

# Health & Wellbeing

## May 2024 Newsletter

### Upcoming Sessions



Healthy  
Bodies

#### Benenden Information Session

##### Benenden Health

Tuesday 7 May 2024 at 12.30pm

Tuesday 7 May 2024 at 4.00pm

Wednesday 8 May 2024 at 12.30pm

Wednesday 8 May 2024 at 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. EA Corporate members no longer have a 6 month qualifying period to access Physio, diagnostics or treatment.

[Find out more about the information sessions here](#)



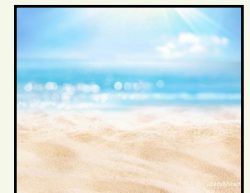
#### Skin Scanning Service

##### Cancer Focus NI

Cancer Focus NI invites EA Staff to a Skin Scanning Service, undertaking a skin scan will reveal the levels of skin damage that you wouldn't normally be able to see. It will reveal any brown spots, freckles and redness, all of which are usually signs of skin damage.

**Armagh Office 9th May 2024 from 11.30am - 2.30pm**

[Find out more here](#)



#### EA GLEAM Network Roadshow EA Belfast Office, Academy Street

Join GLeaM for our upcoming Roadshow as an informal opportunity to meet with colleagues. Open to all staff - new and returning.

You don't have to identify as LGBTQ+ to attend.

[Find out more information here](#)



# Health & Wellbeing



Financial  
Wellbeing

## Scam Awareness and Prevention Money Guiders NI

**Monday 13 May 2024 from 11.00am - 12noon**

The Money Guiders NI network welcomes Northern Ireland Trading Standard Services, to discuss their role in promoting and maintaining fair trading. They will consider the different types of scams and look at relevant case studies that staff within Trading Standards have dealt with.

[Find out more information here](#)

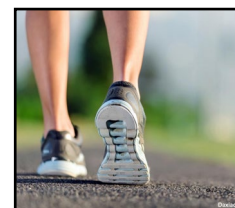


Healthy  
Bodies

## EA Running Network Meet Up Dungannon Parkrun

**Saturday 18 May 2024. Run commences at 9.30am.**

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



## Skin Scanning Service Cancer Focus NI

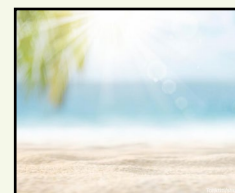
Cancer Focus NI invites EA Staff to a Skin Scanning Service, undertaking a skin scan will reveal the levels of skin damage that you wouldn't normally be able to see. It will reveal any brown spots, freckles and redness, all of which are usually signs of skin damage.

**Omagh Office, 20 May 2024 from 11.30am – 2.30pm**

[Find out more here](#)

**Ballee Office, 30 May 2024 from 11.30am – 2.30pm**

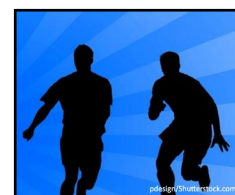
[Find out more here](#)



## 5 A Side Football Session for EA Staff Antrim Forum

**Thursday 23 May 4.30pm – 5.15pm**

Our first 5 a Side EA Staff session is taking place at Antrim Forum, [register your place here](#). If you would like to set this up in your own area please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)



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

# Health & Wellbeing



## Coming Up

### Summer Family Food Appeal 2024

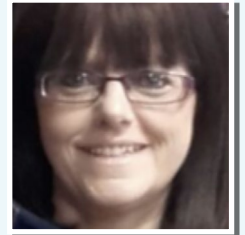
We will be once again supporting The Trussell Trust local food banks during our Summer Family Food Appeal. Our appeal will run from **Monday 3 June – Wednesday 26 June** and donation points will be located in various EA Offices.

Keep an eye out for further information, if you would like to hear more in the meantime please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)



## Champion Quickfire

Our Champion [Susan Day](#) shares her quickfire questions below.



**Name:** Susan Day

**Job:** PA to Assistant Director of Infrastructure and Capital Development

**Favourite Show, Book, or Movie:**  
The Chronicles of Narnia

**Health and Wellbeing Tip, Advice or Recommendation:** It's good to talk.

**First paying job:** Sweet shop

**Hobby, interest or how you like to unwind:** DIY & upcycling furniture – currently renovating my own house which I moved into in May 2023  
[healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk)



“ The month of May is the gateway to Summer - Jean Hersey ”

## 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.



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