



# Prostate Cancer Research

## Staff Benefits at PCR

### Pension

We have chosen Nest as our workplace pension scheme to meet our employer duties and help you put money aside for your retirement. Contribution calculations are based on your total pay, so PCR will pay 5% pay per month to match your 5% total pay per month. Your contributions will be deducted from your base salary.

Find more information about Nest and their pensions here -

[Workplace Pension Scheme | Nest Pensions](#)

### Learning and Development

PCR is committed to developing talent and giving individuals the opportunity to achieve their full potential at work.

We offer 5% of an individual's annual salary towards training costs, as well as ongoing professional development opportunities for every staff member.

### Annual leave

PCR offers 25 days of annual leave per year, with long service days added for your first 5 years with us to total 30 days. We also offer gift days between Christmas Day and New Years Day where our operations shut down, as well as statutory bank holidays.

### Health Assured

At PCR you will have 24/7 access to our full Employee Assistance Programme with Health Assured. They provide mental health services such as confidential helplines and talk therapy, and each staff member is entitled to 6 sessions of talk therapy per issue per year with a qualified specialist.

Health Assured also provides employee access to support and advice on many issues, including legal, financial, physical, family and home, consumer and housing advice. It is a free, impartial and confidential service available to all employees at PCR.

## **Perkbox**

PCR staff on permanent contracts have access to Perkbox, which is a discount and voucher provider. Staff can access perks and freebies from hundreds of businesses including high street, online and supermarket shopping, cinema tickets and restaurants as well as discounted gym memberships. It also provides access to a library of videos and audio files from health and wellbeing experts to help you stay fit and healthy mentally and physically.

## **Bright Exchange**

As part of the Employee Assistance Programme, you will have access to the Bright Exchange platform, which offers voucher and discount codes for hundreds of high street and online shopping outlets.

## **BUPA Health Insurance**

PCR staff on permanent contracts can opt in to our BUPA Health insurance plan which includes cover for yourself and up to one family member. This comes with access to the My BUPA app which provides 24/7 access to specialist doctors and health advice. This is a taxable benefit.

## **Bike2Work Scheme**

PCR staff can apply for the Bike2Work scheme to buy a bike and all accessories tax free and through salary sacrifice for commuting to work.

## **Specsavers Eyecare Vouchers**

All staff who work with screens are entitled to a paid yearly eye test. We work with Specsavers who provide vouchers for free eye testing and up to £50 off a pair of glasses for each staff member annually

## **Birthday Day Off**

All staff with over 1 year of service are entitled to a day off on their birthday.