

Health & Wellbeing

Term 1 September - December 2022

September 2022



Healthy Minds

Suicide Prevention Awareness
Friday 9 September
9.30am - 1.00pm
 For more information [click here](#)



Jim Weir/Lucy Moore - CYPS
 Suicide prevention awareness and emotional health education training

Wellbeing in the Workplace
Thursday 15 September
2.00pm - 3.30pm
 For more information [click here](#)



Jan Montgomery
 This webinar will explore the definition of mental health and wellbeing in the workplace and will explore steps to help improve our mental health

Hidden Harm Awareness for Education Professionals
Thursday 15 September
4.00pm - 7.00pm
 For more information [click here](#)



ASCERT
 This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/parental mental ill health ("hidden harm") on young people



Healthy Bodies

Tai Chi - 4 week session
13 September - 4 October
4.30pm - 5.15pm
 Every Tuesday for 4 weeks
 For more information [click here](#)



Ryan McQuillan
 A series of slow and fluid movements that can help promote relaxation and reduce stress

No Tweeting While You're Eating
Wednesday 14 September
4.00pm - 5.00pm
 For more information [click here](#)



Sal Hanvey from Inspire Workplaces will deliver an interactive talk about the pitfalls of being distracted using technology whilst eating

Tai Chi - 4 week session
29 September - 20 October
4.45pm - 5.30pm
 Every Thursday for 4 weeks
 For more information [click here](#)



Ryan McQuillan
 A series of slow and fluid movements that can help promote relaxation and reduce stress

Health & Wellbeing

www.healthwell.eani.org.uk

September 2022



Healthy Bodies

Circuit Training

13 September - 13 December
7.00am to 7.45am
Tuesday mornings
For more information [click here](#)



Ryan's Gym

What a better way to start your week, 7am, circuits in the comfort of your own home!

Pilates for all Abilities

14 September - 14 December
Every Wednesday 6pm to 7pm
For more information [click here](#)



360 Fitness

Tone, flex, stretch, strengthen and breath control ready for winter

Yoga Fundamentals

15 September - 15 December
Every Thursday 6pm to 6.50pm
For more information [click here](#)



Belfast Fitness

Stretch, relax, flow, chill every week with Gary

Move and Stretch

16 September to 16 December
Every Friday lunchtime
12.15pm to 1.15pm
For more information [click here](#)



360 Fitness

If you have had a long week at your desk, lunchtime Friday, time to get moving and stretching



Social Health

Advance Care Planning

Thursday 15 September
10.30am - 12.00pm
For more information [click here](#)



Compassionate Communities

Introduction to Advance Care Planning. This interactive webinar will help you to start thinking about what is important for you and for those closest to you

Open Water Swimming Event

Loughmacrory Co Tyrone
Saturday 17 September
12noon - 3.00pm
For more information [click here](#)



Wildswim.ie

Mo and Paul from *wildswim.ie* will be joining us once more to assist and provide knowledge on everything Open Water Swimming

Health & Wellbeing



October 2022



Healthy
Minds

Mental Health Awareness Staff

Tuesday 4 October

4.00pm - 5.30pm

For more information [click here](#)



Inspire An interactive webinar providing information and understanding of mental health issues, and promoting participants awareness of their own wellbeing

Suicide Prevention Awareness

Monday 10 October

9.30am - 1.00pm

For more information [click here](#)



Jim Weir/Lucy Moore - CYPS
Hidden Harm Awareness for Education Professionals

Hidden Harm Awareness for Education Professionals

Tuesday 11 October

4.00pm - 7.00pm

For more information [click here](#)



ASCERT

This course is aimed at those working within a school or other educational setting (e.g. teaching staff, classroom assistants, youth workers) who wish to become more aware of the impact of parental substance misuse/parental mental ill health ("hidden harm") on young people

Managers Promoting Positive Mental Health

Tuesday 11 October

9.30am - 11.30am

For more information [click here](#)



Inspire

Line managers have a crucial role in supporting the mental health and wellbeing of their staff



Social
Health

Understanding the Teenage Brain

Thursday 6 October

2.00pm - 3.30pm

For more information [click here](#)



Jan Montgomery

This webinar will focus on the adolescent brain and how it develops



Financial
Wellbeing

Introduction to Health Cash Plans

Tuesday 11 & Thursday 13 October

11.00am -12.00pm & 4.00pm - 5.00pm

For more information [click here](#)



Hospital Saturday Fund

Information sessions on HSF Health Cash Plans

Health & Wellbeing

www.healthwell.eani.org.uk

November 2022



Healthy
Minds

Wiring Positivity into the Brain

Wednesday 3 November
2.00pm - 3.30pm

For more information [click here](#)



Jan Montgomery

We will learn about the brain's natural negativity bias and learn how to redress the balance

Beat Procrastination and find your focus

Wednesday 16 November
4.00pm - 5.00pm

For more information [click here](#)



Inspire

Overcome procrastination and start getting things done

Dementia Friendly Communities awareness workshop

Tuesday 15 November
10am - 12noon

For more information [click here](#)



Alzheimer's Society

Learn more about what it is like to live with dementia and turn that understanding into action

Dementia Friendly Communities awareness workshop

Thursday 24 November
4.00pm - 6.00pm

For more information [click here](#)



Alzheimer's Society

Learn more about what it is like to live with dementia and turn that understanding into action



Financial
Wellbeing

Introduction to Health Cash Plans

Tuesday 8 & Thursday 10 November
11.00am - 12.00pm & 4.00pm - 5.00pm

For more information [click here](#)



Hospital Saturday Fund

Information sessions on HSF Health Cash Plans

The importance of teaching our children about money

Wednesday 9 November
4.00pm - 5.30pm

For more information [click here](#)



Money and Pensions Service

An interactive webinar aimed at helping parents and carers equip their children with the knowledge and skills they will need to manage their money effectively now and in the future

Health & Wellbeing



December 2022



**Healthy
Minds**

Upgrading connection in an online world

Wednesday 7 December
9.30am - 10.30am

For more information [click here](#)



Inspire

Explore the importance of building rapport, connecting with others and having challenging conversations, particularly in a remote environment

Stress and How to Survive It

Thursday 8 December
2.00pm - 3.30pm

For more information [click here](#)



Jan Montgomery

In this webinar we learn about how our brain and nervous system plays a large part in how we experience stress and how we survive it. We will also learn lots of strategies on how to manage stresses in life and work



**Giving
Back**

Christmas Family Appeal

Staff in Schools and Services are encouraged to once again come together to support St Vincent de Paul and The Salvation Army with the Family Christmas Appeal. Details on how the appeal will run for 2022 will follow in due course. In the meantime please consider registering your schools interest by emailing healthandwellbeing@eani.org.uk



Success Story

We concluded our Summer Family Food Appeal in partnership with The Trussell Trust local food banks, arranging

donation points in our Belfast, Dundonald, Omagh, Ballee and Armagh offices. We are immensely appreciative of the support from EA Staff and Schools in making this appeal such a success. Find out more information about this appeal and the overall total of food items donated [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**

www.healthwell.eani.org.uk

