



MEMBERSHIP PRICES

Monthly: Approximately **£17.25*** through salary sacrifice or **£24.95** where deducted in full

One-off users: **£5.00** per session

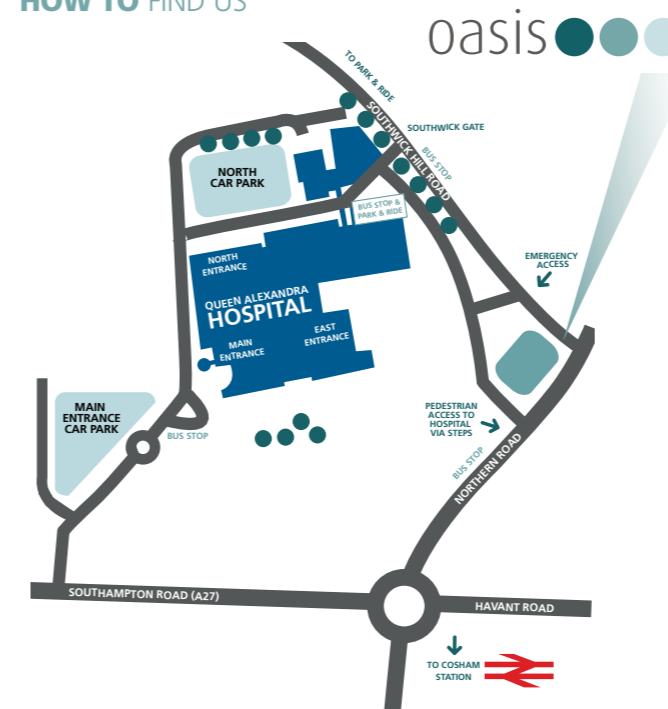
OPENING HOURS^{††}

Mon to Fri: **0600 – 2200**

Sat: **0800 – 1800**

Sun: **0900 – 1730**

HOW TO FIND US



CONTACT US

Oasis Wellness Centre
Queen Alexandra Hospital
Portsmouth PO6 3LY

02392 283333

oasis@porthosp.nhs.uk

www.oasiswellnesscentre.org.uk

THE NEW OASIS WELLNESS CENTRE AT QUEEN ALEXANDRA HOSPITAL, PORTSMOUTH

oasis ●●●

Exclusive for PHT and QAh staff, your very own oasis.
Approximately **£17.25*** per month through salary sacrifice.



at Portsmouth Hospitals NHS Trust

We recognise the hard work PHT staff and employees working at Queen Alexandra Hospital put into caring for others. That's why we want to provide you, exclusively, with your very own on-site gym and indoor heated swimming pool.

Open every day**, you can stop by before or after your shift and exercise (or relax) to your heart's content.

No matter what your level of fitness or your reason for joining the Oasis Wellness Centre, you will find a welcoming and friendly environment to cater for your needs.



WHY JOIN?

As a member of the Oasis Wellness Centre, you will have:

- Access to our indoor heated swimming pool
- Use of our state-of-the-art gym equipment – cardio and weights
- Opportunity to join our range of fitness classes
- Full locker and shower facilities
- Health and wellbeing advice in our multipurpose consulting rooms
- Payment through salary sacrifice means it costs approximately **£17.25*** per month to become a member. See membership application form for alternative options

In addition to a 20m x 9m indoor heated swimming pool^{††}, the Oasis Wellness Centre includes a state of the art gym with a range of fixed and free weights.

All equipment is brand new to the Oasis Wellness Centre and has been chosen to cater for everyone regardless of their fitness level or motivation for joining.



EXERCISE MACHINES INCLUDE:†

- 1 x Power Plate Pro
- 3 x 'Concept2' Indoor Rowers
- 4 x 'Wattbike' Exercise Bikes
- 3 x 'Life Fitness 95T Inspire' Treadmills
- 2 x 'Life Fitness 95LI' Summit Trainers
- 3 x 'Life Fitness X5i Elliptical' Cross-Trainers

[†]Subject to availability. ^{††}Opening of the indoor heated pool is subject to life-guard attendance. *Basic rate of tax. **Except Christmas Day.



Tax Efficient Saving Scheme

Tax Efficient Saving Scheme is a term used to describe surrendering an amount of gross or pre-tax pay for another purpose where it is not subject to tax, e.g. in this case to pay for membership to the Oasis Wellness Centre.

By using this arrangement for paying the cost of Oasis Wellness Centre membership you will save Tax, National Insurance and NHS Pension scheme contributions on that amount, therefore reducing the overall net difference to your 'take home' pay. For instance a basic rate taxpayer paying £24.95 per month on Oasis Wellness Centre membership can expect to save £7.73 tax and NIC, reducing the net cost to approximately £17.25 per month.

The NHS Occupational Pension Scheme does not currently calculate contributions, or pay pension benefits, on any 'notional' salary including benefits in kind. If you were to leave employment (including retirement, or death in service) whilst paying for Oasis Wellness Centre membership your pension benefits would be based on this lower level of income, and would potentially create a lower fund value if you were later to decide to transfer your NHS pension to another pension fund.

Upon retirement, NHS Pension benefits are currently calculated on the best of the last 3 year's pensionable pay; therefore the reduction in 'pensionable' income is only likely to affect you if you are still using the Tax Efficient Saving Scheme for payment of Oasis Wellness Centre membership during the last years of your NHS employment.

The Tax Efficient Saving Scheme represents a contractual reduction in salary only for the period of the agreement which will last for the duration of your employment or a lifestyle change that results in you no longer requiring membership to the Oasis Wellness Centre. In general the Trust will seek to ensure that no other payments (e.g. overtime) are adversely affected by the salary reduction, however there could possibly be a slight negative effect on any statutory benefits, which are based on contractual pay on which National Insurance contributions are taken (e.g. for women, Statutory Maternity Pay, Statutory Sick Pay).

A Tax Efficient Saving Scheme arrangement cannot be undertaken if it reduces your hourly rate of pay below the national minimum wage.

To make these changes PHT will need to make amendments to your Terms and Conditions. This is an employment law requirement and it is necessary to confirm you understand and agree with the changes to your gross salary. Your signature overleaf indicates that you have read and understood this arrangement.

Further clarification of salary sacrifice is available from the appropriate Trust Officer on 02392 866558.

MEMBERSHIP APPLICATION FORM

It's really simple to get started – just fill in the form below and send it to the address below – we'll take care of the rest.

Name: _____

Address (inc. postcode): _____

Telephone: _____

Organisation (inc. dept.): _____

Pay number: _____

Security ID: _____

Employment: Full Time Part Time

A: I authorise my gross salary to be reduced by the sum of £24.95 per month, in return for which I will receive my membership to Oasis Wellness Centre, subject to current Terms and Conditions. I have read and understood the membership Terms and Conditions and understand that this salary deduction will be made under the provisions of the Tax Efficient Saving Scheme arrangement as detailed.

B: I understand the provisions of the Tax Efficient Savings Scheme detailed and I do not wish to take advantage of any Tax or NIC savings available under this tax efficient arrangement. Accordingly I agree to a simple deduction from my net salary to pay my Oasis Wellness Centre membership of £24.95 per month (i.e. payment will be deducted in full with no tax or NIC saved).

C: Payment via cashiers – receipt required.

Please tick **A** **B** or **C**

Signature _____

Date _____

RETURN TO

Oasis Wellness Centre, Queen Alexandra Hospital, Portsmouth PO6 3LY