



Life at LUHFT

Your staff support offer

Life at LUHFT is our promise to take great care of you, to allow you to take great care of yourself. Our priority at LUHFT is to provide you with access to the tools and resources which will allow you to live life well. We are working hard to support you with an offer which suits a wide range of health and wellbeing needs. This will allow you to take great care of yourself, which will allow you to take great care of others..

We have put together your 'Life at LUHFT' offer, so that when you need support you have a wide range of tools and resources at your fingertips. This includes both internal LUHFT resources and national initiatives to support you as much as we can.



Your Physical Wellbeing

Some of the ways we support your physical wellbeing include resources and information on:

- Staff physiotherapist service
- Occupational therapy
- Weight management
- Keeping fit
- Stop smoking
- Men's health
- Women's health

To find out more about how to look after your Physical Wellbeing please visit the Staff Hub

Your Mental Wellbeing

Some of the ways we support your mental wellbeing include resources and information on:

- Staff Psychology Service
- Managing stress
- Counselling
- Site wellbeing hubs
- Accessing NHS health and wellbeing apps
- Access to national support services

To find out more about how to look after your Mental Wellbeing please visit the Staff Hub

Your Financial Wellbeing

Some of the ways we support your financial wellbeing include resources and information on:

- Instant pay options
- Cost of living advice
- Money saving tips and advice
- Accessing Food banks
- NHS discounts
- Salary Sacrifice
- Opportunities to gain financial support

To find out more about how to look after your financial Wellbeing please visit the Staff Hub

Working Life

Some of the ways we support you in your Life at LUHFT include resources and information on:

- Freedom to speak up
- Flexible working
- Pensions scheme and advice
- Retirement scheme and advice
- Pastoral and multi-faith support
- Coaching and mentoring
- Mediation

To find out more about how to access information around working life at LUHFT please visit the Staff Hub



Use this QR code to access the staff support offer guidebook on your smartphone.
liverpoolft.pagetiger.com/cfxcqja

Key contacts:

Occupational Health: occupational.health@liverpoolft.nhs.uk

Organisational Development: organisational.development@liverpoolft.nhs.uk

LIVING OUR VALUES

