

# Staff Health & Wellbeing

# December

The Health Improvement Team's vision is to improve, enhance and support the health and wellbeing of our staff by addressing their health experiences and outcomes. Click on the links for more information...

⇒ [World Aids Day – The Big Red Walk](#)

⇒ [Action for Happiness – December Calendar](#)

⇒ [Mindfulness & Compassion 6 Week Programme](#)

⇒ [HIV Awareness Sessions](#)

⇒ [Bwell Information Sessions](#)

⇒ [Cost of Living Resource Guide](#)

⇒ [Carer Support Service Activity Programme – December](#)

⇒ [Wishing You A Merry QUITmas](#)

⇒ [Parenting Portal](#)

⇒ [Self Compassion Animation for BHSCT Staff](#)

⇒ [Suicide Prevention Pocket Guide](#)

⇒ [Retirement Sessions](#)



Visit the [BWell](#) website today!