

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

- 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