

Health & Wellbeing

May 2023 Newsletter

Upcoming sessions for May

Pilates

Sign up now for our Summer Term Pilates for all levels, commencing Wednesday 17th May at 6pm for 6 weeks. Register for [pilates at HeathWell webpage](#)



EA Open Water Swimming Event - Killyfole Lough, Fermanagh

The EA Open Water Swimming Network are having a meet up in Killyfole Lough [register your interest](#)



If you would like to know more about the EA Open Water Swimming Network email healthandwellbeing@eani.org.uk

Benenden Health

In January 2023, teaching and non-teaching staff in schools and services across the Education Authority were offered the opportunity to join an NHS complementary healthcare scheme in partnership with Benenden Health. To date over 1300 EA staff have joined the scheme and are already enjoying the benefits of being a Benenden member.

If you would like to find out more about Benenden Health and how to join the scheme details can be found on the [EA Healthwell page - Benenden Health](#)

The link also includes details of a number of virtual information session being delivered by a Benenden representative during the month of May.



Healthy
Bodies

Coming Up

Jump into June - Step Challenge

Are you ready for a new challenge?

Do you and 3 other colleagues want to get together and join our Jump into June Step Challenge?

Don't wait, hear more about it on the [HealthWell website Jump into June-EA Step Challenge 2023](#)



Health & Wellbeing



What's Been Happening



Giving Back

Charity Policy

We were delighted to launch the EA's first ever Corporate Charity Policy. Aimed at empowering staff to give back effectively to charitable initiatives in line with EA values.

[Corporate Charity Policy details are available on the Healthwell webpage.](#)



Healthy Minds

Inspire Hub 2.0

Inspire have launched their new and improved Inspire Support Hub 2.0 which has some exciting new features, such as a Gratitude diary, Online self-referral form and a Live Chat feature. [Visit the Inspire Hub webpage](#)

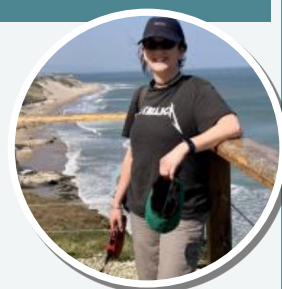
Our unique EA pin is: **EAHUB**

You can hear more about [Inspire Counselling and Online Support on the EA Healthwell hub](#)



Champion Profile Anne Bresland

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 [Anne Bresland](#)



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

www.healthwell.eani.org.uk