

LIFESTYLE



EXTRA AUTHORISED UNPAID ANNUAL LEAVE

Occasionally, UH Bristol operates an extra authorised unpaid annual leave scheme whereby staff can apply to take up to two weeks (of their normal working week) unpaid annual leave. The extra authorised unpaid leave scheme is not available all year round so look out for notifications in Newsbeat and Connect for details of the next round of applications, or ask your manager for details.

HEALTH SCREENING MOTS

In autumn 2015, we plan to introduce individual health screening for staff interested in learning more about their health. The screening will be undertaken by a mobile health screening nurse using a body composition monitor, and will include:

- weight and height measurement to provide BMI calculation
- body fat percentage
- visceral fat classification
- skeletal muscle percentage
- resting metabolism and resting heart rate
- blood pressure reading
- cholesterol testing.

WORK LIFE BALANCE

UH Bristol is committed to the principle of work life balance and flexible working. We recognise that your home, family, personal and public duties can, at certain times, impact on your working life and it is recognised that individuals work best when they can balance their work responsibilities with the rest of their lives.

In order to support colleagues and enable them to balance home and work lives, we have a range of policies and practices which include:

- Maternity policy
- Shared parental leave policy
- Flexible working, home working and flexi time
- Career break and sabbatical leave
- Voluntary hours reduction.

Full details are available from the Employee Services team on (0117) 342 5000, option 3.

BIG GREEN SCHEME

The Big Green Scheme promotes lifestyle choices aimed at improving people's health and wellbeing. The scheme is also working to reduce our environmental impact across all areas including energy, transport and procurement through our Sustainable Development Plan. Find out more, including a calendar of events, from the Big Green Scheme pages on Connect or email thebiggreenscheme@uhbristol.nhs.uk