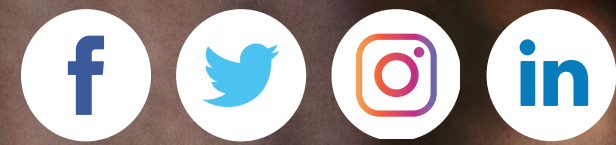


# Boost your wellbeing this winter

*Discover how your employee benefits can support your wellness during the winter period*





# Contents

## Lifestyle Savings

Supermarket savings  
Gift ideas  
Days out and entertainment  
Utilities

## Mental Wellbeing

Employee Assistance Programme





# Key dates

Halloween  
**31**  
October

Bonfire Night  
**5**  
November

Diwali  
**13**  
November

Black Friday  
**24**  
November

Cyber Monday  
**28**  
November

Hanukkah  
**7-15**  
December

Christmas Eve  
**24**  
December

Christmas Day  
**25**  
December

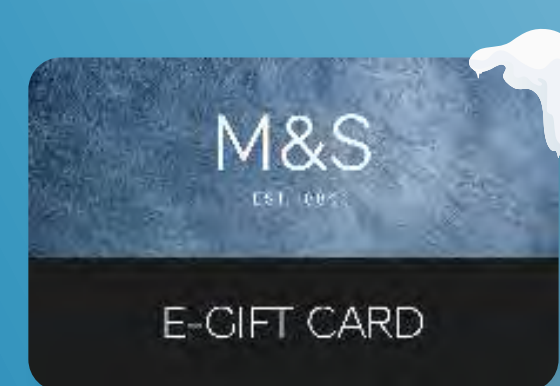
New Year  
**31**  
December



# Supermarket savings

Eat, drink, and be merry – for less of the cost!

Did you know that supermarket food costs around 12.5%\* more than it did last year? Your Lifestyle Savings employee benefit can help you save on your festive favourites with a range of delicious discounts from the UK's leading supermarkets



[vivup.co.uk](https://www.vivup.co.uk)

\*<https://www.which.co.uk/news/article/supermarket-christmas-delivery-slots-2023-when-can-you-book-yours>

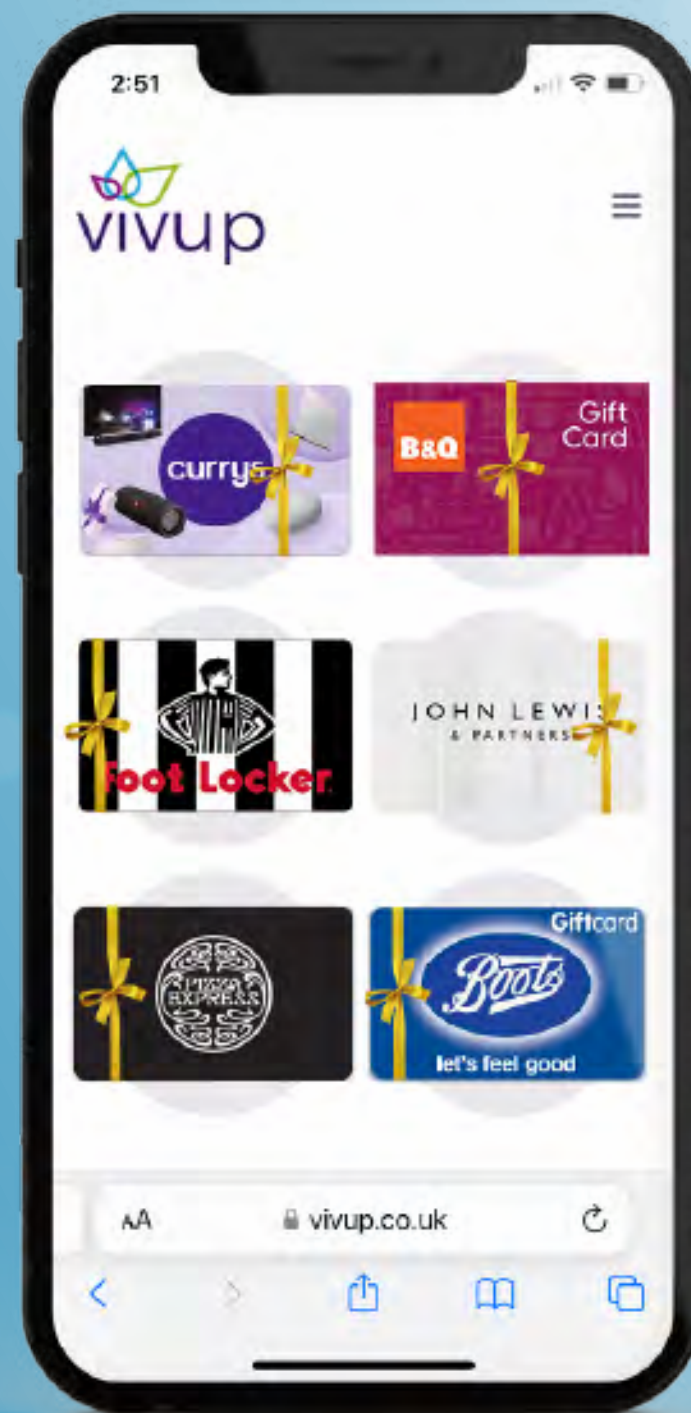


# Gift ideas

The perfect present for all personalities

Unsure of what to get someone? Our wide range of reloadable gift cards have got the solution. Not only is there something for everyone, but you can also order them at a discounted price to enjoy a little more money in your pocket

Find us under  
Reloadable Cards



[vivup.co.uk](http://vivup.co.uk)



# Days out and entertainment

Keep the whole family entertained while keeping costs down

Ensuring the whole family has fun during winter can add up quickly. Your benefits are here to help you create special memories for less with savings on dining out, eating in, cinema trips, epic experiences, and more!



[vivup.co.uk](http://vivup.co.uk)



# Utilities

Essential savings on the things that matter

With household bills higher than ever, don't wait to make your everyday expenses more manageable with great savings from the nation's leading mobile, broadband, and utility providers



[vivup.co.uk](http://vivup.co.uk)

Savings and offers are subject to change



# Employee Assistance Programme

24/7, 365 day  
telephone support  
**03303  
800658\***

Expert support for life's ups and downs

Many people struggle with their mental health at this time of year. The cold, dark days combined with the pressures of the festive season can bring about feelings of anxiety and loneliness – especially with the added stress of the cost of living crunch

To help you tackle these issues and manage your wellbeing during winter and beyond, you can access a range of mental health support and resources for whatever issues you are facing



Help for  
reducing bills



Online debt advice



vivup.co.uk

\*Calls charged at local rates



To explore your benefits and start saving this festive season visit [vivup.co.uk](https://vivup.co.uk)

