

**Our staff information pack**

Last updated 28 April 2023

**This pack is split into six sections**

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1. **Introduction**

**You can also access this pack and all the links
online by scanning the QR code opposite.**

**Share this pack, more on the national NHS pay deal and how to send in your ideas for staff support**

We are officially in a national cost of living emergency. The government has already intervened directly in the energy markets to fix costs for homes and businesses. But with the cost of everything going up and wages stagnating, we recognise we need to do more to help our staff.

This pack has been compiled by the Trust’s Communications Team to bring together relevant, useful and accessible information into one place for staff. It includes some support offers we provide directly, and some we’re recommending you take advantage of if you can.

Please share this pack with your colleagues and friends at work as we know not everyone will be aware of what’s on offer. We’ve made it print friendly so hopefully you can print and share it locally.

Unfortunately, our staff intranet, Staffnet, is not yet accessible on smartphones or personal computers. Therefore, if there is any information on there referenced in this document that you’d like but cannot access, please contact us at communications.lypft@nhs.net.

**NHS pay and conditions**

Unfortunately, as an individual Trust there isn’t much we can do around changing your pay and conditions of employment, as these are set nationally.

However, an agreement has not yet been reached on a pay deal for NHS staff for the year 2023-24 (as of 28.4.23).

**Have your say and share your ideas**

We’d love to get some feedback from you about what we could put in place locally as a Trust to support you financially. We’d love to hear any ideas you might have.

We’ve set up a simple short survey where you can provide this information anonymously. > [**Click here to complete our short survey.**](https://www.smartsurvey.co.uk/s/CostofLiving/)

1. **Financial wellbeing and practical support**

**Energy bills and energy efficiency**
Domestic energy prices in the UK continue to rise.

NHS England have produced a resource to provide all NHS staff with information, advice and tips on how to manage your energy bill, where to get support, how to make your home more energy efficient and how to make small changes to your habits that can go a long way.

This information is provided in good faith, and you are encouraged to check the information provided directly with your energy supplier or online for accuracy.

[Energy bills and energy efficiency - Autumn 2022 V4](https://www.leedsandyorkpft.nhs.uk/advice-support/wp-content/uploads/sites/3/2022/11/Energy-bills-and-energy-efficiency-awareness-campaign-Autumn-2022-V4.docx)

Here are some more ideas that may be worth investigating, especially if you are working from home and are concerned about your fuel bills:

* Martin Lewis’s Money Saving Expert website has some top tips on staying warm while saving energy – [Heat the human not the home](https://www.moneysavingexpert.com/utilities/heat-the-human-not-the-home-save-energy/) and [Energy-saving ideas](https://www.moneysavingexpert.com/utilities/energy-saving-tips/).
* BBC’s Greg Foot teams up with Octopus Energy to test a new kind of portable ceramic heater which promises to heat your room using 30% less energy. It is tested against a convection heater, a fan heater and an oil-filled radiator to find out which gives the most heat for the lowest energy used. And how does all that compare to using gas central heating? [Visit the BBC Sounds website](https://www.bbc.co.uk/sounds/play/m001dxtx?xtor=ES-211-%5B56348_PANUK_DIV_46_SND_EditorialDeadCompetitive_RET_DEF%5D-20221116-%5Bbbcradio4_bbcsoundsslicedbreadportableheaters_factualsciencetechnology%5D).
* Oil filled radiators are a practical low-cost heating solution and a great way to get heating on demand. Oil heaters retain and radiate heat even when they're switched off, so they use less energy and less money. [Visit Screwfix](https://www.screwfix.com/c/heating-plumbing/oil-filled-radiators/cat7230008#:~:text=Oil%20filled%20radiators%20are%20a,and%20a%20range%20of%20temperatures.) to browse some ideas on the market.
* [A review of the Ultra Heat Pro](https://buy-ultraheat.com/reviews/ultraheatpro/uk/int1j2v4b/?key=f6m156isr5qk3m83ahju&campid=18331778365&adgroupid=138566184142&adid=621805301906&placement_network=youtube.com@ytv&keyword=&matchtype=&cacheBuster=7238905717379164030&gclid=Cj0KCQjwmouZBhDSARIsALYcouqLg_jAXpLQ166RM8zUBiM62zJmhWuznD8NtKITiY_UyW2BBXMx2ZgaAt2nEALw_wcB) portable heater which uses new heating technology to warm up any room at a lower cost than conventional heating.

**UPDATE: Wagestream – fee support extended by the Trust**

You can now access Wagestream that lets you stream a percentage of your pay as you earn (up to 35%), whenever you need it.

Download the app today in your app store.

* [How to enrol](http://staffnet2/employees/Documents/How%20to%20Enrol.pdf). You will need your 8-digit payroll or ‘assignment’ number. This can be found on [Electronic Staff Records (ESR)](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fmy.esr.nhs.uk%2Fdashboard%2Fweb%2Fleeds-and-york-partnership-nhs-foundation-trust&data=05%7C01%7Csarah.firth6%40nhs.net%7Cfc33706184ef4b53f8c808dadd29f66b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638065469716608984%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=vWbazU7ic1LaC2kXfMwX8WLz9Z12NRrOy28O03PyepE%3D&reserved=0) or the top left of your payslip.

There are four key features to help improve your financial management and wellbeing on Wagestream - Track, Stream, Build, Coach.

* **‘Track’** your wages in real-time
* **‘Stream’** your wages and access your pay as you earn. There's a flat rate fee of £1.75 to **‘**but the Trust is continuing to cover some of these costs. Currently the Trust is meeting the full costs for any number of streams you make per month. From 1st June 2023, the Trust will pay the fee for up to 3 streams you make per month.
* **‘Build’** savings with Wagestream and earn 5% interest – remember to opt in to get the interest when you set up your savings target. Go to the ‘Build’ option in the app.
* The **‘Coach’** part of the app provides impartial tips and tricks to help you make the most of your money with bite-sized financial education content that is provided by their expert partners The Money Charity and Money Advice Services. From learning how to invest your money to figuring out the best ways to save money at home, access resources that can help to put you onto a path of financial freedom.

NOTE: By enrolling in Wagestream your bank details in ESR will be updated to newly created and unique Wagestream payment account for each assignment currently held. This is done in order to facilitate transfers and salary payments to your bank account that’s on file with your ESR and is a completely normal part of the enrolment process. Once this happens, you’ll receive a notification via ESR to let you know your bank details have been updated.

**Got a question?**

* Watch the LYPFT briefing session: <https://youtu.be/Loei7qpMYL0>
* Read [Trustpilot reviews of Wagestream](https://uk.trustpilot.com/review/wagestream.com) (4.5 overall, 82% rate as 5 star)
* Ask in the Wagestream app chat or visit the [Help Centre](https://gbr01.safelinks.protection.outlook.com/ap/t-59584e83/?url=https%3A%2F%2Fteams.microsoft.com%2Fl%2Fmeetup-join%2F19%253ameeting_YTc1M2RkM2UtYmI0Mi00YmY1LTkzYTItOTczZDBjODZiZjFj%2540thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%252237c354b2-85b0-47f5-b222-07b48d774ee3%2522%252c%2522Oid%2522%253a%252267fd1ff4-3b70-4142-ad8e-7a7ce9b8a681%2522%257d&data=05%7C01%7Csarah.firth6%40nhs.net%7Cfc33706184ef4b53f8c808dadd29f66b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638065469716608984%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=IR%2BiW%2F2RTNFHMqiY9qTecxxqIzo8l6kIeHh%2BQlfVWVo%3D&reserved=0)
* Find [answers to your FAQs](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fs3.eu-west-2.amazonaws.com%2Fuploads.wagestream.io%2FCS%2FFAQs%2FLeeds_York_NHS_FAQs.pdf&data=05%7C01%7Csarah.firth6%40nhs.net%7Cfc33706184ef4b53f8c808dadd29f66b%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638065469716608984%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=58AVI019z4vEOc%2FlByW%2FvzAvTTgDQZqg%2BPvhpJpahXA%3D&reserved=0)
* Contact e-rostering.lypft@nhs.net with any other questions

**Visit our** [Wagestream page on Staffnet](http://staffnet2/wagestream) **or search ‘Wagestream’.**

**UPDATE: LYPFT Financial Support Fund – support extended**

The Trust has launched the LYPFT Financial Support Fund which is a dedicated fund designed to support staff who may be struggling - for example because they are experiencing a significant decrease in household income or are encountering an unexpected expense.

This support has been extended and will be reviewed in another 12 months. The criteria has also been expanded to include colleagues who are struggling with any financial issue not just if it’s connected to the Cost of Living crisis.

Making an application

* To make an application for financial support please complete the latest [application form (v3)](http://staffnet2/sites/DocumentCentre/Resources/LYPFT%20Financial%20Support%20Fund/LYPFT%20Financial%20Support%20Fund%20-%20Application%20Form%20v3%2017.1.23.docx) and email to our dedicated and confidential inbox: supportfund.lypft@nhs.net
* Completed applications then go to an LYPFT panel for review which meets weekly.
* To have an application approved, staff must demonstrate that they reach several criteria through their application process. Please provide as much detail as possible to help the panel with their decision. You can provide supporting documents.

Please note: panel members and administrative support staff will remain anonymous throughout the process.

**Visit** [**Financial Wellbeing on Staffnet**](http://staffnet2/employees/HealthandWellbeing/Pages/Financial-Wellbeing.aspx) **or search ‘Financial Support Fund’.**

**UPDATE: Food for colleagues: On site provision**

The Executive Management Team has supported a recommendation from the Cost of Living Task and Finish Group to extend the provision of food to support colleagues when on site.

Due to ongoing staffing challenges and workload pressures, we know that many colleagues on site and in community teams can experience difficulty in getting time to buy a meal whilst on shift. We also know that the current cost of living is providing a challenge for all colleagues, and we want to contribute in easing the burden.

To support you during this time, we are pleased to confirm regular deliveries of a variety of ambient food to all sites for our colleagues to enjoy while at work.

Ambient food will be available at all sites, including where there are hot desk facilities – for those working between Trust sites and home.

Deliveries will take place via Logistics on the same day as PPE deliveries (normally this will be Tuesdays or Fridays). This provision has now been extended for another six months, and will be reviewed again at that point.

**If you have any questions or feedback, please contact your team manager in the first instance. Team managers are asked to feedback any issues to their Operational Manager.**

**Money Buddies - a** **local financial support offer**

The MoneyBuddies scheme can help you save money, increase your income and advise you at times of financial hardship. Whether you’re having difficulty paying a debt, need legal debt advice, or if you’re not sure what to do about your finances, they can help you.

You don’t need to have a financial crisis to get help - they can save you money on things like gas, electricity, water bills and much more.

Money Buddies don’t charge, don’t judge and don’t tell anyone. Their local knowledge and people means they understand the difficulties their clients face. They have a wide range of legal debt advice and financial capability solutions that could ease or remove money-related difficulties.

Money Buddies is facilitated through Leeds Teaching Hospitals NHS Trust on behalf of [Burmantofts Community Projects](https://www.burmantoftscommunityprojects.org/), a registered charity based in the heart of one of the most deprived areas of Leeds.

You can attend sessions face-to-face, virtually or by phone. Appointments can be made via this [Google form](https://docs.google.com/forms/d/e/1FAIpQLSd5Kq9051LLdiuxWkkEX0kQ4XmL4yX3i5C8GVtr9oSPN1C6Wg/viewform).

For further information email leedsth-tr.HealthandWellbeing@nhs.net.

**Claiming tax relief on job related costs**

You might be able to claim tax relief from the government if:

* you use your own money for things that you must buy for your job – for example, professional registration fees and subscriptions,
* you only use these things for your work.

You cannot claim tax relief if your employer either gives you:

* all the money back, or
* an alternative, for example your employer gives you a laptop but you want a different type or model.

Visit [www.gov.uk/tax-relief-for-employees](http://www.gov.uk/tax-relief-for-employees) to find out if you’re able to claim some money back for these expenses.

**Cost of Living One Stop Shop for Leeds residents**

Our partners across Leeds have created a website that pulls together the city’s cost of living related information and support offers into one place. This includes finance, community hubs, heating, water, jobs, housing, health and food.

Visit [www.leeds.gov.uk/campaign/cost-of-living](http://www.leeds.gov.uk/campaign/cost-of-living).

**Financial assistance from your union**

If you’re a member of a union, you may be eligible to apply for financial assistance from them. At LYPFT our two most popular unions are UNISON and the Royal College of Nursing.

Members of UNISON may be able to access financial support via the “There for You” scheme. It can help with things like general living costs, household appliances, urgent repairs, disability equipment and adaptations, utility bills and funeral costs. [Find out more on their website.](https://www.unison.org.uk/get-help/services-support/there-for-you/financial-assistance/)

Current and former members of the RCN may be eligible for a grant from their Foundation Benevolent Service. These grants are offered once per calendar year and you won’t be asked to pay it back. [Find out more on their website](https://rcnfoundation.rcn.org.uk/Apply-For-Funding/Hardship-grants).

Other unions that offer similar hardship schemes include:

[Unite the Union’s Benevolent Fund](https://www.unitetheunion.org/why-join/member-offers-and-benefits/member-offers/benevolent-fund/)

[The British Medical Association’s (BMA) Charities’ financial support grants](https://bmacharities.org.uk/get-help/grants-available)

**The MoneyHelper Service**

The NHS works with the MoneyHelper Service, an organisation that work to improve people’s financial wellbeing across the UK, to provide you with free, independent support.

They offer the following:

**An NHS telephone support line on 0800 448 0826.** NHS people can call this support line, provided by the MoneyHelper Service, for free and impartial money guidance. Monday to Friday, 8am to 6pm.

**WhatsApp chat. Add +44 7701 342 744**to your WhatsApp and send the MoneyHelper Service’s national support team a message for help with sorting out your debts, credit questions and pensions guidance.

**Budget Planner –** their [handy budget planner](https://www.moneyhelper.org.uk/en/everyday-money/budgeting/budget-planner?source=mas) gives you a place to record all your spending, a breakdown of your finances by category, and personalised tips when you’re all finished.

Find out more about the most relevant tools and resources available for NHS people from the MoneyHelper Service [on the NHS England website here](https://www.england.nhs.uk/supporting-our-nhs-people/how-to-guides/financial-wellbeing/financial-wellbeing-support/).

**Health Assured - Employee Assistance Programme**

Did you know that the Trust's Employee Assistance Programme, Health Assured, can offer financial, debt and legal advice and guidance as well as support for your physical and mental health?

There are different ways to access assistance from Health Assured:

[Via the management referral form](http://staffnet2/sites/DocumentCentre/Resources/EAP%20Managers%20referral%20form.pdf) on Staffnet.

Call the 24-hour confidential telephone counselling service on 0800 030 5182. You can speak to a qualified and experienced counsellor who will offer support in a professional, friendly and non-judgemental manner.

Visit the [Staff Wellbeing Hub](http://staffnet2/employees/HealthandWellbeing/Pages/Health-Assured.aspx) on Staffnet or search ‘Health Assured’.

**Salary Finance (loans and money insights)**

Salary Finance is an employee benefit that could help you worry less about money by making it simple. [Salary Finance](https://www.salaryfinance.com/uk/my-salary-finance/) offers:

* Money insights: a range of tips and videos as well as tools for budgeting and saving to help make money simple.
* Loans repaid through salary: Loans at affordable rates with higher acceptance than banks. A lower-rate loan could help you save money by paying off more expensive debt or allow you to pay less interest if you need to borrow money for a car, home improvement or unexpected expense. Representative Rate 9.9% APR (fixed).

Find out more on the LYPFT section of the Salary Finance website at <https://home.salaryfinance.com/lytrust>.

**Money Saving Expert – cut bills and save money!**

[MoneySavingExpert.com](https://www.moneysavingexpert.com) is the UK's biggest consumer website, with more than 16 million users a month. The site's dedicated to cutting your bills and fighting your corner with journalistic research, cutting-edge tools and a massive community – all focused on finding deals, saving cash and campaigning for financial justice.

Founded by celebrity money saver Martin Lewis in 2003, it has grown into the UK's most popular money website, one of the top 25 most popular of all digital services among Brits, and the UK brand most recommended by consumers, according to YouGov.

They have created a special Cost of Living help site with a huge range of ideas and life hacks that will save you money at [www.moneysavingexpert.com/budgeting-debt-help](http://www.moneysavingexpert.com/budgeting-debt-help/).

**Making your money count booklet**

The West Yorkshire Health and Care Partnership’s [Staff Mental Health and Wellbeing Hub](https://wystaffwellbeinghub.co.uk/) has brought together a [range of resources](https://wystaffwellbeinghub.co.uk/support-for-me/managing-your-money) on their website that will help people, including a new [Making your money count booklet](https://www.wypartnership.co.uk/application/files/9716/6160/4186/Making_Your_Money_Count_Booklet.pdf).

1. **Support for carers and parents**

**Support for carers**

1 in 5 of the NHS workforce is currently balancing working and caring responsibilities, and we want to ensure that working carers feel more supported, valued and listened to.

A carer is someone of any age who looks after a family member, partner or friend who otherwise couldn’t manage without their help because of illness, frailty, disability, a mental health problem or an addiction. The care that carers give is unpaid.

Find out more about our support for [carers on our Staffnet page here](http://staffnet2/employees/HealthandWellbeing/workingcarers/Pages/default.aspx).

**If you are a carer living in Leeds, Carers Leeds** operates a Single Point of Access providing information, advice and support on things like:

* Finance and benefits
* Access to services, respite, holidays
* Assessments and personal budgets for the carer or cared for person
* Equipment and support for the cared for person

Contact the Carers Leeds Advice Line on 0113 380 4300 (Mon – Fri 9am-4:30pm), email them at advice@carersleeds.org.uk or visit [www.carersleeds.org.uk](http://www.carersleeds.org.uk).

Carers UK have developed a guide called 'Looking after someone’ which is a useful guide for anyone caring for family or friends wherever you live.

The guide outlines your rights as a carer and gives an overview of the practical and financial support available. You can access the guide [here](http://lthweb.leedsth.nhs.uk/sites/staff-health-and-wellbeing/cuklookingaftersomeone201920england.pdf).

 **Financial support for staff with children**

The government website has a section called [Get childcare: step by step](https://www.gov.uk/get-childcare). Here you will find information on:

* How to find childcare
* How to get help paying for childcare
* What to do if your circumstances change
* What to do when your child reaches school age

There is also a more detailed section on their website called [Financial help if you have children](https://www.gov.uk/browse/childcare-parenting/financial-help-children). There’s loads more information on things like financial help when having a baby, child benefit, tax credits if you have children, financial help if you have a disabled child and tons more. This range of support replaces the Childcare Vouchers scheme which closed to new applicants in October 2018.

1. **Travel and transport**

**UPDATE: Business mileage claims**

To support with the increased cost of living challenges the Trust agreed to temporarily increase the nationally agreed mileage rates by 7p from 56p per mile to 63p per mile for mileage incurred in the period 1 October 2022 – 31 March 2023.

With effect from 1 January 2023, the nationally agreed NHS rate has increased to 59p per which means the supplement the Trust pays to maintain 63p per mile has reduced from 7p per mile to 4p per mile. This reduction from 7p to 4p is reflected in payslips.

The overall rate of 63p a mile is unchanged and will remain so until 1 April 2023 when the Trust rate will revert to the 59p a mile NHS national rate. Excess mileage will continue to be paid at 7p.

The Trust’s decision to revert to the national rate reflects the national increase to 59p a mile and a reduction in the price of fuel. Fuel prices are being monitored closely and the decision to revert to the NHS national rate will be kept under review.

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| **Dates** | **Base Rate** | **Trust Uplifted rate** | **Difference** |
| Before Jan 23 | 56p | 63p | 7p |
| Jan – March 23 | 59p | 63p | 4p |
| April 23 onwards | 59p | 59p (no uplift) | 0p |

**Get a brand-new lease car and save money**

CPC Drive is a car benefit scheme available to LYPFT employees. The scheme enables you to save money and drive a brand new, fully maintained and insured vehicle, including electrics and hybrids, for up to four years. You can benefit from income tax and National Insurance savings (although it will reduce your pension contributions).

The monthly amount is deducted direct from your wage and set for the contract term. At the end of the agreement, you can simply return the car, take out another car or buy the car outright.

**What’s included:**

* All routine servicing, MOT and fair wear and tear maintenance
* Fully comprehensive motor insurance
* Replacement tyres
* Annual Road Fund Licence
* Full RAC Breakdown and Recovery assistance
* Provision for certain lifestyle events (resignation, redundancy and maternity leave)

**Additional Trust support for switching to electric**

To make the switch to electric even easier, the Trust will now be making an additional contribution towards the cost of getting a brand-new electric car on the CPC Drive Salary Sacrifice scheme.

Your monthly reduction is made before income tax and National Insurance contributions, meaning you can make significant savings by getting an electric car on the scheme. The Trust contribution amount will appear in the ‘quote breakdown’ section of your quote.

In recent months, drivers from LYPFT were able to make an average of £273pcm income tax & NI savings on pure electric vehicles!

By taking an electric car on the scheme you will be doing your bit to help reduce your carbon footprint and help make the air cleaner for everyone.

Check out the CPC Drive page on Staffnet

Drop them a line at CPCdrive.lypft@nhs.net.

**Tax free bikes and accessories - save money, improve fitness and reduce carbon footprint!**

Cycling to work not only encourages physical activity but it also helps you to save money whilst reducing your carbon footprint. As a Trust employee you can enjoy tax free bikes and cycling accessories for your commute with our Cycle to Work scheme.

This scheme is provided in partnership with Evans Cycles and Vivup who have the most extensive range of bikes and accessories from leading cycling brands for you to choose from. You can also get savings of up to 37% on the latest bikes and accessories for your commute to work, jump the traffic queues and get fit and healthy.

The Trust also supports our cycling colleagues with cycle repair kits including a pump, tools and spares which are available at most site receptions - for when you need to do an emergency repair to get you home or to your next appointment. [Find out more on Staffnet](http://staffnet2/employees/Pages/cycletoworkscheme.aspx).

**12% discount on West Yorkshire bus and rail travel**

The Corporate Annual MCard is available to all LYPFT staff as we are part of the West Yorkshire Travel Plan network.

It offers a 12% discount on full price Annual MCard rates and it's perfect for commuters who want to get the very best value ticket when using buses or trains run by different companies in West Yorkshire.

[Find out more on Staffnet.](http://staffnet2/employees/Pages/Metrocard.aspx)

**UPDATE: £2 bus travel tickets – low cost fares extended**

Millions of people across England will be able to travel by bus for £2 with the low cost fares being extended by the government until 30 June 2023.

People can save almost a third of the average £2.80 bus fare, while in some rural areas tickets can reach over £5 for a single journey.

Over 130 bus operators outside London will be part of the scheme, taking an estimated 2 million cars off the road and reducing emissions.

[Find out more information online](https://www.gov.uk/guidance/2-bus-fare-cap) including [which bus companies are taking part](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gov.uk%2Fguidance%2F2-bus-fare-cap&data=05%7C01%7Ccommunications.lypft%40nhs.net%7C5849428b614244e9c0bf08daf8a4b257%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638095683669990078%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=pRpRzRdZeYdTABQmwfspNRC%2FgUeSUXkOBjovHnZr7Rk%3D&reserved=0).

**First Bus Commuter Travel Club**

We’ve teamed up with First Bus so you can get a discount on your bus travel. Buying your bus ticket through this scheme will give you unlimited travel in the area and you can use it for getting to work and at weekends.

You will need to sign up online to a monthly payment taken by Direct Debit.

Benefits include:

* Discounted monthly bus ticket
* Automatic mobile ticket renewal
* Unlimited bus travel for work or leisure
* Price frozen for 12 months
* Tickets sent straight to your mobile
* Never worry about renewing your bus ticket again
* If you lose your phone we can transfer your ticket to a new one

To join the Commuter Travel Club and purchase your ticket all you need to do now is:

* Download the First Bus App and sign into/create an mTickets account
* Visit their webpage, log in or register to the First Bus website -
Leeds = [https://www.firstbus.co.uk/leeds/ctc](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.firstbus.co.uk%2Fleeds%2Fctc&data=05%7C01%7Cnaomi.makin%40nhs.net%7C0a8ca0ee8b0c44c7531e08dac8843a52%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638042769004775808%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=OxALxEBBtWhL%2FhPJmt6pOC5Y1TP3UwNuO6tAhYyFS%2Fg%3D&reserved=0)

York = [https://www.firstbus.co.uk/york/ctc](https://gbr01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.firstbus.co.uk%2Fyork%2Fctc&data=05%7C01%7Cnaomi.makin%40nhs.net%7C0a8ca0ee8b0c44c7531e08dac8843a52%7C37c354b285b047f5b22207b48d774ee3%7C0%7C0%7C638042769004775808%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=rtfaCeMk2bSpHYsm%2B7ncHStdsKYTlMERKc4QTU4AyhM%3D&reserved=0)

* Select **your company** from the from the employer drop-down menu
* The form will prompt you to enter your work email address to validate access to the scheme
* We'll then send you a link via email - just click this to complete the online registration and purchase your discounted ticket.
* Tickets are then sent and stored on your mobile phone

Happy travelling!

1. **Money off everyday products and services for NHS people**

NHS England has collated a list of the many discounts and benefits offered to NHS colleagues from a wide range of companies – from discounted taxi rides, discounted meal delivery, data deals and activities for children and families.

Check out the list on their website at:

<https://www.england.nhs.uk/supporting-our-nhs-people/support-now/financial-support/supporting-our-staff-to-help-money-go-further/>

**Blue Light Card**

The Blue Light Card provides those in the NHS, emergency services, social care sector and armed forces with discounts online and in-store. You’ll be able to access a range of official discounts from large national retailers to local businesses on things like holidays, cars, days out, fashion, gifts, insurance, phones and much more! Visit [www.bluelightcard.co.uk](http://www.bluelightcard.co.uk)

**Health Service Discounts**

Health Service Discounts offers a huge range of NHS and healthcare discounts, money-saving deals and vouchers, including travel and holiday deals, top fashion discounts, money off electricals and homeware, through to deals on mobile phones, utilities, and an exclusive cashback card. Visit their website at [https://healthservicediscounts.com](https://healthservicediscounts.com/)

**staffbenefits.co.uk**

[staffbenefits.co.uk](https://staffbenefits.co.uk/login/leedsandyorkpft) offer exclusive discounts to all NHS employees from companies such as Apple, Virgin Experience Days, Go Ape, Hilton Hotels, Lazy Day Cruises plus hundreds of other local and national companies who change their offers daily. It only takes a few minutes to register or re-register.

Simply visit the link below then click 'Sign Up Now For Discounts' which should appear to the right of the page and follow the instructions to start saving money!  <https://staffbenefits.co.uk/login/leedsandyorkpft>

**NHS discount offers**

[www.nhsdiscountoffers.co.uk](http://www.nhsdiscountoffers.co.uk/) is a UK based website offering discounts and deals to staff that work for the NHS. They work with some big brands including AO, EE Mobile, Under Armour, Pizza Hut and more.

**Tickets for Good**

Tickets for Good have partnered with the NHS to give away free and discounted tickets for some of the UK's most exciting events to all NHS workers. It's free for NHS staff to sign up and browse the events, the only charge is a £3.50 booking fee for any tickets you book, payable by you at the time of booking.

NHS Staff can sign up through this link - [ticketsforgood.org/nhs](http://ticketsforgood.org/nhs) – you will be asked to enter your NHS email as a way of verifying you as an NHS employee or you can provide an image of your NHS staff ID card. Once you have been verified you will receive a confirmation email and will be able to login and use the [nhs.ticketsforgood.co.uk](http://nhs.ticketsforgood.co.uk/) platform.

**The Company Shop (in Barnsley and Bradford)**

The Company Shop is a social enterprise where NHS employees can purchase surplus products from well-known brands at amazing prices, helping stretched budgets go further.

All NHS staff can sign up as members and the shops in our patch are in Bradford and Barnsley. Find out more at [www.companyshopgroup.co.uk](http://www.companyshopgroup.co.uk)

**The Bread and Butter Thing – surplus food scheme in Kirklees**

The Bread and Butter Thing (TBBT) is one of the UK’s leading community food organisations and is now available in Kirklees.

For just £7.50 TBBT members’ shopping bags are filled with a minimum of £35 worth of items made up of quality nutritious surplus food which often ends up as waste. You can sign up for free and use NHS Healthy Start vouchers.Find out more [www.breadandbutterthing.org](http://www.breadandbutterthing.org/)

1. **Sharing your ideas and supporting each other**

Please share any ideas you have for additional support via [our short anonymous survey](https://www.smartsurvey.co.uk/s/CostofLiving/).

All the information in this pack and has been collated by the Trust’s Communications Team. We do our best to keep this up to date, but we can’t always be completely on it.

Please contact the Communications Team if:

* You hear about any new money saving offers or services you think we should be promoting to all staff
* You are struggling to access this information and you’d like help sharing it with colleagues (perhaps in an alternative format)
* You find that one or more of the offers has expired, links are broken, or the information is out of date.

Contact us on our team e-mail address at: communications.lypft@nhs.net

**Please share this with your colleagues and friends at work.**

Why not:

* Start a money saving WhatsApp group for sharing top tips and latest offers
* Start a money saving conversation on [the LYPFT Together Facebook Group.](https://www.facebook.com/groups/LYPFTstaff)
* Create a money saving bulletin board in your staff areas at work (observing infection control procedures of course!).