



ACTIVITIES FOR STAFF TO GET INVOLVED IN DURING OCTOBER



Coffee
Morning

Health
Roadshows at
YOUR Department

bWell
Pop Up Stand @
RVH: 14th October

Trust
Choir



Leading the Way
Information Session
– Sustrans

CHS Webinar:
Supporting Your
Wellbeing

Menopause
Awareness
Information Session

Creative Staff
Wellbeing Arts Club

Staff Wellbeing
Sessions



Wellbeing Walks &
bWell Pop Up coming
to HWB Centres

Bradbury: 14th Oct
Knockbreda: 18th Oct
Shankill: 21st Oct
Arches: 25th Oct
Grove: 29th Oct
Beech Hall: 30th Oct

Restorative Yoga

Zumba

5-a-side Football



6 Week Mindfulness
Programme
by AWARE

Digital Safety
Seminar

Autumnal
Photography
Competition

Breast Awareness
Information Sessions

Stop Smoking
Challenge



Volunteer
Opportunities with
Volunteer Services
Team

Donate Blood:
NI Blood
Transfusion Service

Give a Compliment,
Make Someone's Day

Give a Helping Hand to
Assist Others