

# REGIONAL STAFF HEALTH AND WELLBEING FRAMEWORK



## 3 Ways to Get Involved



**Your Health and Wellbeing is important. We want to know your ideas and suggestions for improving staff Health and Wellbeing across HSC organisations.**

## 1. VIRTUAL WORKSHOPS

### Booking on a Virtual Workshops

Dates	Time
16th January 2024	10.00am-11.30am 1.30pm-3.00pm
19th January 2024	10.00am-11.30am
24th January 2024	6.30pm-8.00pm
30th January 2024	10.00am-11.30am 1.30pm-3.00pm

To book onto a virtual session, please click [here](#) or scan the QR code



## 2. POP UP EVENTS

### Attending a Pop Up Event

The Team will be in the canteen or foyer for one hour.

12 January	Mater Hospital 10.00am Belfast City Hospital 12.30pm
1 February	Causeway Hospital 10.00am
5 February	Daisy Hill Hospital 2.30pm
9 February	South West Acute Hospital 10.00am Omagh Primary Care Centre 12.30pm Downe Hospital 12.30pm
13 February	Ulster Hospital 12.30pm

## 3. FEEDBACK PLATFORM

TO SHARE YOUR VIEWS, PLEASE CLICK [HERE](#) OR THE MS FORM LINK.

