

Health & Wellbeing

July 2023 Newsletter

What's Happening

Summer Family Food Appeal



**Giving
Back**

It's the remaining few days to get involved in the Summer Family Food Appeal which ends on 6th July.

You can get involved in 3 simple steps:

1. On your next shopping trip pick up an extra item(s)
2. Drop the item(s) off at EA Offices (Reception or Canteen Area), where there is a **Green Food Bank Crate/Box** waiting.

Armagh Office: 3 Charlemont Place, The Mall, Armagh BT61 9AX

Belfast Office: 40 Academy Street, Belfast BT1 2NQ

Ballee Office: 2-6 Ballee Road West, Ballymena BT42 2HS

Dundonald Office: Grahamsbridge Rd, Dundonald BT16 2HS

North West TC: 24 Temple Rd, Strathfoyle, Londonderry BT47 6TJ

Silverwood Centre: Lough Rd, Craigavon BT66 6LX

***Omagh Office: 1 Hospital Road, Omagh BT79 0AW**

As currently The Trussell Trust does not have a Food Bank in the Omagh Area, we have liaised with **The Outreach Centre and REACH Food Bank, Omagh all donations will be distributed locally.*

3. Place your item(s) in the crate and we thank you in advance for your donation!

[Find out here more information on the Summer Family Food Appeal](#)



Coming Up



Financial Wellbeing

The Money Guiders NI Network Tuesday 4 July, 11.00am - 12.00pm

Join Niall McNulty from Co-Ownership Housing NI to discuss the options provided by Co-Ownership to support people onto the property ladder.

Co-ownership is a popular solution for many in Northern Ireland wishing to get on the property ladder but don't have the capital required for a deposit. They can offer support if you have had affordability, employment, or debt issues. Since Co-Ownership was founded in 1978, they have helped over 30,000 people buy their first home, and they currently have over 10,000 Co-Owners.



[Register for this event here](#)



Healthy Bodies

What's been happening

Open Water Swimming

Our EA Open Water Network had a fantastic time in Helen's Bay recently [see what they got up to here](#)



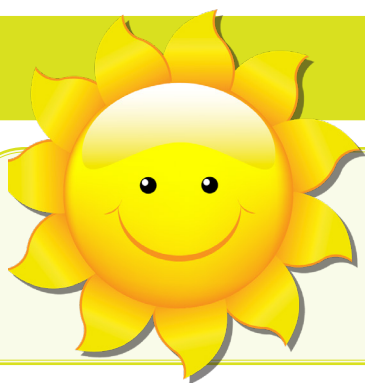
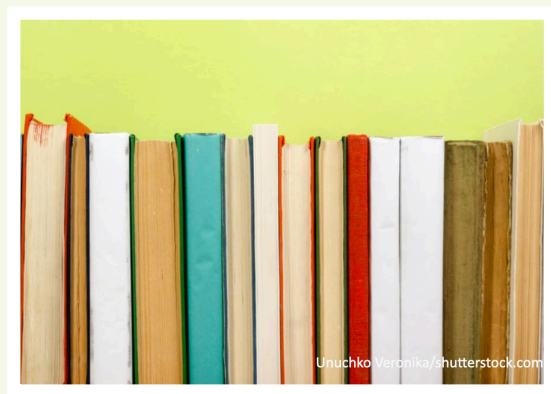
Health & Wellbeing



What's New

The Health and Wellbeing Team along with the Champion Network launched the first ever EA Lending Library in Armagh HQ [find out more details here](#)

Please get in touch at healthandwellbeing@eani.org.uk if you would like to start a EA Lending Library in your own area.



Summer Message

From all of us in Health and Wellbeing we wish you all a restful and enjoyable Summer

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