

# Health & Wellbeing

## November 2023 Newsletter

### Upcoming Sessions



Financial  
Wellbeing

#### Manager Awareness - Financial Wellbeing

Kith & Kin

**7 November, 2023 - 10.30am to 11.30am**

This awareness session aims to support and help managers to spot the signs of when something might be going wrong with employees financial situation and feel confident to have a conversation with their staff member. [Register your interest to join the session here](#)



#### Money Midlife MOT

**7 November, 2023 - 3.30pm to 4.00pm**

Join Margaret McCloskey from MaPS as she discusses how the newly launched Money Midlife MOT can help you secure your financial future. [Register your place on this session here](#)

Money  
Helper



Healthy  
Minds

#### Parents Emotional Health

Parenting NI

**16 November, 2023 - 4.00pm to 5.00pm**

This session covers general aspects of Parents Emotional Health while Parenting Children of all ages. [Register your place on this session here](#)

ParentingNI



Healthy  
Bodies

#### Healthy Family Mealtimes

Vital Nutrition

**23 November, 2023 - 4.00pm to 5.00pm**

[Register your place here](#) to join Vital Nutrition's Jane McClenaghan for plenty of ideas for speedy breakfasts, nourishing lunches and midweek meals the whole family will love.



<https://healthwell.eani.org.uk>

# Health & Wellbeing



**Giving Back**

## Celebrating Success

A special thanks to all staff who supported [the Macmillan Coffee Morning in Academy Street](#)



**Financial Wellbeing**

## Coming Up

Every year in November, Money and Pensions Service (MaPS) host Talk Money Week to encourage people to open up about their finances.

The 2023 Talk Money Week theme is “Do One Thing” and MaPS are asking people to do one thing to improve your financial wellbeing. Access guidance, advice, support and signposting [here](#) that will help build financial confidence and resilience to face whatever the future throws at us.

In November EA will be supporting a Northern Ireland wide Giving Back Appeal over the Christmas Period. This appeal will be primarily focused on food donations to N.I. families which need it most. We will be encouraging all staff in schools and services to support this appeal in whatever way they can. Watch this space as more information on this appeal will follow soon.

Prior to launch you can contact [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk) to hear how your team or School can get involved.



**Giving Back**



**Healthy Bodies**

We are excited to launch our **EA Walking Network**

from 1 November 2023. Within this network we hope to include as many staff in schools and services to connect with each other in all areas of EA to arrange walking groups and meet ups inside and outside of the working day.

There is so much we hope to pack into this walking network and build on the many of us who use walking to energise and uplift us daily.

Please email [healthandwellbeing@eani.org.uk](mailto:healthandwellbeing@eani.org.uk) to join the EA Walking Network TODAY and get onboard with all that we have planned.

## 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**

<https://healthwell.eani.org.uk>