

Health & Wellbeing

October 2022 Newsletter

Term 1 - October Sessions

There's still time to register for the below upcoming sessions:



Healthy
Minds

Mental Health Awareness for All Staff

Tuesday 4 October 2022, 4.00pm - 5.30pm

For more information [click here](#)



Suicide Prevention Awareness

Monday 10 October 2022 - 9.30am - 1.00pm

For more information [click here](#)



Managers Promoting Positive Mental Health

Tuesday 11 October 9.30am - 11.30am

For more information [click here](#)



Financial
Wellbeing

Hospital Saturday Fund - Cash Plans

11th and 13th October 2022

11.00am- 4.00pm

For more information [click here](#)



Coming Up



Giving
Back

Christmas Family Appeal

Staff in Schools and Services are encouraged to once again come together to support St Vincent de Paul and The Salvation Army with the Family Christmas Appeal. Details on how the appeal will run for 2022 will follow in due course. In the meantime please consider registering your schools interest by emailing healthandwellbeing@eani.org.uk



Health & Wellbeing



What's been happening



Social Health

Open Water Swimming

Our Open Water Swimming Network had another meet up on Saturday 17th September see how it went...

For more information [click here](#)



Healthy Bodies

Cycle to Work Scheme

Did you know 50% of Copenhagen residents cycle to work or school?

For more information on our EA Cycle to Work Scheme [click here](#)



Social Health

Reading through Teams

Feeling stressed? Read a book! It can reduce your stress hormones by up to 68%. Better still join our Reading through Teams Network

For more information [click here](#)



World Menopause Day 18th October



Healthy Bodies

Open Access Menopause

Business in the Community NI (BITCNI) delivered a number of Menopause training sessions designed for EA Managers and Staff across schools and services. View them [Here](#) at a time that suits you.

Our Menopause Policy sets out the EA's commitment to support women in the workplace. [Click here](#) to view our policy and toolkit.

The Menopause & Me Digital Toolkit can be viewed [here](#)



Open Access Sessions

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



Financial Wellbeing



Healthy Bodies



Healthy Minds



Social Health