



bWell Website

The health and wellbeing website for
Belfast Health and Social Care Trust staff



For bWell website click here:

<https://bit.ly/3AYIZPh>

or scan this QR code



Find us

www.bwellbelfast.hscni.net

On the Loop - under Corporate
Information

Keep up to date with information,
free events and training on a wide
range of health and wellbeing
issues to support you to make
positive lifestyle decisions

“I didn’t realise that so
much support is available
for staff” (Staff member)



Some topics covered:

- Carers support
- Cycle to work
- Financial wellbeing
- Gambling and other addiction support
- Here4U
- Men’s health
- Menopause
- Mind Ur Mind
- Nutrition
- Parenting portal
- Physical Activity opportunities
- Self-help guides
- Staff networks
- Stop Smoking support

... and much more



For more information please contact health.improvement@belfasttrust.hscni.net