

Health & Wellbeing

December 2023 Newsletter

Upcoming Sessions



Healthy
Minds

Parenting a Teenager

Parenting NI

7 December, 2023 - 4.00pm to 5.00pm

Join Parenting NI where they will explore the challenges of parenting a teenager while maintaining consistency when rules are broken. [Register your place here.](#)



EA Open Water Swimming Network - 'Christmas Dip'

10 December, 2023 - 10.00am to 12.00

Join the EA Open Water Network for their [Christmas Dip](#) on Sunday 10 December from 10am – 12noon at Camlough Lake. There is always new faces to see and Mo and Paul from Wildswim.ie will be there to share some expert tips. [Register your place here](#)



Social
Health

Reading through Teams

15 December, 2023 - 11.00am to 1.00pm

Join the Reading through Teams Network for their very first face to face meeting on Friday 15 December from 11am - 1pm in Antrim Board Centre.

[Register your interest here](#)



Giving Back Appeal



Giving
Back

Our Christmas Family Food Appeal is taking place until 7 December throughout our EA Offices. Staff in Schools and Services have been encouraged to support the appeal in whatever way they can. [Find out more about the appeal here.](#) And please email healthandwellbeing@eani.org.uk with any questions.



<https://healthwell.eani.org.uk>

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What's Been Happening

We have updated our [Support and Signposting Document](#) for all staff and would encourage you to take a look and share amongst your teams.



We have been delighted to launch our **EA Walking Network** during November, and have had walks from our offices in Armagh and Omagh with more to come in many areas.



Please email healthandwellbeing@eani.org.uk to join the EA Walking Network TODAY and get onboard with all that we have planned.

Staff Networks

Become a Mental Health First Aider

Mental Health First Aid (MHFA) (Adult) Training is a PHA accredited training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

There are approximately 200 Mental Health First Aiders across our schools and corporate settings currently providing support for colleagues. If you would like to become a Mental Health First Aider for your school or workplace and join the EA MHFA Network please email healthandwellbeing@eani.org.uk.



[Find out more on our MHFA Network here](#)

Open Access Sessions

We have an array of open access sessions under the themes that are available to view and access at a time that is suitable to you.



Financial Health



Healthy Bodies



Healthy Minds



Social Health

<https://healthwell.eani.org.uk>