



Staff Health & Wellbeing

FEBRUARY

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...

- ⇒ [Friendly February 2023](#)
- ⇒ [Safetalk Training](#)
- ⇒ [Menopause Awareness Sessions](#)
- ⇒ [World Cancer Day 4th Feb](#)
- ⇒ [Webinar – Raising Awareness about Mpox](#)
- ⇒ [bWell Information Sessions](#)
- ⇒ [Top Tips for Looking After Yourself](#)
- ⇒ [Stop Smoking Support for Staff](#)
- ⇒ [Carers Resilience Programme](#)
- ⇒ [Carers Activity Programme](#)
- ⇒ [HIV Awareness Training](#)
- ⇒ [Cost of Living Support Guide](#)
- ⇒ [The Henry Programme](#)
- ⇒ [Cost of Living Support - 8 week course](#)



Visit the [BWell](#) website today!