

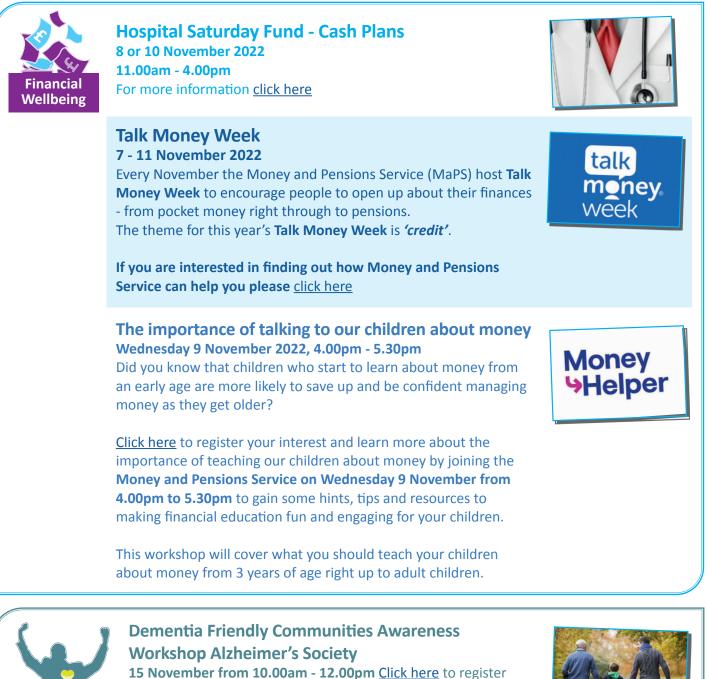


# ealth & Wellbeing

# November 2022 Newsletter

### Term 1 - November Sessions

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



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.

Healthy

Bodies



# www.healthwell.eani.org.uk

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 <u>Click here</u> to register for the session taking place on **28 November 4.00pm - 5.30pm** Please <u>Click here</u> to register for the session taking place on **30 November 7.30pm - 9.00pm** 



# Coming Up

# Giving Back

#### **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 <u>Click here</u>





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 <u>Click here</u>



# **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



www.healthwell.eani.org.uk