

Health & Wellbeing

June 2022
Newsletter

www.healthwell.eani.org.uk



**Giving
Back**

The Summer Family Food Appeal



Monday 13 June - Thursday 7 July 2022

EA's Health and Wellbeing Champions Committee along with the Charity sub-committee invite all staff to get involved in EA's Summer Family Food Appeal 2022.

The intention is to encourage and enable all staff to give back within the local community by donating food items via Food Banks.

For more information [click here](#)

EA Volunteering Opportunities

For more information [click here](#)



**Financial
Wellbeing**

Kith & Kin - Making the most of your Money

Wednesday 8 June 2022, 4.00pm - 5.00pm

For more information [click here](#)



Fraud Awareness with Danske Bank

Wednesday 15 June 2022, 11.00am - 12.15pm

For more information [click here](#)



Money and Pensions Service (MaPS)

Thursday 23 June 2022, 4.00pm - 5.00pm

For more information [click here](#)



**Social
Health**

Carer's Week - Care for a Cuppa?

Monday 6 June 2022, 10.30 to 11.30

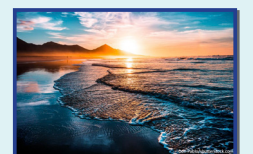
For more information [click here](#)



Open Water Swimming Event - An Introduction!

Monday 27 June 2022, 1.00pm - 4.00pm

For more information [click here](#)



Health & Wellbeing



Healthy Bodies

Cycle to Work Scheme - Calling all Term Time Staff
Application open from 1 June 2022

For more information [click here](#)



Fertility Matters - A webinar from Fertility Network NI

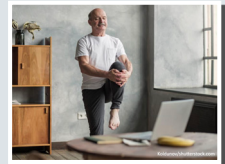
Tuesday 24th May at 7.00pm

For more information [click here](#)



Yoga: Destress and Unwind
Thursday 9th June 2022

For more information [click here](#)



Diabetes: An Information Webinar
Monday 13th June 2022

For more information [click here](#)



Yoga: for Positive Mental Health
Thursday 16th June 2022

For more information [click here](#)



Celebrating Success

- Lunch and Learn celebrating 2 years. For more information [click here](#)
- Since the [HealthWell Hub](#)'s launch in March 2020 over 41K unique users have accessed the hubs resources and information
- We are delighted that The Education Authority has been shortlisted as a finalist in the **Wellbeing in the Workplace** category for **The 2022 Irish News Workplace & Employment Awards**. Congratulations to fellow nominees Expleo Technology Ireland Ltd, FinTrU and Farrans Construction *we wish everyone the best of luck for the ceremony taking place at Titanic Belfast on Thursday 30th June.*

