page 6, you'll find a directory of QR codes that takes you to the Hub.

Remember, you can access People Place from home or your mobile without logging in. Just go to

peopleplace.mft.nhs.uk and search for Rewards and Benefits. Enjoy saving!

Core Benefits

Buying and Selling Annual Leave 25/26 Update

The Rewards & Benefits Team are pleased to announce that a new and improved Buying and Selling Annual Leave Application Form will be launching soon!

What you need to know - The current Buying and Selling Annual Leave Form will no longer be available when the application window closes on 31st December 2024.

The new Buying and Selling Annual Leave Form will be available well in advance for you to submit your requests before the 2025/2026 scheme opens on the 1st of April 2025.

What happens next? Further information will be sent over the coming weeks and shared via the Rewards and Benefits champions.

Lime Arts

Since April 2024 Lime has delivered 268 2 hour music and art sessions in acute hospital settings across the 8 wards at MRI and 14 wards at Wythenshawe and Trafford. Lime's cohort of expert musicians and artists have provided meaningful engagements with approximately 10 – 21 patients and/or family members and staff in complex acute hospital settings. This equates to 2680 - 5628 patients and/or family members having direct access to music and art whilst in hospital. Project Partners: RNCM, Halle Orchestra, Manchester Camerata, Company Chameleon, So Many Beauties Lime also provides training for RNCM students and musicians who would like to access this specialised work, this year Lime has trained 13 new musicians and equipped them with the specialist skills to work in complex hospital settings, addressing a range of patient needs.

Travel



Spread the cost of annual travel with a credit union. The SoundPound Group (a consortium of 14 Greater Manchester credit unions) has partnered with Transport for Greater Manchester to bring you a new, affordable way of paying for annual bus travel in Greater Manchester when travelling on Bee Network.

The new Adult Bee Bus Annual Ticket is £800 for travel across the city region all year. This represents a saving of 23% or £240 compared to a seven or 28-day bus ticket over the course of a year and your credit union can help you pay.

The Bee Network Annual Bus Ticket can only be purchased via a Credit Union.

Here's what you need to know:

- [Apply to your local Greater Manchester credit union](#) for the Adult Bee Bus Annual Ticket Loan and spread the cost over the year, purchasing the annual ticket through a credit union incurs no additional cost and enables you to save on your annual travel.
- From the **5th January 2025** the Bee Bus Annual Ticket can be activated for use.
- Repay the credit union via weekly (£15.38) or monthly (£66.67) payments over the 12-month term
- Explore all perks of credit union membership perks including top-notch service, friendly guidance and a voice in how the credit union is run (to name a few).
- By accessing an Adult Bee Bus Pass Annual Ticket Loan through a credit union, you can spend less and travel more while building your financial resilience.

To find out more about a credit union and the credit unions that MFT already work with, please go to the [Credit Unions page on People Place](#).



Assistance and support,
no matter what you need
With exclusive deals, discounts, and your
very own 24/7 personal assistant
Completely free to all MFT staff!

Give yourself the gift of time this New Year, with help and support from MFT Timeforme! Our completely free service provides 24/7 advice, guidance, booking, and scheduling services – whether you need a table at your favourite restaurant, or have a leaky roof which needs addressing. We've helped over 3,500 colleagues to date and would love to help you – no matter what you need, or when you need it.

No request is too small, and we pride ourselves in exceptional service delivery. Our team are always just a phone call away. So... what are you waiting for? Activate your free account today at: <https://mft-timeforme.co.uk/>

Using Welcome code: TIMEFORME

[For more information go to the Timeforme page on People Place](#)

Timeforme have created "**Year in Pixels**" tracker, a simple yet effective tool for tracking various aspects of your daily life. Each day, you colour a square on the grid to represent a specific activity or experience, providing a visual overview of the year. This tracker is ideal for monitoring activities such as exercise, getting outside, reading habits, and much more - the list is endless. Customise the tracker to your personal or your teams goals and priorities! **You could use it for RED January, find out more below!**

Sports and Social Activities

If you haven't downloaded the HobbyHealth app yet, you're missing out on a world of exclusive discounts and offers available only to MFT colleagues! Whether you're looking to try something new, get fit, or explore a hobby, the app provides a range of exciting opportunities—from free beginner karate classes to discounted golf memberships and unique workshops. With deals like 40% off indoor skydiving, 50% off virtual guitar lessons, and much more, there's something for everyone. Don't miss out on all the fantastic benefits waiting for you!

Head to the **[Social and Sports Groups for Staff Page on People Place to find out more!](#)**

Hobby Health

MFT Staff Hobby App

Access code: **mftNHS2090!**

SCAN ME! >>>



Looking After You

Rise Every Day (RED) January

January can be a time when resources can be low, and the isolation brought by shorter, darker days can be hard for many.

Recent research shows a 4% decrease in adult participation in any type of activity during the winter months.

RED Together, is a community dedicated to improve wellbeing through physical movement, starting every year with a campaign to make winter a positive and energising experience.

RED January is designed to help support people through January, by encouraging people of all ages, backgrounds and physical abilities to set a daily movement goal and **Rise Every Day (RED)**, as a community, with the intention to move in a way that:

- Works for you
- Makes you feel good
- Achieves your own personal movement goal

Whether you get involved individually or with others, begin the year as part of a community and help to create healthy habits that will help support you all year round. Any activity counts; it doesn't matter how you move but that we rise to move!

To help to support you to move more throughout January search [EHW Staying Active page](#) on People Place, to find information on the importance of staying active, the physical and psychological benefits and a number of resources to help keep you and your family active, including access free apps to help support you to move more.

- **DoingOurBit app** - free fitness, health & wellness app, accessible 24/7 for all NHS and Social Care staff across the UK, that you can use in your own time or with your colleagues. Visit doingourbit.org.uk/
- **Wisdom App** - designed to help improve both physical and mental health and wellbeing. Through the app you can access activity trackers, 4-week health plans, a range of yoga and workout videos, plus much more. The app also offers 24/7 support and advice with Health Assured wellbeing counsellors through the live chat and video call functions. [Click here](#) for more information.

MileShyClub - A running and walking group, specifically for beginners! With 11 clubs meeting across South Manchester. Established in 2017, #MileShyClub are a registered charity who have supported 100s of people in their communities. To find out more [take a look at their website](#), or [head to the Looking After You page on People Place!](#)



Manchester Frontrunners - NEW for 2025 - Couch to 5k programme specifically for people who identify as women, trans and non-binary.

Coached and supported solely by our women, trans and non-binary members

this is a 9 week programme starting on Saturday 11th Jan at 10am. It will run every subsequent Saturday from the 11th to the 8th March with graduation at Stretford Parkrun. Programme participants will be connected and supported together online with access to a qualified coach and a forum in which to chart progress between group runs. Full details, including how to sign up are available on their website: [Couch-to-5K Winter 2025 | Manchester Frontrunners](#) or **scan the QR code.**



3 months premium membership for FREE with WithU

WithU is an award-winning fitness app that helps motivate members to prioritise their well-being. Find your feet with fitness, build up your confidence, and become a healthier, happier you

There's something for everyone with endless choice across 26 fitness disciplines, from strength, running, and yoga to meditation. And the best part? You can sign up today with a 3 month's free offer. And once your offer ends, you can continue using the app for free with access to hundreds of workouts, or upgrade for the full experience. To claim your exclusive offer go to the [Looking After You page on People Place!](#)

Health Care Cash Plans

Have you heard about Health Care Cash plans? They allow you to claim money back on everyday treatments like optician appointments, dental care, and physical therapies (e.g., physiotherapy). The plan also provides fast access to services such as GPs, scans, and dermatologists, along with digital health services and helplines. You can add your partner and children under 18 for an additional fee. You can find out more information about SimplyHealth, Health Shield and MediCare on the [Looking After You page on People Place](#), simply scroll down to the Health benefits Section!

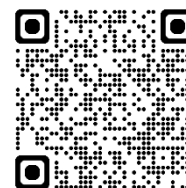


Financial Wellbeing

Free financial webinars this December from Serve and Protect - don't miss out!

- Eco-Friendly Ways to Save Money NEW
- Mortgages and Planning for the Future
- Budgeting & Spending
- Boost Your Credit Score
- What Lenders Look For

Register here: <https://sandpcu.co.uk/webinars> or scan the QR code



HSBC Community Pop-up visit MFT sites every month to support staff, patients, and visitors!

Bringing their expertise directly to MFT with their Community Pop-Ups, offering free, personalised financial wellbeing advice for every stage of life. Whether you're a first-time buyer looking to navigate the property market, seeking advice on managing debt, have questions related to fraudulent activity or planning for your future with pension guidance,

HSBC's team of experts will be on hand to help. These pop-up events provide an opportunity to get tailored advice, ask questions, and receive support on a wide range of financial topics—all in a friendly, accessible environment. Find out when they're visiting a site near you and go to the **Financial Wellbeing page on People Place**

Dates for your diary! HSBC Webinars coming February 2025!



Budgeting

Tuesday 4 February 2025, 12:45pm, [Scan the QR Code to register](#)

Would you like to feel more confident in how to make the most of your money by budgeting?

One of the key ways to take control and manage your Financial Health is creating a budget. Budgeting can help you to create a spending plan for your money so that your money could work harder for you and that you stay on the right track to reaching your financial goals.

This session will include topics such as:

- Why and how to budget
- Cutting costs and future goals



Managing Debt

Wednesday 12 February 2025, 12:15pm, [Scan the QR code to register](#)

Would you like to find out more on managing debt to help you be financially fit?

Dealing with money issues can sometimes be off-putting, and feel overwhelming, but if you don't know how and where to get support, you could end up losing out financially, this presentation signposts support services and information to help you get back on track.

This session will include topics such as:

- Repayment techniques, What are priority debts? Impact on credit scoring
- Building your future after debt, and the support available

How to check your Credit Score



Thursday 27 February 2025, 12:45pm, [Scan the QR code to register](#)

Would you like to feel more confident in your understanding of credit reports and the affect they may have on your personal finances and goals?

The concept of a credit score is tricky to understand at the best of times, but with this presentation, you'll be best placed to know how a credit score is put together and what your score means for you.

This session will include topics such as:

- Understanding your credit score, what impacts a credit score and how to improve it.

Big Energy Saving Week 17-23rd January 2025 is a week-long initiative that focuses on empowering people to take control of their energy consumption and make informed decisions about energy usage. The Rewards and Benefits team have provided some resources to help colleagues reduce their energy bills.

Take Charge

Take Charge is available to all households in the region, and can help people with reducing their energy bills, get support with debt, access benefits and financial support and even secure funding for energy efficient home improvements.

You can access support through Take Charge via their freephone number 0808 169 9924; or request a free appointment on their website takechargetoday.co.uk

Take Charge is delivered in partnership with Citizens Advice in the Northwest and the Energy Saving Trust. To learn more about the service, <https://takechargetoday.co.uk/> or go to the **Financial Wellbeing Page on People Place**

Energy and money advice you can trust

Take Charge is here to help you reduce your energy bills, get support with debt, access benefits and financial support, and even secure funding for energy efficient home improvements.



Greater Manchester Financial Wellbeing Guide, part of the GM Integrated Care Partnership, is filled with a range of financial support and advice. You can also download the pack on the Financial Wellbeing page on People Place.

This pack has been created for our Greater Manchester health and care workforce to support your financial wellbeing – and is part of their wider wellbeing offer which looks at psychological and physical wellbeing too. **Scan the QR code to take a look.**



Help for vulnerable patients to stay warm and well

Heating homes is pricey and contributes to carbon emissions, but living in cold conditions can be harmful to health. To help our vulnerable patients feel the benefit of living in warmer homes, the [GMCA Energy Company Obligation Scheme 4 Flex \(ECO4 Flex\) scheme](#) offers fully funded energy efficiency measures to eligible GM residents living in privately rented or owner-occupied energy inefficient housing.

The ECO4 Flex scheme enables NHS healthcare professionals, including Social Prescribing Link Workers, to refer residents with medical conditions which make them more vulnerable to the effects of living in a cold home, including cardiovascular conditions, respiratory disease, limited mobility, and immunosuppression. Patients can also self-refer via the [GMCA Retrofit Portal](#) or by contacting the approved installers directly by [telephone](#). **Scan the QR code to find out more.**



Cycle to Work

Through your Cycle to Work benefit, you can save up to 42%* on lights, locks, base layers and high-vis clothing from the biggest brands. Plus, if you're looking to take some of the hard work out of your cold weather commute, you can also save on a wide range of electric and hybrid bikes while spreading the cost from your salary. To browse the bike range, register at [vivup.co.uk](#) today. Up to 42% saving: Savings are realised through a salary sacrifice arrangement and any figures shown are a guide only and dependent on your own personal situation. Excludes End of Agreement fee (if applicable). Bikes available maybe subject to your organisation scheme. **Go to the Cycle to Work page on People Place**

Car Leasing

The [Car Leasing](#) page has all the information you need with regards to leasing a car with NHS Fleet Solutions Elevate your commuting experience with the NHS Fleet Solutions Car Leasing Scheme! Say goodbye to the hassles of ownership and hello to the convenience of driving a brand-new vehicle. With flexible leasing options, you can enjoy lower monthly payments and the latest models without the long-term commitment. Plus, you'll benefit from reduced maintenance worries and the freedom to choose a car that fits your lifestyle. **Find out more on the Car Leasing page on People Place.**

What is a Rewards and Benefits Champion?



Our Rewards and Benefits Champions are passionate about sharing the offers and support available to staff. Our Champions keep colleagues informed of rewards, benefits and financial wellbeing information.

What will I need to do?

Every month you will be emailed our Rewards and Benefits Newsletter. This includes new offers, promotions and campaigns. It also includes reminders of services that are available. Our Champions share this Newsletter with their teams and wider networks. This is specific to how different areas like to share and receive information. It could be through sharing via email, printing for the staff areas or discussing at a team meeting.

How do I become a Champion?

If you want to be a Champion, please [scan the QR Code](#) to register. This will add you to the circulation list for the Newsletter and you will be invited to a bi-monthly catch-up to help keep you up to speed on the Rewards and Benefits Hub's future offers, which is optional for you to attend.



MFT does not recommend, promote or otherwise endorse the products, services or commercial offerings of any third party. MFT is providing awareness of products, services and discounts as part of the overall Rewards and Benefits Hub service. MFT does not take responsibility or accountability for any future agreements made between MFT colleagues and external financial and utility businesses. MFT does not accept any liability for third party websites. All content and web links are correct at the time of creating this newsletter.



2025

SCAN THE QR CODES BELOW TO TAKE YOU TO THE PAGE ON PEOPLE PLACE

Become a Rewards and Benefits Champion



Core Benefits



Staff Celebrations



Financial Wellbeing



Credit Unions



Looking After You



Travel



Cycle To Work



Car Leasing



You and Your Family



Social & Sports Groups for Staff



Pet Discounts



Holiday Discounts



Rewards and Benefits Hub



Timeforme

