

Staff Briefing



Find answers to your COVID-19 questions [here](#).



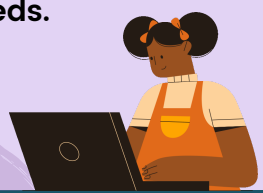
Get the latest COVID Daily Update [here](#).



TAKE THE YOU MATTER: STAFF QUESTIONNAIRE

The Belfast Trust BWell Steering Group want to hear more about how they can best support your health and wellbeing.

Take the questionnaire and be in with a chance of winning £50 worth of prizes to suit your health and wellbeing needs.



A Healthier You for 2022

Need ideas for healthier lunches? Why not join Barbara's live cooking demonstration for beginners.



Venue: online via MS Teams
 Time: 1pm - 1.30pm
 Dates: Monday 7th February 2022
 Monday 14th February 2022
 Monday 21st February 2022
 Monday 28th February 2022

If you wish to attend please register with Health Improvement by emailing: healthimprovement@belfasttrust.hscni.net

Please note these sessions will be recorded and can be accessed anytime – please email us if you would like to register for this option.

On completion of the cooking programme you will receive cooking related freebies!



For more information on healthy eating visit: [Eat Well | B Well](#)

WOMEN IN CHARGE SELF-DEFENSE PROGRAMME

Free one day community course with Gracie Barra in Brazilian Jiu-Jitsu.

Friday 21st & 28th January at 7pm



Contact: graciebarrani@gmail.com to book or [click here](#) for more info.

LAW CENTRE NI IMMIGRATION ADVICE

Do you or your family need advice regarding immigration? Do you require guidance regarding a service user?

The Immigration Advice Service at Law Centre NI runs a Public Immigration Advice line Mon-Thurs 09.30-16.30 (excl lunch 1pm-2pm), anyone can call 028 90 244401.

For more details on other services offered by Law Centre NI please [CLICK HERE](#). For further information you can contact immigrationadvice@lawcentreni.org.

New members are welcome to the Ethnic Minority Staff Network. Contact AskEMNetwork@belfasttrust.hscni.net for more information

