

## Staff Health &amp; 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.

- [December Kindness - Action For Happiness Calendar](#)
- [Pensions Webinar](#)
- [HIV Awareness sessions](#)
- [Weatherhacks to try in Winter](#)
- [Couch 25k](#)
- [Lifeline Service](#)
- [Big Red Walk](#)
- [Mind ur Mind, Tools and Resources](#)
- [Belfast Recovery College Prospectus](#)
- [Carer Family Fun Day](#)
- [bWell Flyer](#)
- [Christmas Appeal](#)
- [Carer Support Service Activity Programme](#)
- [Therapy Based Programme to Quit Compulsive Sexual Behaviours](#)
- [Parenting Portal](#)

We wish you a healthy  
and happy Christmas  
with your loved ones.

