

Health & Wellbeing

November 2022 Newsletter

Term 1 - November Sessions

There's still time to register for the below upcoming sessions:



Financial Wellbeing

Hospital Saturday Fund - Cash Plans

8 or 10 November 2022

11.00am - 4.00pm

For more information [click here](#)



Talk Money Week

7 - 11 November 2022

Every November the Money and Pensions Service (MaPS) host **Talk Money Week** to encourage people to open up about their finances - from pocket money right through to pensions.

The theme for this year's **Talk Money Week** is '*credit*'.



If you are interested in finding out how Money and Pensions Service can help you please [click here](#)

The importance of talking to our children about money

Wednesday 9 November 2022, 4.00pm - 5.30pm

Did you know that children who start to learn about money from an early age are more likely to save up and be confident managing money as they get older?



[Click here](#) to register your interest and learn more about the importance of teaching our children about money by joining the **Money and Pensions Service on Wednesday 9 November from 4.00pm to 5.30pm** to gain some hints, tips and resources to making financial education fun and engaging for your children.

This workshop will cover what you should teach your children about money from 3 years of age right up to adult children.



Healthy Bodies

Dementia Friendly Communities Awareness

Workshop Alzheimer's Society

15 November from 10.00am - 12.00pm [Click here](#) to register

24 November from 4.00pm - 6.00pm [click here](#) to register

Join us so we can learn more about what it is like to live with dementia and turn that understanding into action.



Health & Wellbeing



Domestic and Sexual Violence and Abuse Training

Women's Aid NI will deliver training on Domestic and Sexual Violence and Abuse which will inform the audience of the extent of domestic & sexual violence & abuse in Northern Ireland, setting the scene locally and putting in context what is meant by domestic abuse.

Please [Click here](#) to register for the session taking place on **28 November 4.00pm - 5.30pm**

Please [Click here](#) to register for the session taking place on **30 November 7.30pm - 9.00pm**



Coming Up



Christmas Family Appeal

The EA Christmas Family Appeal will take place from **Thursday 17 November - Friday 16 December 2022.**

To hear more about this appeal [Click here](#)



EA Open Water Swimming 'Christmas Dip'

Come along on **Sunday 11 December, Arcadia Beach, Portrush** to join the EA Open Water Swimming Network

[Click here](#) to hear more and register your interest



What's Been Happening

Fertility Network NI

Fertility Network NI joined us for a webinar aimed at all those staff who are thinking about fertility, trying to conceive or finding themselves living a life without children.

To access the recording of the webinar [Click here](#)



Open Access Sessions

We have an array of open access sessions under the below themes that are available to view and access at a time that is suitable to you



Financial Wellbeing



Healthy Bodies



Healthy Minds



Social Health