

Health & Wellbeing

December 2024 Newsletter

Upcoming Sessions



Benenden Information Session

Tuesday 10 December 2024 at 12.30pm and 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](#)



EA Open Water Swimming Network – Christmas Dip

Sunday 15 December at 1pm, Lough Neagh Discovery Centre

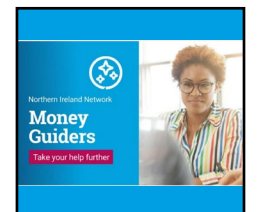
The EA Open Water Network are having their Christmas Dip and would love to have some new faces joining them, [find out more about it here](#)



Financial
Wellbeing

Stay One Step Ahead of the Fraudsters! Stop, Think, Check The Money Guiders NI Network and Bank of Ireland Thursday 5 December 2024, 11.00am - 12.15pm

The Money Guiders NI Network welcomes the Bank of Ireland to discuss fraud and how you can protect yourself and your money.



This session will focus on understanding different types of fraud, how fraudsters try to trick you, and how you can stay one step ahead to protect yourself and your money. Attendees will benefit from expert guidance, practical tips, and real-life examples of fraud cases, [Register your place here](#)

Staff Opportunities - Become a Mental Health First Aider



Healthy
Minds

Mental Health First Aid (MHFA) (Adult) Training is a PHA accredited training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue.

There are approximately 360 Mental Health First Aiders across our schools and corporate settings currently providing support for colleagues. If you would like to become a Mental Health First Aider for your school or workplace or would like further information on becoming a MHFA then [find out more information here](#)



Coming Up

EA Christmas Family Appeal

The EA Christmas Family Food Appeal 2024 is running until Thursday 12 December 2024, continuing to support our local Trussell Trust Food Banks.

To date during our partnership EA Staff donations have enabled 6,054 meals for children, young people and their families within our communities.

Find out how to support this appeal [Here](#) if you would like to know more about the appeal, please email healthandwellbeing@eani.org.uk



Giving Back

What's been happening

Castletower School Therapy Dogs visit SARS

Our SARS team in Ballee had some welcome visitors to the office in recent weeks, [find out more here](#)



EA Running Network - Ecos Parkrun, Ballymena Health and Wellbeing Team

Our running network had another wonderful meet up in Ballymena recently, where we had walkers and runners from the EA joining together, with many first timers! Also, our very own James Surgenor, from ABC coming in 2nd overall, well done James. To hear more about our EA Running Network please email healthandwellbeing@eani.org.uk



Health & Wellbeing



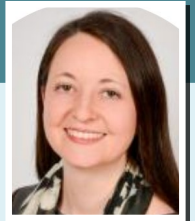
EA Staff Networks

We are delighted to have so many ever-growing Staff Networks within the EA, to hear more about our:

- Walking Network
- Running Network
- Champion Network
- Mental Health First Aider Network
- 5 a Side Network
- Open Water Swimming Network
- Reading Network

Email: healthandwellbeing@eani.org.uk

Champion Quickfire



Our Champion [Sara Liddell](#) shares her quickfire questions below.

Name: Sara Liddell

Job: Principal, Knockevin Special School

Favourite Show, Book, or Movie: I read a lot and love the theatre and cinema but it's impossible to choose my favourites. I always love reading David Park's novels because I was lucky enough to be taught English by him at Down High School

Health and Wellbeing Tip, Advice or Recommendation: Adopt a dog! My two rescues force me to get out walking whatever the weather which is great to help me switch off. They also provide the best entertainment!

First paying job: I worked in a jewellers when I was going through teacher training but I just ended up spending all my salary in there so I didn't stay long!

Hobby, interest or how you like to unwind: I volunteer with a mixed ability group called Dramability on Saturday mornings which I think achieves all of the 5 Ways to Wellbeing in one go! I love starting my weekend with drama, dance, singing and a lot of laughs! I also volunteer with a local dog rescue, Cavaliers in Need, which has led me to connect with a great group of people and is another way to feel I can give back and make a difference

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



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 Health



Healthy Bodies



Healthy Minds



Social Health

☺ May you never be too grown up to search the skies on Christmas Eve ☺

www.healthwell.eani.org.uk

Health &



Wellbeing



EA's Salary Sacrifice Car Scheme – Information Webinar

Thursday 12 September 2024 - 3.30pm to 4.15pm

Wednesday 9 October 2024 - 3.30pm to 4.15pm

Wednesday 13 November 2024 - 3.30pm to 4.15pm

EA in partnership with Tusker have launched its first Car Salary Sacrifice Scheme for non-teaching EA staff. We are also aiming to launch this scheme to teaching staff during Term 1.



Join one of the webinars and find out if you can make tax and national insurance savings whilst driving a new, fully maintained and fully insured vehicle.

SAY HELLO TO A NEW CAR

The scheme includes:



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

Your platform for prosperity

Welcome to My Money Matters: We're here to help you prepare for a brighter financial future.

Visit my-money-matters.co.uk to learn more.



my money matters

If you are an EA NILGOSC pension scheme member you now have access to a Shared Cost Additional Voluntary Contribution (Shared Cost AVC) employee benefit scheme designed to boost your financial wellbeing.

For more information and access to an upcoming information webinar visit [Health Well](#) (eani.org.uk) To attend a face to face information seminar in your area check out the Term 1 HealthWell Programme

Save wherever you shop

From saving at the supermarket to bringing down your utility bills, don't wait to access a wide range of discounted eGift cards from leading retailers

Visit Lifestyle Savings at eabenefits.vivup.co.uk

Savings or offers are accurate at time of sending email and are subject to availability. Terms apply for all third parties. Savings and offers are subject to change.



1000+ discounts on everyday essentials

