

Staff Health & Wellbeing

INFORMATION SESSIONS

Please click on dates to register for sessions



1 **bWell**

Join us to find out how the Trust can support your health and wellbeing.

17th Oct @ 12.30pm - 1pm

12th Nov @ 12.30pm - 1pm

10th Dec @ 12.30pm - 1pm

[bWell for more information on your health and wellbeing](#)

2 **Top Tips for Looking after Yourself**

Do you want to learn strategies to manage stress and improve your emotional wellbeing?

15th Oct @ 2pm - 4.30pm

3rd Dec @ 2pm - 4.30pm

3 **Take 5 Steps to Wellbeing**

Join us to explore 5 simple steps we can do to maintain and improve wellbeing.

21st Oct @ 12.30pm - 1pm

21st Nov @ 12.30pm - 1pm

12th Dec @ 12.30pm - 1pm

4 **Mind Ur Mind**

Staff - 2nd Oct & 28th Nov @ 12.30pm - 1pm
Managers - 9th Oct & 29th Nov @ 12.30pm - 1pm

The aim of the sessions is to enable all staff to promote and protect their emotional wellbeing, to contribute to an understanding and supportive work environment, and to help managers to support the mental and emotional wellbeing of their staff.

5 **Living Life to the Full**

6 week programme commencing on
Wednesday 30th Oct at 5.30pm - 7pm
Bradbury Wellbeing Centre

Suitable for staff experiencing low mood, stress/ or mild depression. The course teaches you skills which can be used in every day life to positively impact your wellbeing.

For any queries or to organise in person training sessions please contact William.Moore@belfasttrust.hscni.net