

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.

- [February Action for Happiness Calendar](#)
- [Advice Space – check out what advice can be provided to BHSCT staff](#)
- [Mental Health and Suicide Prevention Training Opportunities Flyer](#)
- [Translink and Sustrans Information Stands](#)
- [Stay Alive Get to Know the Fatal Five Webinar](#)
- [Menopause and Diet](#)
- [Active Travel – Free training, support and advice from Sustrans](#)
- [Recovery College Course Programme for February](#)
- [Parenting Family Portal](#)
- [Safe in the City Youth Conference](#)
- [Time To Talk Day](#)
- [15 min Desk Yoga](#)
- [Healthier You Series](#)
- [HIV Awareness Sessions](#)
- [World Cancer Day Event](#)

