

We want to provide you with opportunity for information, support and resources. We understand the importance of focusing on all aspects of our wellbeing and celebrating, promoting and supporting awareness days and health topics. It is our aim to signpost you to different organisations you may require throughout your personal and working lifetime.

Here are the various platforms, the Federation have available to help aid your overall wellbeing:



Health Assured

Our Employee Assistance Programme is available for all Federation employees. It is available 24/7 and is strictly confidential.







NFSU Website -Employee Wellbeing Section



We are in the process of developing an Employee Wellbeing section on the Federation's website.

This will be an easy access area to avail of past webinar recordings, powerpoint presentations, signposting packs and all other resources.



NFSU Benefits & Schemes







The additional benefits and schemes we offer at the Federation are:

Blue Light Card Cycle to Work Scheme Health Shield - Cash Health Plan Specsavers Corporate Eyecare TechScheme & BHN extras

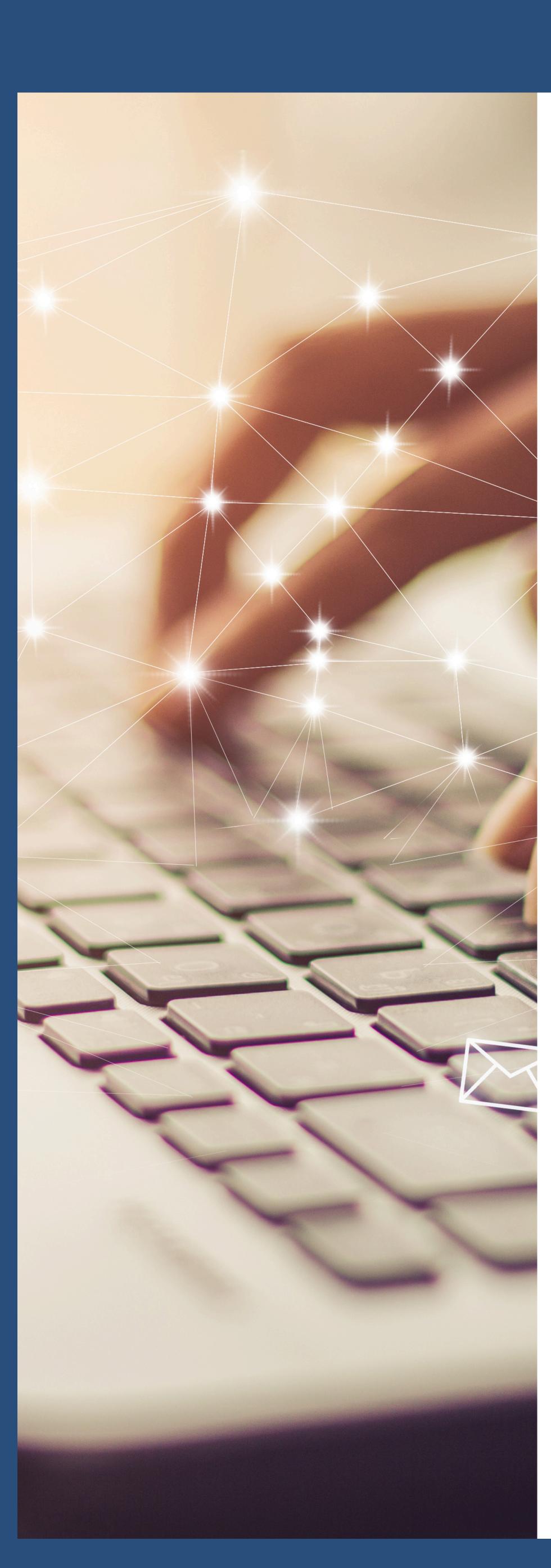
In some way each of these are able to help financially, physically and emotionally, overall attributing to promoting good wellbeing.

Practice Index -Lunchtime Learnings

Our online training software at the Federation is primarily used for learning and development. However, it is important to note that there are useful trainings that when completed will be of an impact to your mental health and wellbeing.

Join live workshops via MS Teams every other Wednesday lunchtime on the latest hot topics. These are around 45minutes and you find there is something of interest to you.

HOW WE PLAN TO KEEP IN TOUCH

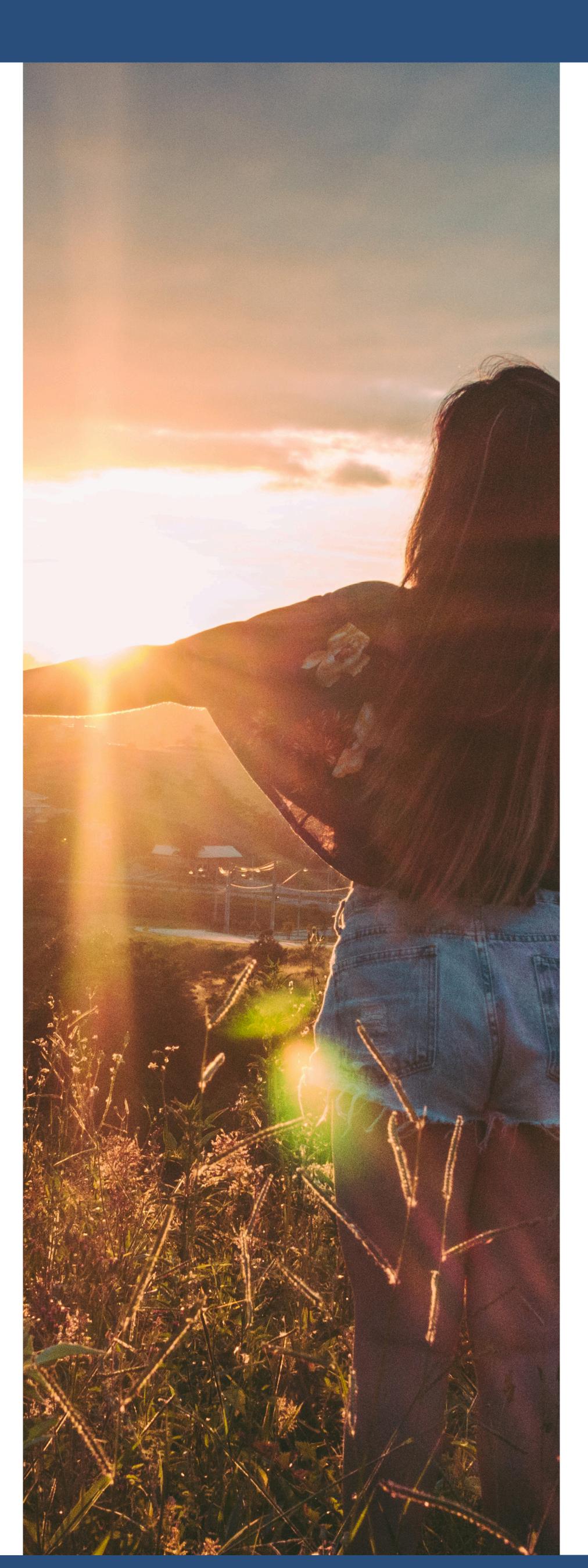


12 Month Calendar

Within this calendar key health and wellbeing dates have been highlighted throughout.

Our aim is to celebrate and raise awareness on various health and wellness topics, providing signposting, resources, as well as promoting our online and in-person events.

The 12-month Calendar can be viewed on the HR section of the NFSU website.



Monthly Emails

At the start of every month, you will receive an HR email with the month's calendar attached. You will be informed of the awareness topics we will be celebrating, educating and/or supporting.

You may receive additional emails reminding you to register for our webinars and of the initiatives and events we want to support this year.



Join us

We would love to see you involved in whatever capacity you can.

We have endeavoured to cover a variety of different health and wellbeing topics this year and listened to your feedback.

Please avail of the resources, signposted organisations, online webinars, EAP and the events suggested/organised where you can. If you have any suggestions please feel free to get in touch.



5 April: Walk to Work Day

7 April: World Health Day

28 April: World Safety and Health at Work Day

22-28 April: World Immunisation Week 2024

1-30 April: Stress Awareness Month



April 2024

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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15	16	117	18	19	20	21
22	23	24	25	26	27	28
29	30					

Welcome to a new year of the Federation's Health & Wellbeing Calendar





- **11 May: National Technology Day**
- 11 May: Darkness into Light Walk
- 12 May: International Nurses Day
 - 6 12 May: Deaf Awareness Week 2024
- 13 19 May: Mental Health Awareness Week
- 13 19 May: Dementia Action/ Awareness Week
- 1 31 May: National Walking Month
 - 1 31 May: Action on Stroke Month
- 1 31 May: Arthritis Awareness Month



Download Versus Arthritis' Calendar for a full list of courses, dates and locations by clicking on the logo above



PIPS - Suicide Prevention:



Darkness into Light Walk -Saturday 11th May 2024 join up a location near you.





Thursday 23rd May 2024 1 - 2 pm

May 2024

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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20	21	222	23	24	25	26
27	28	29	30	31		



Walking Month: Coincides perfectly with the Darkness into Light Walk so why not kick start your steps before then and get moving to help your physical, as well as your mental health





Cash Health Plan:

Wednesday 12th June 2024

1 - 2 pm



Host a healthy lunch for you and your work colleagues at a date that best suits everyone!

June 2024

Thu Wed Mon Tues 20 26

5 June: World Environment Day

1 - 7 June: Volunteers Week

10 - 14 June: Healthy Eating Week

10 - 14 June: World Blood Donor Week

17 - 23 June: Learning Disability Week

24 - 30 June: World Wellbeing Week



7 July: Thank you Day

24 July: 24/7 Samaritans Awareness Day (The Big Listen 2024)

27 July: International Safe Places to Work Day

30 July: International Day of Friendship



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Employee Appreciation is not just one day but every day, thank you so much for all you do!!

July 2024

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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22	23	24	25	26	27	28
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Enjoy the beginning of the summer period and make sure to be booking some time off over the next couple of months







Please join us on Cycle to Work

Day 2024

August 2024

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119	20	21	22	23	24	25
26	27	28	29	30	31	







- 25 September: World Pharmacist Day
- 27 September: Macmillan Coffee Morning
- 9 15 September: Blood Pressure
 Awareness Week
- 23 29 September: National Eye Health Week2024



September 2024

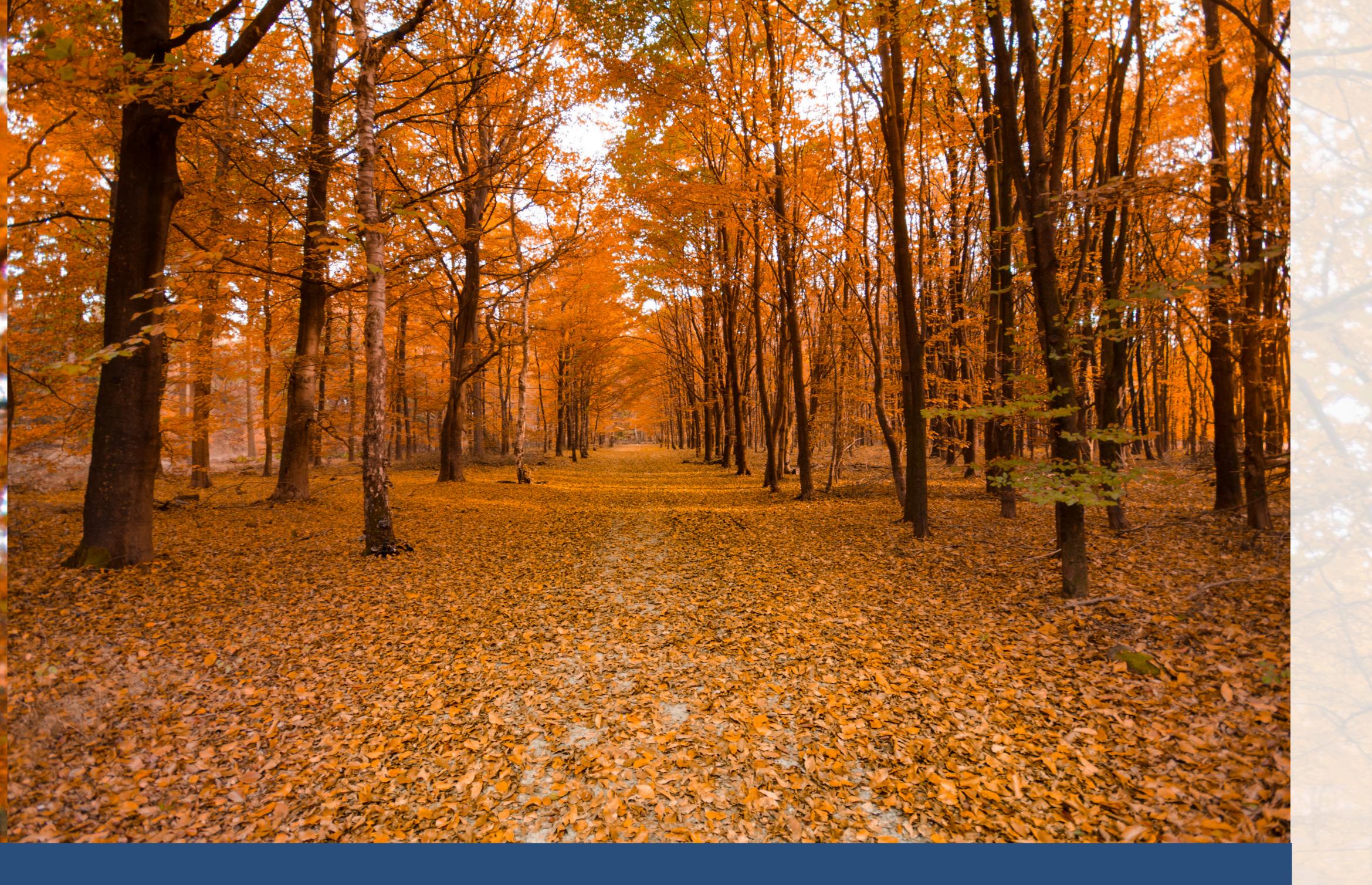
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2	3	4	5			8
	10		12	13	14	15
16	17	18	19	20	21	22
23	24	25	26		28	29

Have you applied for Specsavers vouchers?

30

Watch your inbox for more information this month or contact us at hr@northernfsu.co.uk to find out more





- 10 October: World Mental Health Day
- 18 October: World Menopause Day

October 14 - 20: National Braille Week

1-31 October: Breast Cancer Awareness Month



October 2024

Mental Health & Digital Wellbeing

10th October 2024
(1-2pm)

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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					12	13
14	15	16			19	20
21	22	23	24	25	26	27
28	29					

Don't forget to visit the Employee Wellbeing section of NFSU's website for our library of past webinars and resources







19 November: International Men's Day

11 - 17 November: Anti-Bullying Week 2024

1 - 31 November: National Diabetes Month

1-31 November: National Career Development Month



Safe Place Course
Thursday 28th November 2024
1-2 pm

November 2024

IVION	Tues	Wed	Thu	Fri	Sat	Sun
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	12	13	14	15	16	17
18		20	21	22	23	24
25	26	27	28	29	30	httr



TechScheme can be a valuable resource if you need any electrical appliances before Christmas - check out the Federation's website for more



12th December: Christmas Jumper Day

1 - 31 December: NFSU Christmas Appeal Women's Aid

"Make it a Magical Christmas" supporting Women's Aid

> Warnen's Aid Antrim, Ballymena Carrickfergus, Larne & Newtownabbey

December 2024

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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	10			13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



Host a Christmas Coffee Morning at the start of December and wear your Christmas Jumper to raise funds for our Christmas appeal





8 January - Power to your Pocket Presentation

20 January - Brew Monday



January 2025

Mon	Tues	Wed	Thu	Fri	Sat	Sun
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13	14	15	16	117	18	19
	21	22	23	24	25	26
27	28	29	30	31		









Heart Month:

Still to be confirmed

H&WB Feedback Month we would love to hear
what you thought of this
year's calendar, initiatives
supported and
suggestions for 2025/26!

February 2025

Mon	Tues	Wed	Thu	Fri	Sat
3	4	5	6	7	8
10	11	12	13	14	15
17	18	19	20	21	22
24	25	26	27	28	

If you have any ideas or suggestions for our Health & Wellbeing Calendar 2024-26, please do get in touch



- 7 March: Employee Appreciation Day
- 8 March: International Women's Day
- 30 March: Doctors day



Employee Apprecation Month - Host a Coffee Morning, Team Lunch, Staff Walk, Staff Quiz

Pick dates that ensure all staff will make at least one event or all!

March 2025

Mon	Tues	Wed	Thu	Fri	Sat	Sun
3	4	5	6			
10	11	12	13	14	15	16
117	18	19	20	21	22	23
24	25	26	27	28	29	
31						

March is dedicated to you - please send us some pictures of what you decide to do together





H&WB KEY DIARY DATES 2024/25

Northern GP Federation Support Unit

Please keep a note of these important dates in your calendar

For more information on any of the organisations we are teaming with, please click on the logo and it will take you to their website

Enabling Better General Practice

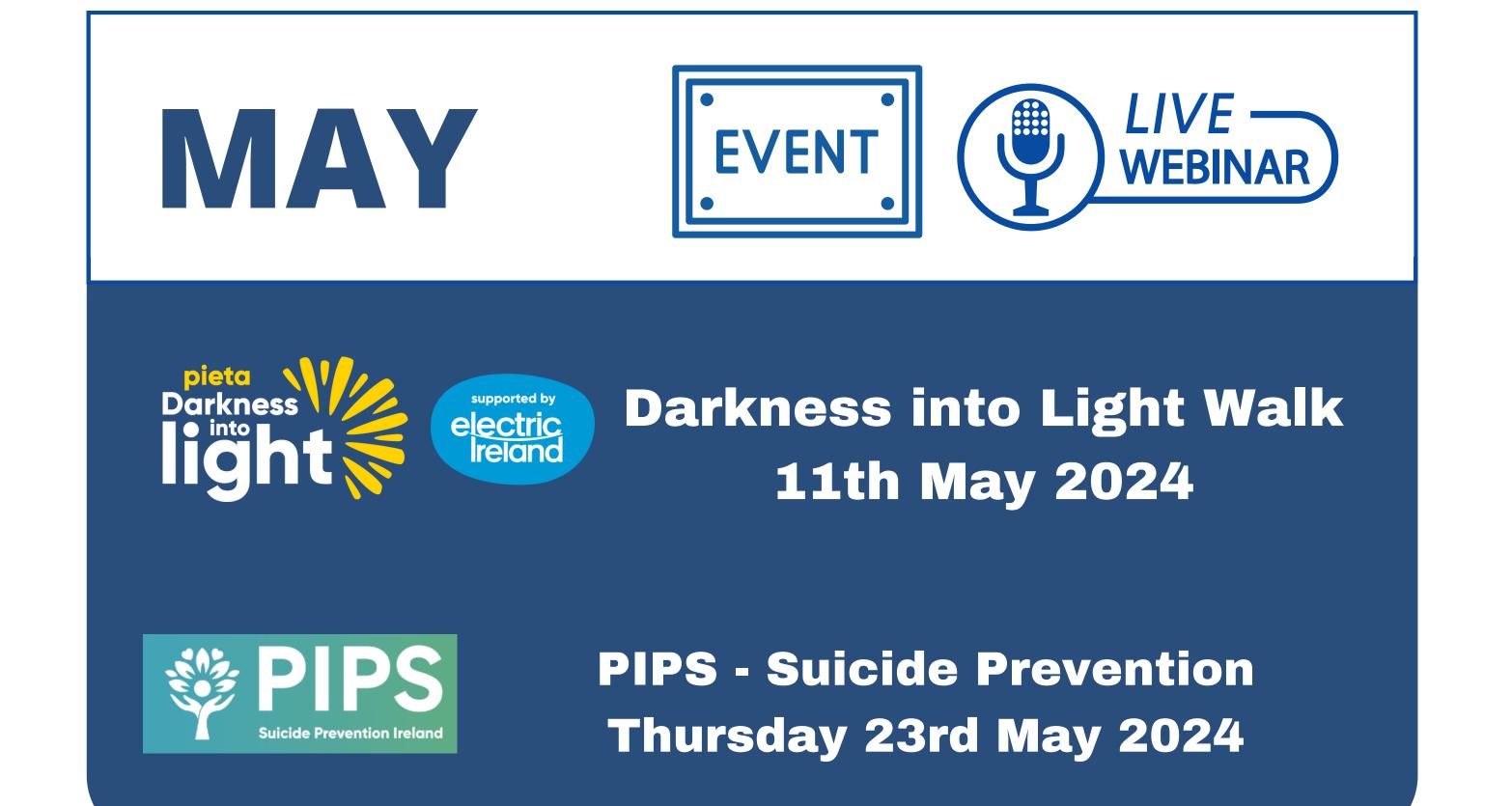






Nutrition & Stress
Management

Thursday 25th April 2024
1-2pm













Cycle to Work Day 2024

Thursday 1st August 2024



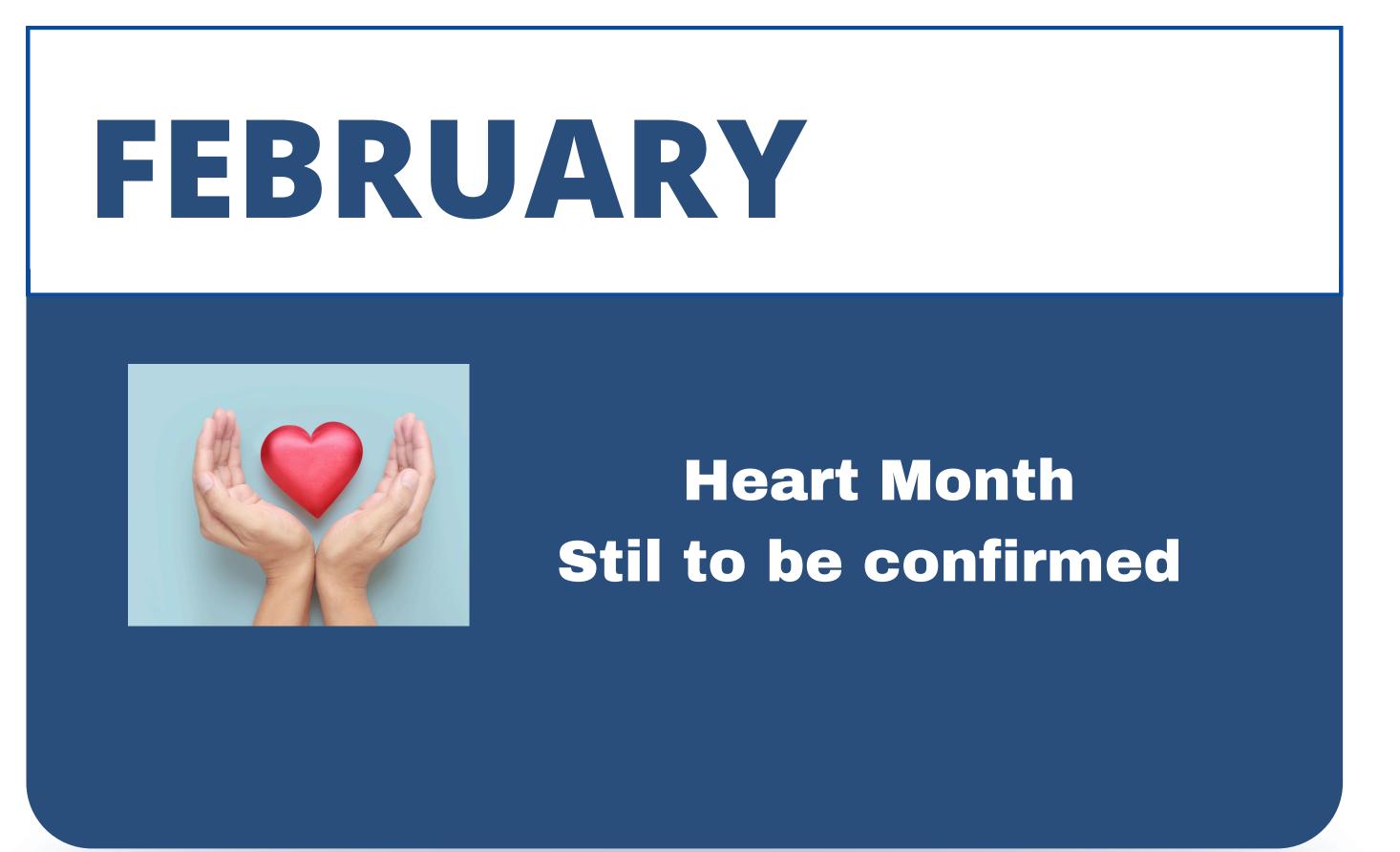






More details to follow...



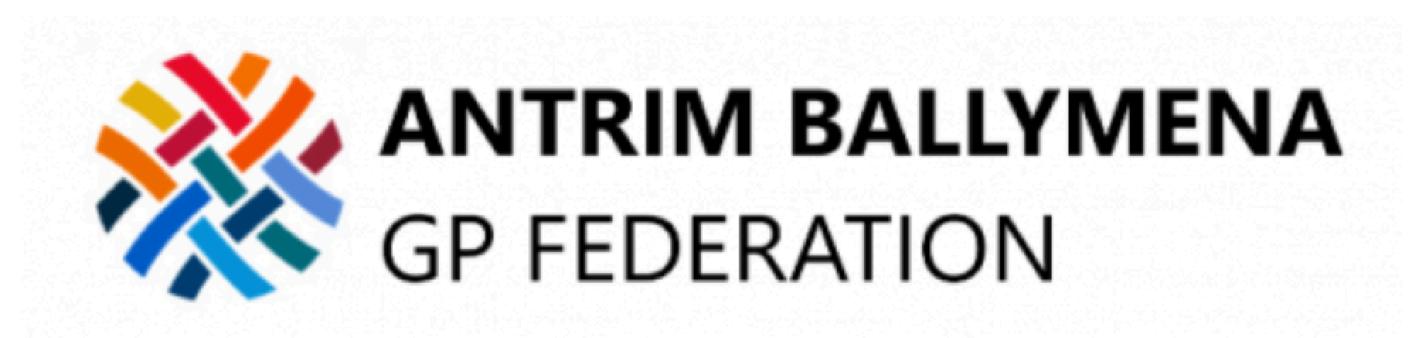














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