



Your Self-Care

January to March 2024

Wellbeing
Joined Up Care Derbyshire

*A dedicated pack containing services, resources, handy discounts
and apps to support your wellbeing*

Self-Care Top Tips

- Spend time outdoors
- Have regular breaks
- Practice mindfulness
- Learn something new
- Become a Wellbeing Champion
- Take part in your FREE Wellbeing Timetable
- Speak to the Wellbeing Team if you need help with your wellbeing
- Get good quality sleep
- Drink plenty of water

To talk more about your Wellbeing and find out how your Wellbeing Team can help,
contact us on **01332 787703**



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Welcome to Your Self-Care Pack provided by your Wellbeing Team

This pack allows you to browse through a list of services, discounts and apps that offer colleagues across Joined Up Care Derbyshire support with their wellbeing.

If you require any assistance with Your Self-Care Pack, please contact us on 01332 787703 or visit our website www.joinedupcarederbyshire.co.uk/wellbeing



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The screenshot shows a table titled 'Employee Assistance Programme' with columns for Resource, Information, Cost, and Provider. The table lists three services: Health Assured, Resolve, and Westfield Health.

Resource	Information	Cost	Provider
University Hospitals of Derby and Burton Chesterfield Royal Hospital Derbyshire Healthcare Foundation Trust Integrated Care Board Derbyshire County Council	Health Assured 08000280199 Download the Wisdom App or view on the online portal here: wisdom.healthassured.org (ref MHA257729)	FREE 24/7	Health Assured
Derbyshire Community Health Services Derbyshire Healthcare Foundation Trust	Resolve 01246 525951 or resolve@nhs.net Derbyshire Mental Health Helpline and Support Service on 0800 028 0077 (24/7)	FREE	Resolve Local Authority
DHU Healthcare	Westfield Health (ref 71718) enquiries@westfieldhealth.com 0114 250 2000	FREE	Westfield Health

NEW Employee Assistance Programme!



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Financial Support

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Resource	Information	Format	Cost / Discount	Provider
Car Parking	Car parking guidance for the NHS: The NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	Guidance PDF	FREE guidance	NHS
Money Advice	MoneyHelper's website provides information on a range of topics, such as benefits, money troubles, savings and pensions. They also offer a free Couch to Financial Fitness programme . You can contact them for free, impartial advice via the NHS telephone support line on 0800 448 0826 or using the details on their contact us page . Find out more on their Talk Money Week page . www.moneyhelper.org.uk	Website and Phone Advice	FREE	Money Helper
Fuel Costs	The following tools can help you find the cheapest petrol and diesel prices near you: PetrolPrices app Confused.com petrol prices finder GoCompare petrol and diesel prices finder . Blue Light Card members can also apply for a free Esso fuel card to access discounted fuel at Esso stations across the UK, and collect Nectar loyalty points when filling up	App and Websites	FREE	Various



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Financial Support

Resource	Information	Format	Cost / Discount	Provider
The Money Course	Discover lots of practical, real-life money skills which you will be able to apply to your own situation and which will help you manage your money day-to-day www.themoneycourse.org/join	Online	FREE	Crosslight Advice
GamCHAT	Support people in Derbyshire who are affected by someone else's gambling problem. call 07506 692873 or email gamchat@daas.uk.com	Phone Online	FREE	DAAS
The National Gambling Helpline	The National Gambling Helpline: 08088020133	Phone	FREE	
The Money Advice Service	Free impartial money advice Free and impartial help with money, backed by the government www.moneyhelper.org.uk	Website	FREE	The Money Advice Service
Cost of Living Support	From advice around welfare rights and benefits , to support for families, people with long-term health conditions and carers. We've also got advice on how to become more energy efficient, reduce food waste and information about local food support projects . www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx	Website	FREE	Derbyshire County Council



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Financial Support

Resource	Information	Format	Cost / Discount	Provider
Money Saving Expert	Financial Wellbeing support and advice, specifically for NHS employees	Online - HERE	FREE	The Money Saving Expert
Uber Medic 25% Discount	Transport https://www.uber.com/en-GB/blog/uber-medics/	Click here (Online or via app)	25% discount	Uber
AA Breakdown	Up to 40% off breakdown cover for all NHS employees www.theaa.com/breakdown-cover/keyworker	40% off Online	40% off	AA Breakdown
Relationship Advice and Support	Relationship advice and support https://hub.relate.org.uk/nhs or call 0300 303 4477	Website Phone	FREE	Relate
Pet Advice	RSPCA: Their website www.rspca.org.uk provides advice on how you can look after your pet's health whilst keeping costs down.	Website	FREE	RSPCA
Debt Advice	StepChange Debt Charity: Offers free debt advice to help you deal with debt and set up a solution, along with guides on the rising cost of living . www.stepchange.org.uk	Website	FREE	Step Change
Debt Advice	Angel Advance: Provides free expert debt advice to help individuals manage their debts. Their website has a specific cost of living page . www.angeladvance.co.uk	Website	FREE	Angel Advance



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Financial Support

Resource	Information	Format	Cost / Discount	Provider
Christians Against Poverty	Debt counselling charity for people of all faiths. www.capu.org.uk	Website	FREE	Christians Against Poverty
National Debt line	Free confidential and independent debt advice www.nationaldebtline.org	Website	FREE	The Government
StepChange	Advice from debt experts www.stepchange.org	Website	FREE	StepChange
Stop Loan Sharks	Supporting victims of illegal vending www.stoploansharks.co.uk 0300 555 2222	Website, Helpline	FREE	The Government
Food Banks	Derbyshire - www.ruralactionderbyshire.org.uk/foodbanks Derby - https://derbycitylifelinks.org.uk/food-banks-derby/ Staffordshire - https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times	Website	FREE	Local Council



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Mental and Psychological Wellbeing

Resource	Information	Cost	Provider
Employee Assistance Programme			
University Hospitals of Derby and Burton Chesterfield Royal Hospital Derbyshire Healthcare Foundation Trust Integrated Care Board Derbyshire County Council	Health Assured 08000280199 Download the Wisdom App or view on the online portal here: wisdom.healthassured.org (ref MHA257729)	FREE 24/7	Health Assured
Derbyshire Community Health Services Derbyshire Healthcare Foundation Trust	Resolve 01246 525951 or resolve@nhs.net Derbyshire Mental Health Helpline and Support Service on 0800 028 0077 (24/7)	FREE	Resolve Local Authority
DHU Healthcare	Westfield Health (ref 71718) enquiries@westfieldhealth.com 0114 250 2000	FREE	Westfield Health



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Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Sustaining Resilience at Work (StRaW)	StRaW is a structured conversational approach to providing peer support for mental health issues, affected by the workplace. Email ddicb.wellbeing@nhs.net or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing
Trauma Risk Management (TRiM)	TRiM is a peer support conversation that aims to help people who have experienced traumatic or potentially traumatic events. Email ddicb.wellbeing@nhs.net or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing
REACT Mental Health Conversation Training	The REACTMH® session provides staff with skills and knowledge to have effective and supportive conversations with their colleagues about mental health Email ddicb.wellbeing@nhs.net or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing
Reflective Practice	A valuable opportunity for teams to reflect on their actions, gain a better understanding of their experiences, and are a powerful tool for learning, growth, and supporting a positive work environment. Email ddicb.wellbeing@nhs.net or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing



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Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Psychological Therapy	Self-refer counselling and psychological therapy service www.trentpts.co.uk/self-referral	Website Self-Referral	FREE	Trent PTS
Time to Talk	Mental Health support and awareness campaign www.livelifebetterderbyshire.org.uk	Website	FREE	Live Life Better
Stay Alive – Suicide Support	The Stay Alive app is a suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide	App	FREE	NHS People
Climate Cafes	A climate café is a simple, hospitable, empathetic space where fears & uncertainties about our climate & ecological crisis can be safely expressed. www.climatepsychologyalliance.org	Online	FREE	Climate Psychology Alliance
Calm Harm	Helps regulate emotions and urge to self harm for teenagers	App	FREE	NHS



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Resource	Information	Format	Cost / Discount	Provider
Pzizz	Helps calm your mind fall asleep, stay asleep & wake refreshed	App	FREE	PZIZZ
Sleepstation	Connect with sleep experts to help fall or stay asleep throughout the night	App	FREE (GP referral)	NHS
Headspace	Meditation session to support stress, anxiety and sleep. www.headspace.com	Website App	FREE	Headspace
Every Mind Matters	Supporting good mental health www.nhs.uk/every-mind-matters/	Website	FREE	NHS
Hub of Hope	Directory of local mental health services www.hubofhope.co.uk	Website	FREE	Hub of Hope
Practitioners Health Programme	Confidential self-referral service for doctors and dentists struggling with mental health wellbeing www.practionerhealth.nhs.uk 0300 0303 300	Appointment Helpline Website	FREE	NHS
Lets chat Derbyshire Podcast	Hosted by Derbyshire's mental health and suicide prevention team www.linktree/dccmhsp	Podcast available on spotify and apple	FREE	Derbyshire Mental Health and Suicide Prevention Team



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Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Shiny Mind	Shiny Mind is an evidence-based, proven mental health and wellbeing app, co-created with the NHS	APP	FREE	Shiny Mind
Brightsky	Bright Sky is a confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.	APP	FREE	Brightsky
My Possible Self	Learn to manage, fear, anxiety, stress and unhelpful thinking	App	FREE	NHS
UNMIND	Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.	APP	FREE	UNMIND
Student Health App	Reduces worry and gives confidence for students	App	FREE	NHS
Work Life Central	The WorkLife Central programme consists of a curated collection of expertise, information and inspiration available through video, live event and written format, covering five principal topic areas – Careers, Families, Inclusion, Wellbeing and Workplace. https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/worklife-central/	Website	FREE	Work Life Central



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Resource	Information	Format	Cost / Discount	Provider
Domestic Abuse	Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting Derbyshire Domestic Abuse Helpline. It's available 24 hours per day, 7 days per week and is a single point of contact to get the help you need. 08000 198 668 – derbyshiredahelpline@theelmfoundation.org.uk 24/7 helpline - 0808 2000 247 https://www.nationaldahelpline.org.uk/	Phone / Text	FREE	Derbyshire County Council
Bottled up Blokes	Peer support groups for men to help raise awareness on male mental health, increase activity and socialise. https://bottledupblokes.com/	Website Football Peer Support	FREE	Bottled Up Blokes
Mentell	Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement. https://www.mentell.org.uk/	Online Groups Local Groups	FREE	Mentell
Talk to Frank	Honest Information on Drugs 0300 1236600 https://www.talktofrank.com/	Website Phone	FREE	Talk to Frank



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Resource	Information	Format	Cost / Discount	Provider
Papyrus	Support for young people (and friends and family) struggling with suicidal thoughts https://www.papyrus-uk.org/wellbeing-apps/	Website	FREE	Papyrus
Samaritans	Listening service for those who are struggling with mental health or thoughts of self harm/suicide	Helpline 116123 Or email: jo@samaritans.org	FREE	Samaritans
Sands	Stillbirths and neonatal deaths charity www.sands.org or helpline 0808 164 3332	Website	FREE	Sands
National Bereavement Support	Practical bereavement support 01207 268681	Website	FREE	National Bereavement Service
Body Image Support	Support with those struggling with body image perception https://firststepsed.co.uk/resources/body-image-and-perception/	Website Group Support	FREE	First Steps
SHOUT 8528	Trained volunteers are available 24/7 to offer support you getting to a safe space. Connect. Chat. Calm. Plan.	Text SHOUT to 8528 (Wont appear on your phone bill)	FREE	Mental Health Innovations
PIT Stop – Men’s Mental Health	Men’s mental health support sessions Email ddicb.wellbeing@nhs.net or call 01332 787 703	In-person Online	FREE	JUCD Wellbeing



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Resource	Information	Format	Cost / Discount	Provider
NHS in MIND	Exercises that can be done to help anxiety and stress, specifically for NHS during Covid-19 www.nhsinmind.co.uk	Website	FREE	NHS
Place2be	Childrens Mental Health Charity - support for parents/carers and keyworkers. https://www.place2be.org.uk/ or contact 020 7923 5500	Website	FREE	Place2be
Alcohol Support	People come to AA through many different means... choose the path that best suits you. If you prefer e-mail as a means of contact then feel free to email us at help@aamail.org or 0800 9177650	Website Phone Email	FREE	Alcoholics Anonymous
Mental Health Toolkits	Resources on mental health (Please click link in provider box)	Website	FREE	Derbyshire County Council
Text Support Service	A confidential text support service you can access by texting FRONTLINE to 85258 for support 24/7. This service is available to all our NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their mind and need to talk it through.	Text	FREE	NHS People



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Resource	Information	Format	Cost / Discount	Provider
Dad's Space	<p>Dad's space is a men's mental health initiative aimed at new, experienced and expecting dads to discuss their journey through fatherhood. Sessions take place 1st and 3rd Thursday of every month 7:30pm till 9:00pm Community corner, pride park, DE24 8XL For any questions, please contact Lucas Carter lucas.carter@dcct.co.uk or 01332 41614</p>	In Person	FREE	Derby County Community Trust
SupportLine	<p>SupportLine is able to offer support on a wide range of issues including relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, health concerns, homelessness, racial harassment, loneliness Helpline: 01708 765200 Email info@supportline.org.uk www.supportline.org.uk/problems</p>	<p>Website Phone</p>	FREE	Supportline
Derby Safe Haven	<p>The Service delivers a responsive programme of evidence-based intervention support to the people who access the Service, including: Self-help information and guided self-help, psychoeducation support, signposting and navigating to relevant resources or services for further support and peer support. Contact 0800280077</p>	Phone	FREE	Derby Safe Haven



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Physical Wellbeing

Resource	Information	Format	Cost	Provider
JUCD Wellbeing Timetable	An exclusive timetable of activities and classes held in person and online for all workforces within Joined Up Care Derbyshire	Book online here www.bookwhen.com/jucdwellbeing	FREE	JUCD Wellbeing
Lifestyle and Wellbeing Programme	A tailored support plan to assist you in achieving a goal to improve your health. Contact us at ddicd.wellbeing@nhs.net or call 01332 787 703	Online In person	FREE	JUCD Wellbeing
Health and Fitness Assessments	A detailed analysis of the health of your body utilising three types of assessment: - Body MOT (30mins) - Health and Wellbeing Assessment (60mins) - Health, Wellbeing and Fitness Assessment (90mins) Enquire here: ddicb.wellbeing@nhs.net or call 01332 787 703	In-person	FREE	JUCD Wellbeing
Class Recordings	View Your Wellbeing Teams on-demand channel of recorded classes – www.vimeo.com/jucdwellbeing password Wellbeing	Website	FREE	JUCD Wellbeing



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Physical Wellbeing

Resource	Information	Format	Cost / Discount	Provider
Squeezy for Men	Companion for pelvic floor exercises	App	£2.99	NHS
Live Well	Advice, tips and tools to support health and wellbeing https://www.livewellderby.co.uk/ or contact 01332 641254	Website	FREE	Derby City Council
Couch to 5k	9 week running programme	App	FREE	NHS
Park Run	Weekly community 5k running groups https://www.parkrun.org.uk/	Community	FREE	Park Run
Get You Better	The getUBetter app provides evidence-based advice for all common muscle, bone, and joint problems, including back, back and leg, neck, shoulder, hip, knee, ankle pain, and soft tissue injury.	App	FREE	Getubetter
Doing our bit	Home exercise videos https://doingourbit.org.uk/	Online	FREE	NHS



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Physical Wellbeing

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Resource	Information	Format	Cost / Discount	Provider
Self-Care Forum	Supporting self-care for health and wellbeing https://www.selfcareforum.org/ or contact us 020 7421 9318	Website	FREE	Self-care forum
Health Unlocked	Connect with other people with similar health conditions https://healthunlocked.com/	Website	FREE	NHS
Oviva	Specialist Dietician Support	App	FREE – GP referral	NHS
Pathway through pain	Online course to help manage musculoskeletal pain	App	FREE	NHS
Squeezy	Companion for pelvic floor exercises	App	£2.99	NHS
Changing Health	Lifestyle coaching to help loose weight and eat well	App	FREE	NHS
Better Health	Support better health choices https://www.nhs.uk/better-health/get-active/	Website	FREE	NHS



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Lifestyle and Family

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Resource	Information	Format	Cost / Discount	Provider
Car Parking	Car parking guidance for the NHS: The NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	Guidance PDF	FREE guidance	NHS
Pregnancy Infertility Support	<p>Helpline: 01708 765200</p> <p>Email: info@supportline.org.uk</p> <p>www.supportline.org.uk/problems/pregnancy-and-infertility-support/</p>	Phone Email Website	FREE	SupportLine
Sanitary Support	<p>For support with accessing sanitary products, please contact your Occupational Health team for stock availability or visit your local food bank where these can be supplied:</p> <p>Derbyshire - www.ruralactionderbyshire.org.uk/foodbanks</p> <p>Derby - https://derbycitylifelinks.org.uk/food-banks-derby/</p> <p>Staffordshire - https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times</p>	Website	FREE	Local Authority
The Autism Information and Advice Centre	<p>The Autism Information and Advice Service are dedicated to enhancing the lives of individuals with autism and their families in ways such as drop in sessions, monthly alliance meetings, face to face training sessions and awareness sessions.</p> <p>https://www.autisminformationservice.org.uk/ or autismservice@citizensadvicemidmercia.org.uk</p>	Website	FREE	The Autism Information and Advice Centre



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Lifestyle and Family

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Resource	Information	Format	Cost / Discount	Provider
Change4Life Smart Recipes	Healthy recipes for the whole family	Online App	FREE	Public Health England
Relationship Advice and Support	Relationship advice and support https://hub.relate.org.uk/nhs or call 0300 303 4477	Website Phone	FREE	Relate
Weight management	A 12-week weight management programme which is designed to be personally tailored to support you on your journey to a healthier lifestyle. As a digital programme, it can be used anywhere, allowing you to complete the programme in your own time, at a pace that works for you.	Online	FREE	NHS People
Family Lives	Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again.	Phone Website	FREE	



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Lifestyle and Family

Resource	Information	Format	Cost / Discount	Provider
Smokefree	4 Week programme for those wanting to stop smoking www.smokefree.org	Online	FREE	Public Health England
Stoptober	4 Week programme for those wanting to stop smoking	App Website	FREE	Public Health England
Drinkaware	Charity working to reduce alcohol misuse in the UK www.drinkaware.co.uk or contact 0300 123 1110	Website App	FREE	Drinkaware
Drink Free Days	Supports tracking and cutting down on alcohol https://www.nhs.uk/better-health/drink-less	App	FREE	Public Health England
Family and Cost of Living	If you are struggling during the cost of living crisis, check what benefits and financial support you may be able to get to support you and your family. Below you'll find a list of benefits from childcare to maternity support. www.communityactionderby.org.uk	Website	FREE	Community Action
Pet Advice	RSPCA: Their website provides advice on how you can look after your pet's health whilst keeping costs down. www.rspca.org	Website	FREE	RSPCA



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Menopause

Resource	Information	Format	Cost / Discount	Provider
Menopause Café	Support group and ongoing chat for colleagues experiencing menopause symptoms or wanting to learn more – Third Tuesday of the month at 2pm	Online	FREE	JUCD Wellbeing
Menopause Practitioner Q&A	Ask a menopause practitioner questions about your symptoms or treatment advice – First Tuesday of the month at 2pm	Online	FREE	JUCD Wellbeing
Manager and Leader Support	Are you a manager or leader and wanting to learn more about how you can support your team, join us on a Thursday morning to discuss options and get advice	Online	FREE	JUCD Wellbeing
Balance App Subscription	Download a supportive app filled with helpful content and resources to help you with Menopausal symptoms – register here for free access code: http://eepurl.com/ie93Ur	APP	FREE	Balance
Menopause Awareness Training	An overview of what menopause is, common symptoms associated with it, and scenarios which will help our people better understand the ways in which they can help support themselves and each other. https://www.e-lfh.org.uk/programmes/menopause-awareness/	Online	FREE	NHS England
Menopause Webinar Recordings	Watch a series of popular menopause topics being discussed and advised by leading menopause professionals	Online	FREE	Vimeo (Password Wellbeing)



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Food and Drink Discounts

Food/Drink Company	Discount Available
<u>Alphabet Brewing</u>	25% off on all webshop orders https://www.alphabetbrewing.co.uk/pages/offers
<u>Great Wine</u>	25% off for NHS staff https://greatwine.co.uk/nhs/
<u>Huel</u>	10% discount https://uk.huel.com/pages/nhs-discount?utm_source=NHS&utm_medium=Discount&utm_campaign=NHS_Discount
<u>Shake that Weight</u>	8% discount to all staff https://www.shakethatweight.co.uk/nhs-emergency-services-discount/
<u>Happy Parents. Happy Baby. Antenatal Courses</u>	10% off specialist-led antenatal courses https://happyparentshappybaby.com/
<u>Kids Pass</u>	40% off a Kids Pass membership offering deals for family days out across the UK https://www.kidspass.co.uk/nhs
Marie's Luxury Beauty and Massage	Reduced rates for NHS colleagues. Qualified Swedish Massage, Facials and Wellbeing promotion. mariej@aim.com



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Generic and Miscellaneous Discounts

Company	Discount	Type
<u>Yoga Impact Charity</u>	Free virtual Yoga for healthcare workers every Tuesday and Friday mornings 9:30-10:30am British Summer Time. https://www.yogaimpactcharity.com/covid	Health and Fitness
<u>YogaDownload.com</u>	50% off a 3-month Membership to YogaDownload https://join.yogadownload.com/nhs-offer/	Health and Fitness
<u>Echoes and Shadows</u>	15% off all fine art photographic prints, mounted prints, framed prints and greeting cards with FREE UK Delivery. https://www.echoesandshadows.com/offers	Homeware
<u>Cycleplan</u>	35% off specialist cycling insurance. Protect your bike against theft, loss or damage. Public liability insurance is also available. https://www.cycleplan.co.uk/?ref=NHSWEB	Leisure
<u>Financial Times</u>	50% off a standard subscription https://subs.ft.com/products-2?reason=expired&segmentId=7f4b8d47-a7c5-8495-0e0d-3cc9d8c20730	Leisure



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Generic and Miscellaneous Discounts

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Company	Discount	Type
<u>Game Exchange</u>	15% Discount on all Preowned Games and Funko POPs for NHS Staff. https://www.gameexchange.co.uk/nhs-staff-bonus	Leisure
<u>Goldkey Media</u>	Free access to a specially curated selection of newspapers and magazines. https://nhs.media/	Leisure
<u>999 Wills</u>	Free (basic) Wills to all front-line workers. https://activewills.com/page/free-will-key-workers	Miscellaneous
<u>Fiat Chrysler Automobiles UK</u>	Savings on its range of new cars and commercial vehicles. https://fiatregister.co.uk/c/nhs	Motor
<u>Virtuo</u>	£30 discount on your first car rental https://www.govirtuo.com/uk/partnerships/nhs-virtuo	
<u>Herbal Happiness</u>	I'd like to please take this opportunity to confirm our web team have created a code for all NHS staff to receive a 10% discount if they purchase from our website www.herbalhappiness.co.uk	Herbal Therapy
<u>Laughtercise</u>	The discount code is NHS22 and can be applied at the end of the check out stage. Staff wellbeing and team building activities and videos https://laughtercise.co.uk/blog/wellbeing-health-tips/nhs-staff-wellbeing/	Team Building