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

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