**Benefits**

Edinburgh Napier University offers the following benefits to staff:

**Premium Benefits Scheme**

[](http://content.yudu.com/Library/A22vsc/NapierUniversityStaf/?refid=28906" \t "_blank)

**[\*\*\*\*\* Please click here for an online version of the new Staff Benefits Book](http://content.yudu.com/Library/A2p952/NapierUniversityStaf/resources/index.htm?referrerUrl)**

**[January to June 2014\*\*\*\*\*](http://content.yudu.com/Library/A2p952/NapierUniversityStaf/resources/index.htm?referrerUrl)**

Please contact l.marshall@napier.ac.uk 0131 455 3498 if you would like the Staff Benefits

book in hard copy

If you are full-time or part-time, permanent or fixed tem, and employed by Edinburgh Napier University on contracted hours, you are eligible to join the staff benefits scheme. The University has signed up to the scheme in order to provide staff with a range of discounts on eating out, shopping and professional services.

The Premium Benefits Scheme provides a broad range of benefits not just in Edinburgh but across Scotland. As members of the scheme, you will receive:

* A membership card (please look after your card as replacement cards will incur a charge)
* A Premium Benefits book and a credit-card sized list of current offers for Edinburgh which are updated and produced every six months

You can:

* go online to the Premium Benefits website [www.premiumbenefits.co.uk](http://www.premiumbenefits.co.uk/) to find discounts in other areas
* follow Premium Benefits on Twitter <https://twitter.com/PremiumBenefits> for the latest updates
* get updates on Facebook at <https://www.facebook.com/PremiumBenefits?ref=stream>

To obtain the offers, all you have to do is show your Premium Benefits card at point of sale or enter the code provided in the adverts of the web-based offers.

Please email enquiries@premiumbenefits.co.uk and let them know about your favourite place to eat, drink or shop or your hobby or interest that is not currently covered and the team will do their very best to get a discount via the scheme.

**Childcare Voucher Scheme**

Provided by Sodexo. The scheme operates by voluntary salary sacrifice where you can exchange part of your gross salary for Childcare Voucher Credit (up to £243 per month). Because the deduction is from gross salary, effectively you are using some of your tax and National Insurance contributions to meet your childcare costs. This can mean savings of up to £933 per year. For more information see [www.saycarevouchers.co.uk](http://www.saycarevouchers.co.uk/) and [**http://uk.benefits-rewards.sodexo.com/employee/childcare-vouchers**](http://uk.benefits-rewards.sodexo.com/employee/childcare-vouchers). The freephone number to call Sodexo with any queries, problems using the online system etc is 0800 328 7411.

To join or make any changes, you will need to use the Sodexo online system and also complete, print and send to Payroll a copy of the [Childcare Vouchers Salary Sacrifice form](http://staff.napier.ac.uk/services/hr/Documents/Benefits/Childcare%20Voucher%20Scheme%20Joiners%20or%20Changes%20Salary%20Sacrifice%20Form.docx).

If you are **joining the scheme**, please contact Laura Marshall in HR l.marshall@napier.ac.uk so that sign up details can be triggered for you for the online system - HR needs to initiate this for you. You need to **both** complete the online registration and fill in, sign and return the [Childcare Vouchers Salary Sacrifice form](http://staff.napier.ac.uk/services/hr/Documents/Benefits/Childcare%20Voucher%20Scheme%20Joiners%20or%20Changes%20Salary%20Sacrifice%20Form.docx). The form must reach payroll by the monthly payroll deadline to be processed for that month.

If you want to **change the amount** you are paying into the scheme, please contact Payroll payroll@napier.ac.uk to confirm that that it is possible for you to do this. You then need to input the change on the online Sodexo system **and** fill in, sign and return the [Childcare Vouchers Salary Sacrifice form](http://staff.napier.ac.uk/services/hr/Documents/Benefits/Childcare%20Voucher%20Scheme%20Joiners%20or%20Changes%20Salary%20Sacrifice%20Form.docx) putting the changed amount and the date from which this is to apply.

**Bike to Work - for more information on how to join,** [**click here**](http://staff.napier.ac.uk/services/hr/workingattheUniversity/benefits/Pages/Bike-To--Work.aspx)

Save money, get fit and reduce your carbon footprint!

The Cycle to Work scheme is a government initiative that encourages alternative travel and reduces our environmental impact. Not only does it reduce your carbon footprint, but also allows you to spread the cost of getting a new bike, save on Income Tax and National Insurance and increase your fitness.

For more information on the process, please see Cyclescheme’s short video animations:

Process: <http://vimeo.com/26711698>

End of Hire: <http://vimeo.com/26711889>

Check out Cyclescheme's magazine for cycle commuters. News, kit, techniques, tips and more: <http://www.cyclescheme.co.uk/cycle-commuter-magazine>

If you have any further questions, please contact the team at Cyclescheme on 0844 879 5101 or email info@cyclescheme.co.uk

Visit the Sustainability Office intranet pages for information on all aspects of cycling to and from all of our accommodation sites, campuses and offices. Free maps and other resources are available. The University will soon offer cycle training and, as part of a city wide FHE project, will procure four electrically assisted bicycles for staff and students to trial.

**Sports Facilities**

[EN]GAGE Sports and Fitness Centre

Looking to optimise your fitness, tone up your figure or simply try something new? Get your kit on and [EN]GAGE yourself at Edinburgh Napier University's sports and fitness centre.

[EN]GAGE’s flexible and affordable staff memberships start at just ￡12 a month. Train using state-of-the-art equipment in our fitness suite or join any of our 30+ fitness classes, including Spinning, Les Mills and yoga. There is no need to be shy, we cater to all levels and our friendly staff and personal trainers are on hand to help you stay motivated and make the most of your workouts.

Visit [EN]GAGE Sports and Fitness Centre at Sighthill Campus to join today!

For more information, visit [www.engagefitness.co.uk](http://www.engagefitness.co.uk/) and get the latest news by liking us at [www.facebook.com/engagefitness](http://www.facebook.com/engagefitness).

[EN]GAGE Sports and Fitness Centre, Sighthill Campus
Monday - Friday: 7:30 am – 10:00 pm
Saturday and Sunday: 10:00 am – 6:00 pm

[EN]GAGE Fitness Studio, Craiglockhart Campus
Open during scheduled fitness classes. Please check our website for details.

**Eateries and Cafés**

Eateries and cafés are located at all Edinburgh Napier campuses providing a range of options including hot and cold beverages, snacks and main meals. Please see the [Catering pages](http://staff.napier.ac.uk/services/facilities/catering/Pages/Catering.aspx) for more information.

**Edinburgh Napier Health and Wellbeing Multiclinic**

The Health and Wellbeing Mutliclinic offers complementary healthcare treatments for Edinburgh Napier staff at special rates - £25 for 1 hour and £15 for 30 minutes. Includes Aromatherapy, Auricular acupuncture, Clinical Hypnotherapy and Neurolinguistic Programming (NLP), Craniosacral Therapy, Massage therapies, Therapeutic massage, Remedial Massage, Sports Massage, Kinetic Chain Release, Myofascial Release, Indian Head Massage, Pregnancy massage, Hopi Ear Candling, Reflexology, Fertility, Pregnancy & Postnatal reflexology
If you would like to book an appointment at any of the clinics, please contact the Clinic Supervisor Tel. 0131-455-5688 E-mail clinics@napier.ac.uk

**Santander Universities network**

Edinburgh Napier University is part of the Santander Universities network. Through this partnership, Santander is funding scholarships, mobility awards and projects at the University. Santander offers a flexible ISA to staff - see <http://www.santander-products.co.uk/universities/index.html> for more information. Contact details: Bhav Joshi, Branch Manager, Santander Universities, Tel: 05511431354, email: Bhavika.Joshi@santander.co.uk.

**First Scottish University Credit Union Limited**

Edinburgh Napier University has also joined Heriot-Watt University and the University of Edinburgh by enabling its staff to become members of First Scottish University Credit Union Limited (FSUCUL). FSUCUL was set up in 1991 by 12 staff at Heriot-Watt University but now boasts over 200 members. Membership is free and open to all staff at Edinburgh Napier. Find out more at [www.universitycu.org.uk](http://www.universitycu.org.uk/) or contact them on 0131 451 8005 / universitycu@abcul.org.