

# Staff Health & Wellbeing

# November

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...

- ⇒ [International Men's Day](#)
- ⇒ [Spirituality In Healthcare Training Day](#)
- ⇒ [Carer Support Activity Programme](#)
- ⇒ [HIV Awareness Sessions](#)
- ⇒ [Sexual Health Conference](#)
- ⇒ [Mouth Cancer Awareness](#)
- ⇒ [World Survivors of Suicide Loss Day](#)
- ⇒ [National Stress Awareness Day](#)
- ⇒ [Belfast Recovery College – November Availability](#)
- ⇒ [Bwell Information Sessions](#)
- ⇒ [Cultivating Self Compassion in Daily Life](#)
- ⇒ [Staff Experience Survey](#)
- ⇒ [Alcohol & Menopause Booklet](#)
- ⇒ [Joint Pain & Menopause](#)
- ⇒ [Lung Cancer Awareness Month](#)
- ⇒ [Talk Money Week](#)
- ⇒ [Bwell U Matter – Staff Survey](#)
- ⇒ [Parenting Portal Launch for BHSCT Staff](#)



Visit the [BWell](#) website today!