

# Health & Wellbeing

## June 2024 Newsletter

### Upcoming Sessions



Healthy  
Bodies

#### EA Running Network Meet Up

Portrush Parkrun

Saturday 22 June 2024. Run commences at 9.30am.

Join colleagues from the EA Running Network at Portrush Parkrun. [Find out more here](#). To hear more about the Running Network email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)



### Coming Up



Giving  
Back

#### Summer Family Food Appeal 2024

Our EA Summer Family Food Appeal is in full swing across EA Buildings, we encourage all staff in Schools and Services to support this appeal in whatever way they can, [find out more information here](#)



### What's been happening



Healthy  
Minds

#### EA Mental Health First Aider Trainers Presentation

Huge congratulations to 4 EA Staff; Una McCartney, Lynette Bailie, Jim Weir and Julie Ferry who are [pictured here](#) attending the recent PHA presentation of their Mental Health First Aider Trainer Certificates.



Healthy  
Bodies

#### EA 5 a Side Football

The EA's first 5 a Side Football session recently took place in Antrim, [find out more about it here](#).

To join the EA 5 a Side MS Teams Site please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)



# Health & Wellbeing



## Staff Networks

### Walking Network

We are delighted that so many staff are taking part in our weekly Wellbeing Wednesday Walks in the Armagh, Omagh and Belfast Offices, leaving each office on Wednesdays at 12.30pm [see here some of the Armagh Walking Network](#) on a recent walk enjoying the Sunshine.

### EA Staffing 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 through Teams Network

Please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)

## Champion Quickfire



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

**Name:** Lynn Magee

**Job:** Senior Teacher - Coleraine Grammar School

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

**Health and Wellbeing Tip, Advice or Recommendation:** A 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!

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



“We need to do a better job of putting ourselves higher on our own to do list”

## 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

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

## EA New Employee Benefits

### Lifestyle savings scheme

We are delighted to announce that EA employees now have access to a new EA Employee Lifestyle Savings Benefit Scheme. This arrangement is in partnership with [Vivup](#) (*link is external*) and hosted on a dedicated platform.



#### How do I register?

Register via the link below  
<https://eabenefits.vivup.co.uk>  
(*link is external*)

In the box - Find your organisation  
select either:

- EA Staff Benefits - Non Teachers
- EA Staff Benefits - Teaching



### Shared Cost Salary Sacrifice AVCs for EA Nilgosc members only

EA NILGOSC pension scheme members now have access to the Shared Cost Additional Voluntary Contribution (Shared Cost AVC) employee benefit scheme, [hear more about it here](#).



## Coming Soon

EA Car Scheme and EA Gym membership scheme.

