

Health & Wellbeing

March 2023 Newsletter

Last chance to register



Healthy
Minds

Beat Procrastination and find your focus
Tuesday 28 February
4.00pm - 5.30pm
For more information [click here](#)



Do you want to overcome procrastination and start getting things done? Join **Inspire Workplaces** to explore how you can plan your time and beat procrastination.



Financial
Wellbeing

Healthy Nosh for Less Dosh
Tuesday 28 February
12 noon - 1.00pm
To register [click here](#)



Good food needn't cost the earth. Join **Jane** from **Vital Nutrition** where the focus will be on menu planning and healthy eating on a budget.

Upcoming sessions during March



Healthy
Minds

Managing Personal Stress
Wednesday 1 March
9.30am - 12.30pm
For more information [click here](#)



Health Matters will provide delegates with practical techniques for managing stress, proven coping strategies for reducing anxiety & key skills for thriving under healthy workplace pressure.

Mental Health Awareness for Staff
Wednesday 1 March
4.00pm - 5.30pm
For more information [click here](#)



Julie Hill from **Inspire Workplaces** will join us to provide information and understanding of mental health issues, and to promote participants awareness of their own wellbeing.

Stress and How To Survive It
Thursday 2 March
4.00pm - 5.30pm
For more information [click here](#)



Psychotherapist Jan Montgomery will encourage participants to consider what causes stress. We will learn about how our brain and nervous system plays a large part in how we experience stress and how we survive it.

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Managers Promoting Positive Mental Health

Thursday 8 March
9.30am - 12.30pm

For more information [click here](#)



Inspire Workplaces join us to help support line managers who have a crucial role in supporting the mental health and wellbeing of their staff. Exhibiting how managers can influence the success of a team.

Hidden Harm Awareness for Education Professionals

Thursday 23 March
4.00pm - 7.00pm

For more information [click here](#)



ASCERT

For staff who wish to become more aware of the impact of parental substance misuse/parental mental ill health on young people.



Healthy
Bodies

Agile Working with Vital Nutrition 30 March 2023

12.00 noon - 1.00pm

For more information [click here](#)



Jane from **Vital Nutrition** will provide a session packed with health, nutrition and wellbeing advice!

What's been happening



Benenden Health

In January 2023, the Education Authority (EA) partnered with Benenden Healthcare to offer all EA staff across schools and services the opportunity to join an NHS complementary healthcare scheme. To date more than 1,000 employees, teaching and non-teaching have opted to join the Benenden Healthcare scheme and are already enjoying the benefits. As an EA employee you can join the scheme at any time.

For more information on what Benenden Healthcare offers, access to virtual information sessions and joining instructions please [Click here](#)

www.healthwell.eani.org.uk

Health & Wellbeing



MoneyHelper – Help with the cost of living

We are facing the biggest squeeze on incomes in over 50 years as a result of the cost-of-living crisis and



Financial Wellbeing

increased inflation. This has resulted in many of us feeling financially squeezed. **MoneyHelper** has created a series of cost of living guides to raise awareness of the help and guidance on offer for those struggling with the cost-of-living.

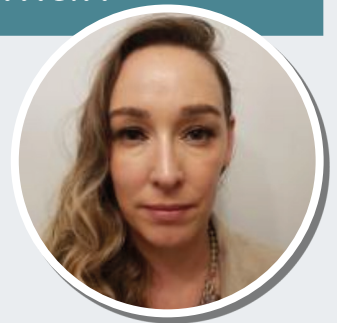
We have heard a number of good news stories regarding this service and want you to be the next one!

For more information on how **MoneyHelper** can support your financial needs please [click here](#)



Champion Profile Bláithín Hyndman

Our EA Health and Wellbeing Champions are employees who support wellbeing activities within their workplace to complement the overall Health and Wellbeing Strategy. They continue to support the EA's HealthWell programme and help their colleagues live happier, healthier, and more productive lives.



If you wish to know more about this network or want to get involved please email healthandwellbeing@eani.org.uk



Click here to see this month's Champion [Bláithín Hyndman](#).

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 Wellbeing



Healthy Bodies



Healthy Minds



Social Health

Good News

Housing Matters NI

The Education Authority are delighted to be one of the first organisations in Northern Ireland to partner with Housing Matters NI and offer EA staff an exclusive **15% discounted rate** when using Housing Matters NI to sell or let a property.

For more information [click here](#)



Health Well

Northern Ireland's First Social Enterprise Estate Agency

The Education Authority recognises that moving or selling a home can be very stressful, so they have decided to partner with us to offer staff a discount of 15%* on our fees as a benefit of their Wellbeing programme. *applies to teaching/non-teaching staff selling/ letting a property in NI.

FOR SALE

15% OFF



INTRODUCTORY OFFERS



Trustworthy



Professional



Financial



Affordable



Support

DISCOUNTS FOR SELLING OR RENTING A PROPERTY IN NI



HOUSE SALES

Our £495 fixed fee tailored service includes:

- Visit from local property expert
- Free Valuation
- Professional Photographs
- Full property description
- Market via PropertyPal and Property News and social media outlets, sales board etc
- Arrange viewings
- Sales progression and all negotiations managed
(Optional Extras can be provided on request)



LETTINGS

Introductory Offer fixed fee £395 Housing Matters NI

We will:

- Value the property
- Market via PropertyPal and Property News and social media outlets.
- Deal with enquiries and arrange viewings
- Vet potential tenants and look after the administration
- Provide Lease Agreement

*note anyone who lives outside the Greater Belfast area will arrange access for viewings and photographs, there is a further 10% discount for this.

Contact Us:
Housing Matters, NICVA Building
61 Duncairn Gardens
Belfast, BT15 2GB
t: 028 9087 7771
e: info@housingmattersni.org
w: housingmattersni.org



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