

Staff Health & Wellbeing

INFORMATION SESSIONS

Please click on dates or
contact us to register for sessions



1 bWell

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

- 13th October @ 12pm - 12:30pm
- 10th November @ 12pm - 12:30pm
- 9th December @ 12pm - 12:30pm

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

2 Challenge Negative Thinking

In this training session we seek to explore our
thoughts and unhelpful beliefs, look at the
Cognitive Behaviour Therapy model and
practical tips and signposting for sources of
support

- 27th October @ 12pm - 12:30pm
- 24th November @ 12pm - 12:30pm
- 22nd December @ 12pm - 12:30pm

3 Take 5 Steps to Wellbeing

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

- 14th October @ 12pm - 12:30pm
- 11th November @ 12pm - 12:30pm
- 15th December @ 12pm - 12:30pm

4 Calming Skills Workshop

Learn practical ways to help manage stress,
worry and anxiety at a free workshop delivered by
Belfast Trust Health
Improvement Team for Belfast Trust Staff

- 12th October, 2pm-3.30pm, Seminar Room 5, Elliot Dynes, RVH
- 19th October 2pm-3.30pm, Seminar room 2. Cancer Centre, BCH
- 21st October- 12pm-1pm, Online session
- 28th October -12pm-1pm, Online Session

Health Improvement & Public Health Dietitians

We are offering visits to individual departments with a health and well-being
information stand. If you would like to find out more, you can use the contact details
below.

Contact us

For queries, booking requests, or to organise in-person training, please contact:

health.improvement@belfasttrust.hscni.net