

Health & Wellbeing

June 2023 Newsletter

Giving Back Appeal



**Giving
Back**

Summer Family Food Appeal

We are commencing our Summer Family Food Appeal on 12 June and it will end on 6 July, [see how you can get involved](#)



Coming Up

Employers for Childcare

As a working parent are you aware that you may still be entitled to financial help with childcare costs?

Join Employers for Childcare on Wednesday 14 June 2023 from 4.00pm to 4.45pm where they will give an overview of the financial support that is available towards registered childcare costs, [learn more here](#)

**Employers
For Childcare**

Open Water Swimming

Our EA Open Water Network had a great afternoon meeting up in [Muckross, Kesh](#). There is still time to register your interest for our [Helen's Bay meet up on Saturday 17 June](#).

If you want to know more about our Open Water Swimming Network please email healthandwellbeing@eani.org.uk



Health & Wellbeing



Men's Health Week



What's Your Picture of Health?
12th - 18th June

It's very common to hear people saying: 'ah, sure, your man's the picture of health'. During Men's Health Week 2023 everyone is being asked to think about what their 'picture of health' might look like?

All Men are being asked to set themselves a simple, realistic and practical target to improve their health, and to go for it!
[Men's Health Week Information](#)



Champion Profile Bronagh Corry



Our EA Health and Wellbeing Champions are employees who support wellbeing activities within their workplace to complement the overall Health and Wellbeing Strategy. If you wish to know more about this network or want to get involved please email healthandwellbeing@eani.org.uk

See this month's Champion
[Bronagh Corry](#)



Good to Know

Be UV Aware

[Top Tips on getting the best from your sunscreen and protecting your skin from cancer.](#) And NHS [Five Safety S's for Hot Sun](#)



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