

"Take a positive approach to your mental health"

Minding Your Wellbeing

Minding your Wellbeing is a one-day workshop designed to support staff to care for their own mental health and wellbeing and to build good self-care practices for everyday.

Who can attend: This one-day workshop is open to all staff working in the HSE

Date	Time	Venue
Thurs, 1st February	9.30a.m – 4.30p.m	The Foster Room, St Brigid's Campus, Ardee book here
Thurs, 7th March	9.30a.m – 4.30p.m	REC, St. Brigid's Campus, Ardee book here

<https://register.enthuse.com/ps/event/MindingYourWellbeingWorkshop2024>

To book a place on any of the one-day workshops click on the links for individual workshops provided above



Making Every Contact Count (MECC)

"One conversation can change a life"

'Making Every Contact Count' chronic disease prevention training programme is a blended learning programme including:

1. eLearning consisting of 8 x 30-minute modules on HSeLanD
2. ½ day Enhancing Your Brief Intervention Skills Workshop (in-person)

MECC eLearning on HSeLanD

Click [here](#) to access the eLearning modules which include: Introduction to Behaviour Change, Tobacco Free, Alcohol and Drug Use, Get Ireland Active, Healthy Food for Life, Talking about Overweight & Obesity, Promoting Mental Health & Wellbeing Skills into Practice

Enhancing Your Brief Intervention Skills Workshop

This workshop which will build on the information provided in the e-learning modules, by providing an opportunity to enhance your brief intervention skills with a practical in-person session. Please note you must have completed the elearning before you can attend Skills Practice Session. To book a workshop [click here - HSeLanD](#).

Date	Time	Venue
Tuesday 12th March	9.30a.m - 1.00p.m	HSE, REC, St. Brigid's Campus, Ardee

Active Healthy Me is a health and wellbeing programme delivered directly to people with disabilities in adult day service locations to build awareness and understanding of the health benefits of physical activity. The aim of the programme is to increase the knowledge and understanding of people with disabilities on the importance and benefits of being physically active, living a healthy lifestyle and the opportunities that are available to participate within their local community.

Who can attend: This 'Skills for Practice Workshop' will be of interest to Disability Day Service Staff working with people with intellectual, physical and / or sensory disabilities, to support them in the delivery of the 'Active Healthy Me Programme'. A pre-requisite to attending this workshop is that your service must be registered to deliver the 'Active Healthy Me Programme' through the Active Disability Ireland website:

www.activedisability.ie

Date	Time	Venue
Thursday, 8th February	10.00a.m – 1.30p.m	Eureka House Training Centre, Kells

All enquires please contact: taraa.kearns@hse.ie



Active Healthy Me



Staff Healthy Weight Management Programme



The **Staff Healthy Weight Management Programme** is an online free virtual programme for HSE staff, which runs over 12 weeks.

The programme is led by a HSE Dietitian and includes personalised progress reports, weekly weight management and lifestyle information, pre-recorded webinars with 24hr access and 1 live webinar with a Dietitian. The Healthy Weight Management Programme will encourage and support you to look at your current health behaviours, make positive changes and developing the skills, knowledge and confidence to make your own decisions in your own healthy weight management journey.

Who can attend: This online programme is open to all staff working in the HSE CHO8

Our upcoming programme begins on Wednesday 31st January with registration opening for this programme on Monday 8th January and closing on Friday 26th January 2024. Please note places are limited so don't hesitate to register

To sign up for the programme or for more information, please e-mail HP.Nutrition@hse.ie or Register on this link - [Click Here](#)

Kickstart to Staff Health



Kick Start to Staff Health: Health and Wellbeing Taster Sessions is a free virtual programme running over a calendar month, every month. Each session will focus on improving your overall health and wellbeing and give you the confidence to make informed decisions for your health and wellbeing. Topics covered are:

- Healthy Food Choices
- Self Care & Stress Management
- Men's Health
- Women's Health
- Getting Active
- Stop Smoking

The programme consists of pre-recorded sessions, approximately 30 minutes in duration each which will be emailed to you to watch at a time which is convenient for you.

Who can attend: This online programme is open to all staff working in the HSE CHO8

To sign up or for more information about the programme, please email HPCourse.NE@hse.ie

To register for the Kickstart sessions in 2024 - click here.

This is a HSE Department of HP&I CHO 8 Health & Wellbeing Initiative
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