

Health & Wellbeing

October 2023 Newsletter

Upcoming Sessions



Healthy
Bodies

Healthy Family Mealtimes

Vital Nutrition

5 October, 2023 - 12.00pm to 1.00pm

Join Vital Nutrition's Jane McClenaghan for plenty of ideas for speedy breakfasts, nourishing lunches and midweek meals the whole family will love. [Register your place here](#)



Benenden Health

Information Sessions 11 - 12 October 12.30pm & 4.00pm

We are delighted to be able to offer all staff, teaching and non-teaching in schools and services the opportunity to join an NHS complementary healthcare scheme in partnership with Benenden Health.

[To find out more attend one of our information sessions](#)



Financial
Wellbeing

1-1 Financial Wellbeing Clinic

Kith & Kin, 9 October - 13 October 2023

Do you want help to improve your Financial Health? Kith & Kin offer support and guidance on a wide range of topics from savings to investments, budget planning to debt management, pensions, estate planning and much more. Book a free, confidential, 1-1 meeting with a qualified financial advisor today. [Register your place here](#)



Your Pension and the Menopause

MoneyHelper, 18 October, 2023 - 11.00am to 11.30am

In this 30-minute webinar, MoneyHelper experts will explain what impact the menopause could have on your pension and how you can focus on saving for your retirement.

[Register your place here](#)



Health & Wellbeing



Healthy
Minds

Understanding your Child

Parenting NI

12 October, 2023 - 4.00pm to 5.00pm

This session explores the different ages and stages of child development and equips parents with the skills on how to support their child. Focusing on Children aged 0-11 years old.

[Register your place here](#)



Healthy
Bodies

Menopause for Managers

Stephanie Reid, Menopause Consultant and Coach

18 October, 2023 - 10.00am to 12.30pm

This session is primarily for managers and leaders. Stephanie explains what menopause is and why it matters, how it affects employees in the workplace, how to support colleagues and what line managers need to know about their responsibilities. [Register your place here](#)



Menopause and Me

Stephanie Reid, Menopause Consultant and Coach

19 October, 2023 - 3.30pm to 5.00pm

Stephanie's session is primarily for employees who want to know more about their own menopause journey. It offers practical advice and suggestions for managing perimenopause and menopause. [Register your place here](#)



Celebrating Success



Giving
Back

EA Summer Family Food Appeal

Thank you to all who generously donated items to the EA Summer Family Food Appeal 2023

[view the successful outcome here](#)



www.healthwell.eani.org.uk

Health & Wellbeing



Coming Up

World Menopause Day is on 18 October 2023, a day to raise awareness of the menopause and the support options available for improving health and wellbeing.

Join a PHA Dietitian on the 18 October from 7pm - 8pm [to hear more about how to eat well during the Menopause](#)



Look what's coming

We are excited to launch our **EA Walking Network** in the coming weeks, here staff will come together and join forces to increase their daily activity by walking together. Combining physical and social activity with colleagues and friends.

To get involved in this network please email healthandwellbeing@eani.org.uk. We are eager to hear from staff all across the EA.

In anticipation of this launch we have teamed up with PHA to provide a bespoke Walk Leader Training Session for EA Staff interested in leading walks as part of the Walking Network. This will take place online on 18 October from 9.30am - 1pm [Register your interest here](#)



Champion Profile Cain Thomson

Our EA Health and Wellbeing Champions are employees who support wellbeing activities within their workplace to complement the overall Health and Wellbeing Strategy. If you wish to know more about how to get involved please email healthandwellbeing@eani.org.uk

See this month's Champion <https://healthwell.eani.org.uk/users/cain-thomson>



Networks

Our next Reading through Teams staff meet up is on Friday 20 October 2023 12.30pm - 1.15pm [sign up 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.

