A London University

Our University - Your Wellbeing

Staff benefits/Wellbeing activities

On-going benefits and activities

- Employee Assistance Programme – free, confidential 24/7 support
- Dignity at Work Advisor scheme
- Staff social spaces across campus
- Discounted gym membership
- Discounted staff private healthcare savings plan
- Flexible working
- Summer Wellbeing barbeques at both campuses
- Discounted acupuncture treatment
- Childcare vouchers
- Kiddies holiday sports camp
- Contributory pension scheme
- NUS card
- Health screenings e.g ovarian cancer tests
- Access to internationally recognised events e.g International Women's Day
- Mindful Employer (Mental Health awareness portal)
- Special leave e.g funeral, moving home, own wedding.
- Staff rewards scheme/discounted platform
- Occupational Health: 2 days per week onsite service
- Free autumn flu jabs
- Volunteering scheme (3 days)
- Virgin Pulse 100-day Global Challenge
- Annual Wellbeing Activity Day
- Discounted online GP services
- Annual Staff Awards
- Cycle to Work Scheme
- Free eye test vouchers
- Discounted massage treatments
- Stress survey (every 2nd year)
- Green spaces gardening club
- South Bank Singers
- Free staff yoga
- Staff networks: Sonet (LGBT+), Equinet (Equality), Gendernet
- Personal Learning and Development
- Interest free season ticket loans

Bespoke/ad hoc benefits and activities

- Mindfulness classes
- Diabetes Type 2 awareness sessions
- Nutrition awareness sessions
- Ageism – raising awareness
- On-site trauma counselling
- Occupational Health initiatives for staff e.g Cholesterol tests
- Archery lessons
- Musculoskeletal health awareness workshops

For information on how to access any of these Health and Wellbeing initiatives contact:

The HR Helpdesk: XXXX

Or email:

Andrea Allen