

Feedback from staff



HEADSPACE

“I have heard great reviews of the Headspace app and know numerous people who have been using it over the last 6 months and have found that it has had a really great impact on their wellbeing. It usually costs about £50 a year so it is a great opportunity to get it for free! I have now been using it over a month and am really enjoying it. It is super easy to set up – you just need to enter some basic information and then scan a recent payslip. I just wanted to send an email to promote it and say everyone should give it a go”.

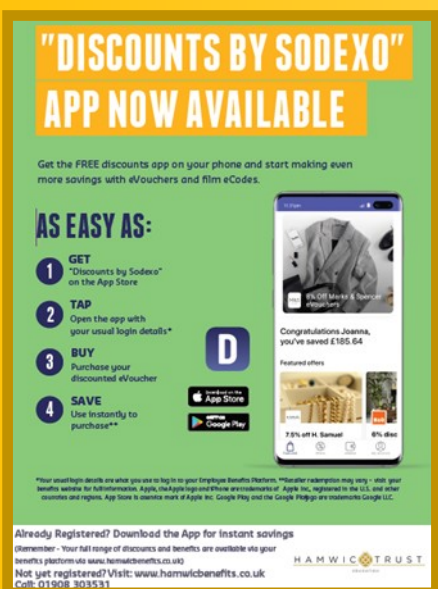
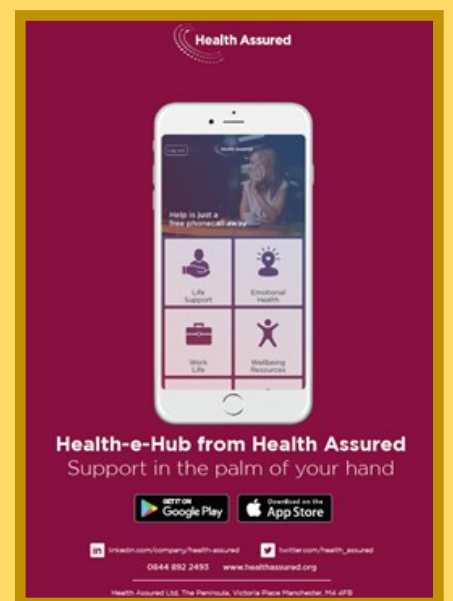
HEALTH ASSURED –CONFIDENTIAL COUNSELLING SERVICE

“Really good. Helpful. Made me feel good. Gave good advice and another contact to help with an issue I had”.

“It was brilliant being able to offload and discuss options without feeling I was burdening someone”.

“Extremely good - I had 6 weeks CBT telephone counselling and it helped me to start to turn around my mental health issues”

“Really helped improve my mental health and wellbeing”



SODEXO STAFF BENEFITS PORTAL

“I have used this to get cinema tickets & airport parking. Good discount”.

“The Sodexo discounts are a real bonus. I don’t go shopping without looking to see where I can get a discount”.

HEALTH AND WELLBEING

“I would like to pass on my thanks and appreciation to the Trust for all the work that has been done to put in place support and benefits for staff. It is a huge help to be able to signpost staff to free services they can access when they are struggling. The CPD pages and the free courses are also great”.

