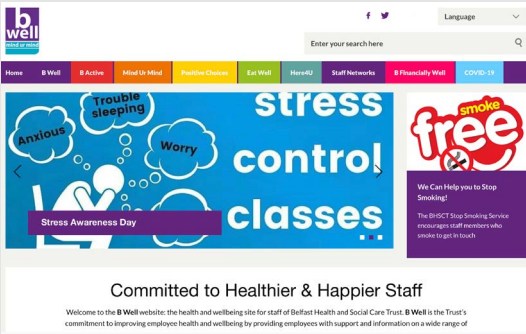




bWell Website

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