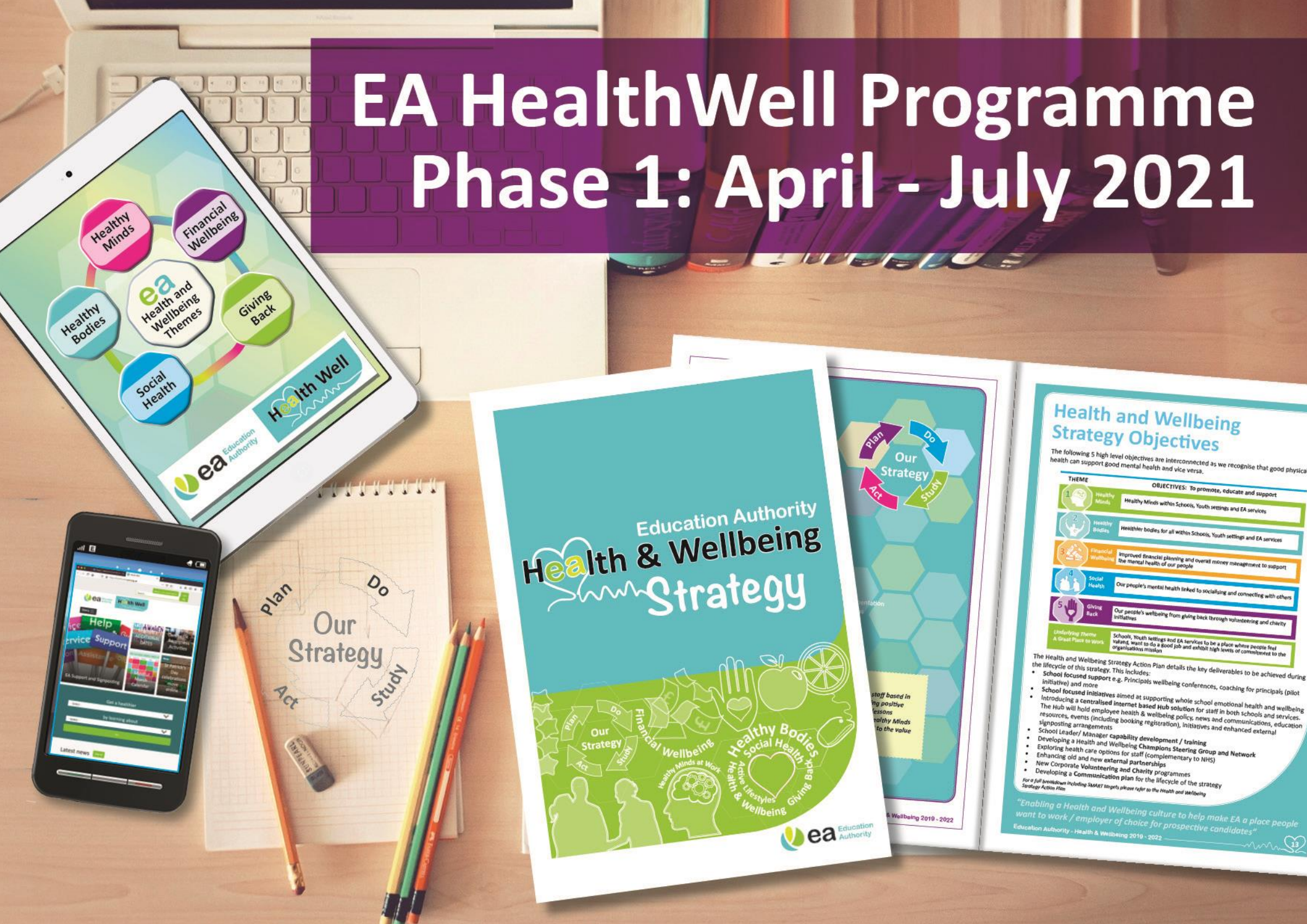
EA HealthWell Programme
Phase 1: April - July 2021



Introduction

It is the intention of the EA HealthWell Programme to support all EA colleagues. Now in its third year the programme continues to enable staff to be more informed and proactive about their own self-care.

The EA Health and Wellbeing Team are delighted to share the first Phase (April to July) of this year's programme. Within this document you will see many new as well as established initiatives, events and campaigns designed to support you over the coming months. The EA HealthWell Programme and EA HealthWell Hub are 2 of the many support services linked to delivering EA's all staff focused Health and Wellbeing Strategy 2019-22.

Please note some of the session timings have been selected to try and increase accessibility to certain staff e.g. School based staff.
In the spirit of continuous improvement all events and initiatives will be evaluated. Furthermore, the EA Health and Wellbeing Team fully intend to enhance and add to the following programme as required including bespoke support to schools and services.

Reasons to get in touch:

- If you have a staff health and wellbeing idea/ need;
- If you want to join the Health and Wellbeing Champions Network; or
- If you want to discuss becoming a Mental Health First Aider

For all things staff health and wellbeing do not hesitate to contact healthandwellbeing@eani.org.uk

To learn more about the Health and Wellbeing Strategy and Action Plan click here

Health and Wellbeing Staff Events and Campaigns

April 2021 Events and Initiatives

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
13 April 2021	**Top Tips for a Healthier Weight (PHA Webinar)**	11.00am – 12.00pm	To join event Click Here	No Restrictions
14 April 2021	**COVID, Stress and Ways to Cope**	3.00pm – 4.30pm	To register Click here	No Restrictions
16 April 2021	**Managing Mental Health & Wellbeing at work (for Managers)**	1.00pm – 4.30pm	To register Click here	Principals/Managers only
20 April 2021	**Effective Wellbeing**	4.00pm – 5.30pm	To register Click here	No Restrictions
20 April 2021	**Teacher Avc's**	4.00pm – 4.45pm	To register Click here	Teaching staff
20 April 2021	**Nutrition Myths (PHA Webinar)**	7.00pm- 8.00pm	To join event Click Here	No Restrictions
20 April 2021	**Mindfulness (6 weeks)**	4.00pm-4.45pm	To register Click Here	No Restrictions
21 April 2021	**Active Day Webinar (Chest, Heart and Stroke)**	10.00am-11.00am	To register Click Here	No Restrictions
21 April 2021	**Mental Health Awareness (MindWise)**	1.00pm – 4.30pm	To register Click here	No Restrictions
22 April 2021	**Tai Chi for Health – Taster Session**	12.00pm-12.45pm	To register Click Here	No Restrictions
22 April 2021	**Managing Stress Building Resilience**	3.00pm – 4.00pm	To register Click here	No Restrictions

ea Education Authority

Health Well

April 2021 Events and Initiatives part 2

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
27 April 2021	**Personal Resilience**	2.00pm – 4. 00 pm	To register Click here	No Restrictions
27 April 2021	**Parenting Anxious Children & Teenagers**	4.00pm – 5.00pm	To register Click here	No Restrictions
28 April 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
28 April 2021	**Shopping Safely Online**	12.00pm – 1.00pm	To register Click here	No Restrictions
28 April 2021	**Living with Worry and Anxiety**	4.00pm – 5.00pm	To register Click here	No Restrictions
29 April 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
29 April 2021	**Introduction to Solids (PHA Webinar)**	10.00am-11.00am	To join Click Here	No Restrictions
29 April 2021	**Tai Chi for Health – Taster Session**	12.00pm-12.45pm	To register Click Here	No Restrictions

ea Education Authority

Health Well

May 2021 Events and Initiatives

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
04 May 2021	**Pilates (6 weeks)**	4.00pm – 4.45pm	To register Click Here	No Restrictions
04 May 2021	**Yoga (6 weeks)**	6.30pm – 7.15pm	To register Click Here	No Restrictions
04 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
05 May 2021	**Health Checks (Chest, Heart and Stroke)**	Appointments all day	To Register Click Here	No Restrictions
05 May 2021	**Mindful Manager**	1.00pm – 4.30pm	To register Click here	Principals/Managers Only
06 May 2021	**Yoga (6 weeks)**	1.00pm – 1.45pm	To register Click Here	No Restrictions
06 May 2021	**Sleep webinar (Chest, Heart and Stroke)**	3.30pm-4.30pm	To register Click Here	No Restrictions
06 May 2021	**Shopping Safely Online**	4.00pm – 5.00pm	To register Click here	No Restrictions
07 May 2021	**COVID, Stress and Ways to Cope**	10.00am – 11.30am	To register Click here	No Restrictions
11 May 2021	**Personal Resilience**	09.30am – 11.30am	To register Click here	No Restrictions
11 May 2021	**Hidden Harm Awareness**	3.00pm – 6.00pm	To register Click here	Targets staff working with young people in Education settings
11 May 2021	**Parenting Anxious Children & Teenagers**	4.00pm – 5.00pm	To register Click here	No Restrictions
12 May 2021	**Managing Mental Health & Wellbeing at work (for Managers)**	9.30am – 1.00pm	To register Click here	Principals/Managers Only

ea Education Authority

Health Well

May 2021 Events and Initiatives part 2

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
13 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
13 May 2021	**Food and Mood (PHA Webinar)**	11.00am-12.00pm	To join Click Here	No Restrictions
14 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
17 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
18 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
18 May 2021	**Alcohol Awareness (ASCERT)**	10.00am -11.30am	To register Click here	No Restrictions
18 May 2021	**Mental Health Awareness (MindWise)**	9.30am – 1.00pm	To register Click here	No Restrictions
18 May 2021	**Effective Wellbeing**	12.00am -1.30pm	To register Click here	No Restrictions
18 May 2021	**Nutrition for your Teenager (PHA Webinar)**	6.30pm-7.30pm	To join Click Here	No Restrictions
19 May 2021	**Living with Worry and Anxiety**	10.00am – 11.00am	To register Click here	No Restrictions
19 May 2021	**Mental Health Awareness**	2.00pm – 4.00pm	To register Click here	No Restrictions
20 May 2021	**Mood Matters Workplace Programme**	10.00am – 6.00pm	To register Click here	No Restrictions
24 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
25 May 2021	**Online Health Checks (Chest, Heart and Stroke)**	Appointments all day	To register Click Here	No Restrictions
25 May 2021	**Managing Stress Building Resilience**	10.00am – 11.00am	To register Click here	No Restrictions

May 2021 Events and Initiatives part 3

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
25 May 2021	**Action Cancer Big Bus – Armagh**	Appointments all day	TBC due to COVID restrictions	No Restrictions
25 May 2021	**Healthier diet, healthier you (PHA Webinar)**	11.00am – 12.00pm	To join Click Here	No Restrictions
25 May 2021	**Tai Chi for Health (4 weeks, every Tuesday)**	4.30pm -5.15pm	To register Click Here	No Restrictions
26 May 2021	**Action Cancer Big Bus – Ballee**	Appointments all day	TBC due to COVID restrictions	No Restrictions
26 May 2021	**Feeding under fives (PHA Webinar)**	**11.00am – 12.00pm**	To join Click Here	No Restrictions
May 2021	**Self-Care using the Take 5**	To be Confirmed	To register To be Confirmed	No Restrictions

June 2021 Events and Initiatives

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
01 June 2021	**COVID, Stress and Ways to Cope**	2.00pm – 3.30pm	To register Click here	No Restrictions
03 June 2021	**Mindful Manager**	9.30am – 1.00pm	To register Click here	Principals/Managers Only
08 June 2021	**Mental Health Awareness (MindWise)**	1.00pm – 4.30pm	To register Click here	No Restrictions
09 June 2021	**Personal Resilience**	1.00pm – 3.00pm	To register Click here	No Restrictions
10 June 2021	**Mood Matters Workplace Programme**	4.00pm – 6.00pm	To register Click here	No Restrictions
10 June 2021	**Managing Mental Health & Wellbeing at Work (for Managers)**	1.00pm – 4.30pm	To register Click here	Principals/Managers Only

June 2021 Events and Initiatives part 2

DATE	TITLE	TIME/ DURATION	LINK TO REGISTER	AUDIENCE RESTRICTIONS
15 June 2021	**Men's Health Toolkit – Vital Nutrition**	12.00pm- 1.00pm	To register Click Here	No Restrictions
15 June 2021	**Effective Wellbeing**	4.00pm – 5.30pm	To register Click here	No Restrictions
17 June 2021	**Mental Health Awareness**	10.00am – 12.00pm	To register Click here	No Restrictions
21 June 2021	**Managing Stress Building Resilience**	3.00pm – 4.00pm	To register Click here	No Restrictions
22 June 2021	**Hidden Harm Awareness**	3.00pm – 6.00pm	To register Click here	Targets staff working with young people in Education settings
23 June 2021	**Living with Worry and Anxiety**	12.00pm – 1.00pm	To register Click here	No Restrictions

Other events or opportunities to get involved

Reading through Teams (Reading Club)	To join or for more information on the EA Reading through Teams group click here
Corporate discounts	All EA employees are eligible to sign up for corporate gym membership for you and the whole family. This is a tremendous deal provided across all local council areas in the province. For more information click here

ea Education Authority

Health Well

Open Access Events and Initiatives (view anytime)

TITLE	PROVIDER	DURATION	LINK TO VIEW NOW	THEME
Self-Care for School Staff (restart)	**EA Educational Psychology Service**	6 minutes	Click here	Healthy Minds
Loneliness and Isolation	**EA Educational Psychology Service**	6 minutes	Click here	Healthy Minds
Anxiety and Stress - causes, symptoms and self-care strategies	**EA Educational Psychology Service**	7 minutes	Click here	Healthy Minds
Menopause Training for managers and staff	**Business in the Community NI (BITCNI)**	Approx. 1 hr per session	Click here	Healthy Minds
Online Fitness channel	ActivHealth	Various	Click here to view all 150+ classes	Healthy Bodies
Cancer sessions • Nutrition and prevention • Men's health • Women health • Breast cancer awareness • Physical activity and cancer • Alcohol and cancer • Smoking cessation	**Cancer Focus NI**	30 mins per session	Click relevant link below • Nutrition • Men's health • Women's health • Breast cancer • Physical activity • Alcohol • Smoking cessation	Healthy Bodies
Heart Health	**EATV (NHS)**	2 minutes	Click here	Healthy Bodies
Healthy eating webinars • Sleep Well • Stress Less • Female Balance	**Vital Nutrition**	1 hour per session	Click relevant link below • Sleep Well • Stress Less • Female Balance	Healthy Bodies
Sleep Clinic	**Benenden Health**	30 minutes	Click here	Healthy Bodies
COVID-19 related Financial Wellbeing	**Kith and Kin**	20 minutes	Click here	Financial Wellbeing
Additional Voluntary contributions (NILGOSC Pension)	**Kith and Kin**	30 minutes	Click here	Financial Wellbeing
Preparing for Retirement modules • Financial preparation • Mental and Social preparation	**Kith and Kin**	30 minutes per session	Click relevant link below • Financial preparation • Mental and Social preparation	Financial Wellbeing
Free Will Writing Service	**Kennedy Burchill**	20 minutes	Click here	Financial Wellbeing

EA HealthWell Hub

Visit HealthWell@eani.org.uk

Email: healthandwellbeing@eani.org.uk

- Check out the latest events, initiatives and promotional campaigns
- Access the latest health news, wellbeing tools and support videos
- Signposting advice to support you and others
- Content updated daily
- Accessible to you 24/7 via phone, tablet or PC

An interactive website which provides EA employees with **support, education** and **information** on a wide range of topics as a way of improving their overall **health and wellbeing**

"You're just one click away from all things health and wellbeing"

ea Education Authority

Health Well

EA HealthWell Programme

Initiatives • Sessions • Campaigns

Visit HealthWell@eani.org.uk

Email: healthandwellbeing@eani.org.uk

For all EA staff in schools and services

Helping staff be proactive about their Health and Wellbeing

Check it out

- Sessions designed to support healthy minds at work
- Exercise classes and opportunities
- Financial wellbeing sessions
- Addiction support and advice
- Nutritional sessions and advice
- Signposting to internal and external support services
- Wellbeing ideas and campaigns

"A programme designed to support you"

ea Education Authority

Health Well