

Health & Wellbeing

March 2024 Newsletter

Upcoming Sessions



Financial
Wellbeing

Teacher Additional Voluntary Contributions (AVC's) – Information Session

Kith & Kin

5 March 2024, 4.00pm - 5.00pm

Kith & Kin Financial Wellbeing will deliver an information session to **members of the NITPS** covering the important aspects of Additional Voluntary Contributions (AVC's) AVC's are a way of topping up your DENI pension and can be paid through the Scheme's AVC provider, Prudential.

[Register your place here](#)



Healthy
Bodies

Employers for Disability NI (EFDNI) Information Sessions

The Equality and Human Rights Unit's Disability Employment Support Service (DESS) invites you to attend online information sessions delivered by Employers for Disability NI (EFDNI).

Hearing Loss

5 March, 3.30pm - 4.30pm

This session will cover - Understanding hearing loss and its impact in communication and in the workplace, lessons from DDA Hearing Loss Case Law and deafblind communication and good practice. [Register your place here](#)



Reasonable Adjustments

15 March, 3.30pm - 4.30pm

This session will cover Legal requirements, reasonable adjustment examples, good practice in managing reasonable adjustments including disability absence and case studies.

[Register your place here](#)



Health & Wellbeing



Financial Wellbeing

Women & Money

Kith & Kin

7 March 2024, 4.00pm - 5.00pm

To celebrate International Women's Day, you are invited to join Kith & Kin's Financial Adviser, Sean Bruen alongside Stephanie Reid, Menopause Consultant and Karen Connolly, legal expert in family law to discuss specific financial issues faced by women during their employment, including - Motherhood, Health Issues, Menopause, Divorce & Separation, Smaller Pensions etc.

This webinar aims to support females by providing advice and information on how to be financially prepared to deal with the planned and unplanned life events, ensuring you are in the best possible financial health. [Register your place here](#)



Healthy Minds

Building Resilience

Jan Montgomery, Psychotherapist

20 March 2024, 4.00pm - 5.30pm

Join Jan Montgomery, to look at strategies to help build personal resilience and how we can encourage others to do the same. [Register your place here](#)



Living with Worry and Anxiety

INSPIRE

21 March 2024, 4.00pm - 5.00pm

Join Stephen Wray from Inspire for this webinar which provides us with tools to deal with worry and anxiety and looks at some of the triggers and examines ways to help.

[Register your place here](#)



Social Health

Domestic and Sexual Abuse and Violence

Women's Aid

20 March 2024, 6.30pm - 8.00pm

Facilitated by Women's Aid Federation NI this training will inform the audience of the extent of domestic & sexual violence & abuse in Northern Ireland, setting the scene locally and putting in context what is meant by domestic abuse. The webinar will look at beliefs and attitudes; the impact of those living with abuse and the impact on children and young people and will include signposting for support.

[Register your place here](#)



Coming Up

Blood Donation Event

We are pleased to be able to confirm the EA's first ever Blood Donation Event which is taking place in Omagh Technology Centre on 21 & 22 March 2024 from 12.30pm - 8.00pm.

Every blood donation can save up to three lives and new blood donors are needed more than ever. [Find out how to register here](#)



What's been happening

NETWORKS

We are pleased to launch our **EA Running Network**. Already we have a huge interest from staff in Schools and Services to take part and connect with others. If you have an interest in Running or have always wanted to start but never found the right opportunity then drop us an email to healthandwellbeing@eani.org.uk to get involved in this fantastic Network.

Our **EA Walking Network** have commenced their Walking Wednesdays - leaving from Armagh and Omagh HQ Reception every **Wednesday at 12.30pm** to embark on a 30-40 minute walk.

Everyone is welcome to join during any Wednesday, if you work out of those offices, you're passing by, or find yourself at a meeting in either location join us and connect with others while increasing your steps.

If you want to join the **EA Walking Network** and arrange for similar in your own area please email healthandwellbeing@eani.org.uk

Champion Quickfire



Our Champion [Sinéad Gormley](#) shares her quickfire questions below.

Name: Sinéad Gormley

Job: Teacher/Principal/AO Pupil Emotional Health and Wellbeing

Favourite Show, Book, or Movie: Circle of Friends (Both book and movie)

Health and Wellbeing Tip, Advice or Recommendation: Balance!

First paying job: Guitar teacher - Teaching younger people how to play guitar

Hobby, interest or how you like to unwind: Walking, Eating out, Spending quality time with family.

To hear more about becoming an EA Health and Wellbeing Champion please email: healthandwellbeing@eani.org.uk



Healthcare For Education Authority Employees

Private healthcare for everyone



Exciting News! No 6 months qualifying period for EA Corporate members

We are delighted to inform you that as an EA employee you can now join the Benenden Healthcare scheme and have immediate access to all the healthcare benefits. As a corporate member you will not have to wait the usual 6 month qualifying period to access Physio, diagnostics or treatment.

Benenden Health have been operating since 1905 and now support over 850,000 members. The scheme was made available to EA staff in 2021 and currently there is over 1700 EA staff, teaching and non-teaching in schools and services enjoying the healthcare benefits offered by Benenden Health.

Summary of Costs

£15.50 per person, per month wef 1 April 2024

Summary of Benefits

What happens after I join?

When you become a member of Benenden Health you will receive a welcome pack. Once you have received your welcome pack and membership number you will have access to the free Benenden Health App, which will allow you to access your healthcare on the go.

Family Members

Once you have joined the scheme and your membership is active you can opt to add family members at a cost of £15.50 per person, per month wef 1 April 2024. To ensure family members enjoy the same terms as you they must be added within 60 days from the start of your membership.

Please Note: If added after 60 days family members will have to wait 6 months to access medical diagnostics, physiotherapy, mental health support, cancer support and 24 months for medical treatment.

To find out more you are welcome join one of the [virtual information sessions](#) taking place on the 12th and 13th March 2024. During the information session you will hear about the scheme and also have an opportunity to ask a representative from Benenden Health any specific questions you might have.

For more information on how to join the scheme, how to access an information session or how to add a family member follow this link [Benenden Health Information](#), which will take you to the EA HealthWell Hub.

