

# Health & Wellbeing

## February 2024 Newsletter

### Upcoming Sessions

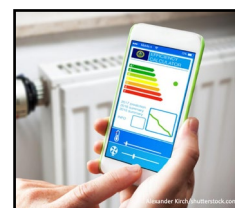


Financial  
Wellbeing

#### Information Session National Energy Action

1 February 2024, 3.30pm - 4.30pm

Join [National Energy Action Northern Ireland](#) to discuss changes you can make to reduce your energy bills. Discover how you can make some simple changes that could make a big difference to your household bills. To attend the information session [Register your place here](#)



#### 1-1 Financial Wellbeing Clinics Kith & Kin

5 February - 9 February 2024, 30 minute slot

Do you want to improve your financial health in 2024? Join **Kith and Kin, Financial Advisors** on a free and confidential 30 minute 1:1 virtual meeting who will be able to offer you financial advice, guidance and support on a wide range of topics relevant to your personal financial needs.

[To find out how to book your 1:1 meeting click here](#)

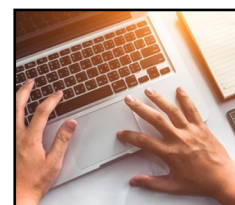


Social  
Health

#### Leading Hybrid Teams with Ease INSPIRE

8 February 2024, 10.00am - 12.30pm

Frank Liddy from **Inspire Workplaces** joins us to help support managers and team leaders motivate and engage hybrid workforces. With particular focus on protecting the wellbeing of remote workers. [Register your place here](#)

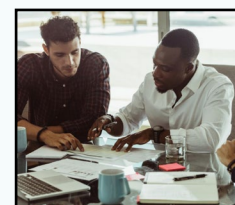


#### Manager Promoting Positive Mental Health INSPIRE

20 February 2024, 10.00am -12.00pm

Join **Inspire Workplaces** to discuss Managers promoting positive mental health. Line managers have a crucial role in supporting the mental health and wellbeing of their staff.

[Find out more information and register your place here](#)



# Health & Wellbeing



Healthy  
Minds

## Supporting Emotional Wellbeing and Regulation

Jan Montgomery

29 February 2024, 4.00pm - 5.30pm

Join **Jan Montgomery, Psychotherapist** to discuss Supporting Emotional Wellbeing and Regulation.

[Find out further information here](#)



Healthy  
Bodies

## Benenden Information Session

Benenden Health

20 February 2024, 12.30pm - 1.00pm

20 February 2024, 4.00pm - 4.30pm

21 February 2024, 12.30pm - 1.00pm

21 February 2024, 4.00pm - 4.30pm

The EA are able to offer all staff in Schools and Services the opportunity to join an NHS complementary healthcare scheme in partnership with Benenden Health. To find out more about this scheme [join one of our information sessions taking place throughout February](#)



Social  
Health

## The EA's Mandatory Supporting and Managing Staff

**Attendance Training** aims to assist you, as a line manager, by providing you with the knowledge and skills to be able to maximise staff attendance and manage sickness absence.

[Find out information here](#) for any Line Manager or School Leader who still need to complete this training.



Giving  
Back

## Celebrating Success

A huge thank you to all staff who contributed to our Christmas Family Food Appeal 2023.

[Click here to find out information on our donation total](#)

## Christmas Family Food Appeal

Over one tonne  
donated by  
EA staff which  
equals  
**2,679  
meals!**



**THANK YOU  
EVERYONE!**

# Health & Wellbeing



## Coming Up

The EA Walking Network have arranged walks in Armagh and Omagh to mark **Time to Talk Day** on 1 February.



[Click here to register for either of these events](#)

**Open Water Swim Meet up**  
**Wildswim.ie**  
**25 February 2024,**  
**10.00am - 12 noon**



Our EA Open Water Swimming Network are having their next meet up.

[Find out more information and register your place here](#)

## Champion Quickfire



Our Champion [Lynn Magee](#) shares her quickfire questions below.

To hear more about becoming an EA Health and Wellbeing Champion please email: [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)

**Name:** Lynn Magee

**Job:** Senior Teacher - Coleraine Grammar

**Favourite Show, Book, or Movie:** Little Fires Everywhere

**Health and Wellbeing tip, advice or recommendation:** Walk on the beach - particularly on the north coast, to blow those cobwebs away! Or if you can commit to it - rescue a dog/cat

**First paying job:** Working in Costcutters

**Hobby, interest or how you like to unwind:** Hiking and travelling- the further afield the better to push the limits and challenge my comfort zones!



“ Nothing is impossible. The word itself says ‘I’m Possible’ - Audrey Hepburn ”

## 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.



[www.healthwell.eani.org.uk](http://www.healthwell.eani.org.uk)