

Health & Wellbeing

December 2022 Newsletter

Upcoming Sessions during December



Upgrading Connection in an online world

Wednesday 7 December 2022

9.30am to 10.30am

Inspire Workplaces will deliver this interactive session to explore the importance of building rapport, connecting with others and having challenging conversations, particularly in a remote environment. To register for this session [Click here](#)



Stress and How to Survive It

Thursday 8 December - 2.00pm - 3.30pm

Psychotherapist Jan Montgomery will deliver this webinar where Jan's aim is to encourage participants to consider what causes stress. We will learn about how our brain and nervous system plays a large part in how we experience stress and how we survive it. To register for this session [Click here](#)



What's On



Giving Back

We are halfway through our Christmas Family Appeal partnering with St Vincent de Paul and The Salvation Army, thank you to all those who have supported the appeal in any way. If you haven't had the chance to donate online yet just follow our Just Giving Link [here](#).



[Click here](#) for more information on this year's appeal. Remember the appeal closes on **Friday 16 December**.

Health and Wellbeing Networks

We have a growing number of networks that are open to all staff within the EA, please take the time to register for as many that may be of interest to you.

Becoming a Health and Wellbeing Champion is an ideal way to incorporate Health and Wellbeing into your current job role [Click here](#) to see how you can get involved.



If you are keen on Open Water Swimming, or are interested but unsure where to turn then our fun, social and informative network of staff within the EA Open Water Swim Network is here for you. [Click here](#) for more information.

We have been delighted to provide staff with the opportunity to join up to a group designed to encourage reading on a social basis. [Click here](#) to hear more.



Coming Up

Term 2

Health and Wellbeing Programme

We are only a number of weeks away from launching our jam packed Term 2 programme, watch this space and details will be released in the new year. It aims to meet your Health and Wellbeing needs covering everything from Healthy Bodies, Healthy Minds, Financial Health, Social Health and Giving Back.

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 Wellbeing



Healthy Bodies



Healthy Minds



Social Health