

Wellness at Work Resources



Welcome from Dr Andy Phillips

When we look after our own health and wellbeing this makes for a healthy team that leads to a great experience for all our team members, and better outcomes for our community. This guide is designed to help you and your team take actions to become a healthy team where you are 'in the driving seat'.

The initiatives detailed here reflect our collective effort to create a supportive and nurturing work environment. It is essential that we, as healthcare providers, prioritise our own wellbeing to better serve our communities.

We know that being healthy and well means different things for different people, at different times and that one size does not fit all. This guide recognises this by supporting a wellbeing culture. It has been designed so that you and your team:

- Can take actions to create a culture of personal and team wellbeing.
- Are supported to explore health and wellbeing holistically, including aspects of environmental, physical, mental, emotional and social wellbeing.
- Have practical insights, quick ideas, experiences, and exercises to recognise and bring about the very best in wellbeing.
- Have a guide that supports individuals and teams across all health and care settings, having been co-designed collaboratively across sectors.
- Are introduced to the existing evidence base around personal and team wellbeing in an engaging way.
- Have access to resources that will grow over time with continually added content, resources, links, and case studies for you to use that will support you in your health and wellbeing.

I encourage you to utilise the resources available and to embrace the holistic approach to health that we advocate. Together, we can build a culture of health and happiness, ensuring that each member of our team feels valued, supported, and empowered.

I hope that you find this guide helpful. Please provide feedback to help us continually improve.

Kind regards,
Dr Andy Phillips
Regional Executive Officer, HSE South West

Welcome from Gabrielle O’Keeffe

As the Head of Service for Health and Wellbeing, I am deeply invested in fostering an environment where each one of us can thrive, both personally and professionally. Our focus aligns with the strategic priorities of the Healthy Ireland Framework, emphasizing Staff Health and Wellbeing, System Reform, and Chronic Disease Prevention.

Wellbeing is not just a state but a continuous journey towards achieving a balanced and fulfilling life. Our commitment to your wellbeing is reflected in the diverse initiatives we have pioneered over the past few years. From Staff Health Grants and Wellness@Work Committees to insightful webinars, we have endeavored to provide a supportive array of resources. These initiatives are designed to empower you, our staff, in maintaining a balanced approach to your overall wellbeing.

The booklet is a further addition to those supports and will help you identify and utilise the wide range of initiatives and resources that are available to HSE South West staff. Remember, your health is the cornerstone of a vibrant community and a resilient healthcare system.

Yours in Health,
Gabrielle O’Keeffe
Head of Services for Health Wellbeing and Strategy, CKCH



Welcome from Sharon O’Sullivan

As the Health Promotion Manager, I am delighted to introduce this comprehensive resource document, aimed to be your guide in navigating the myriad of health-related initiatives and resources available to HSE South West staff.

Understanding that a significant portion of our lives is spent at work, it is imperative that our work environment fosters our health and wellbeing. As the Ottawa Charter states 'Health is created and lived by people within the settings of their everyday life; where they learn, work, play and love.'

Whether you are seeking personal health enhancement or looking for resources to assist a colleague, this booklet is a comprehensive source of information. It is designed to assist both staff and line managers in identifying and utilizing the wealth of health and wellbeing resources within Cork and Kerry and the wider HSE.

We are dedicated to nurturing an environment where each staff member can access the necessary tools and support to achieve optimal health. We hope you find this booklet useful in that regard.

Sharon O’Sullivan
Health Promotion & Improvement / Health & Wellbeing Manager, CKCH



Introduction

This booklet presents resources that have been developed at both national and local level that are available to all HSE staff to support health and wellbeing and to create supportive working environments. It was developed by Ailis Brosnan and Roisin Higgins who are part of the HSE South West Wellness@Work team.

It is intended that this resource will be revised annually to ensure it is an effective and relevant resource. If you have any suggestions of resources or initiatives you would like to see in future editions, please email Ailis.Brosnan@hse.ie or Roisin.Higgins@hse.ie.



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There are many opportunities for being more active at work. The following section outlines the various resources, initiatives and amenities available to you.

RESOURCES:

1. Free Online Exercise Programmes

There are a number of exercise videos available online for staff – Yoga, Pilates, Strength and Conditioning. You can find them here: www.hse.ie/eng/about/who/healthwellbeing/exercise-videos/

Alternatively you can view them on the HSE Health and Wellbeing YouTube channel



- ▶ **YOGA** 8 week beginner course
- ▶ **CHAIR YOGA** 4 week course
- ▶ **PILATES** 8 week beginner course
- ▶ **STRENGTH & CONDITIONING** 8 week beginner course
- ▶ **EXERCISE FOR PEOPLE WITH CHRONIC CONDITIONS** 45 min Aerobic exercise

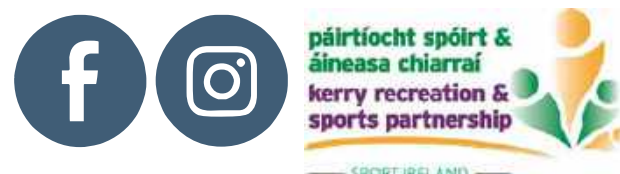
2. Get Active For Your Wellbeing



A webinar on getting active with Derval O'Rourke, with lots of practical tips and advice.

3. Kerry Recreation & Sports Partnership

Kerry Recreation and Sports Partnership offer a range of community-based opportunities to get more active. Follow them on Facebook and Instagram to keep up-to-date with them.



facebook.com/kerryrecreationandsportspartnership
instagram.com/kerryrecreationandsports

4. Cork Sports Partnership

Cork Sports Partnership undertake a wide range of initiatives with the aim of increasing sport and physical activity participation levels in local communities across Cork. www.corksports.ie



5. CKCH YouTube Channel

The HSE South West Health Promotion team have created some motivational videos to help support you get more active:



- ▶ **ENERGISING STRETCH BREAK**
- ▶ **DESK STRETCHES**
- ▶ **WALKING FOR FITNESS**
- ▶ **HOW TO STAY MOTIVATED**
- ▶ **STRENGTHENING EXERCISES FOR THE WHOLE BODY**

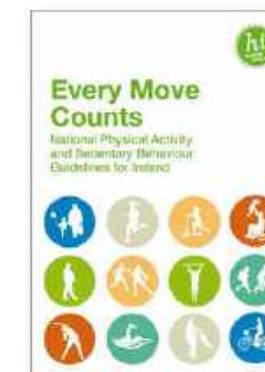
7. Cork Cycle Map



This map features the best cycle routes to popular destinations around Cork city and surrounding suburbs.

transportandmobilityforum.com/cork-cycle-map

6. National Physical Activity and Sedentary Guidelines



We now have new National Physical Activity and Sedentary Guidelines which can help people to make choices to increasing their physical activity levels. You can find out more on the link below.

www.gov.ie/en/publication/44751-every-move-counts-national-physical-activity-and-sedentary-behaviour-guidelines-for-ireland/

8. Corporate Leisure Discounts

A number of gyms and leisure centers offer discounted membership rates for HSE staff. If your local gym isn't there, please contact us so we can see if we can add them to the list.

For the list of gyms see Appendix 2



9. Downloads Available From www.healthpromotion.ie

Get Active Your Way Leaflet
 Get Active: Go Walking



10. Get Your Workplace Active Toolkit

This resource aims to support HSE sites in Cork & Kerry to create a more active work environment for their staff. To get the toolkit email hpd.south@hse.ie



hpd.south@hse.ie

INITIATIVES:

1. Steps to Health Challenge

The steps challenge is a five week team-based walking challenge that supports staff to walk a target of 10,000 steps per day.
Find more on www.hse.ie



2. Cycle to Work Scheme

The Cycle to Work Scheme is a tax incentive scheme to encourage employees to cycle to work. An employer can pay for a new bicycle and the employee then repays the cost in regular instalments from their salary.
Find more on www.revenue.ie



3. Park Run

Parkrun is a free, community event where you can walk, jog, run, volunteer or spectate. It is 5k and takes place every Saturday morning. Parkrun is positive, welcoming and inclusive, there is no time limit and no one finishes last. Everyone is welcome to come along. There are 21 Parkrun locations across Cork and Kerry.
Find more on www.parkrun.ie



4. Smarter Travel

TFI Smarter Travel is a national programme, supporting employers to implement voluntary travel plans. These plans focus on promoting and encouraging staff to sustainably and actively commute and beyond, and for organisations to consider flexible working arrangements.
Find more on www.nationaltransport.ie



5. Be Active Be Well

Be Active Be Well is a programme run by The Health Promotion and Improvement Department and is about helping you to make positive physical activity changes. The programme explores your motivation to change and looks at why becoming more physically active is important.
Email hpd@hse.ie for more information



6. Walk Your Way

2 hour workshop based on an Irish Heart Foundation programme aimed at encouraging individuals to walk more often and to get more health benefits from their walking.
Email hpd@hse.ie for more information



7. Move Your Mood

This is a 2-hour online or in person interactive workshop aimed at supporting the implementation of the 'Let's Get Active' Guidelines developed nationally by the HSE for mental health services.
Email hpd@hse.ie for more information



8. Desk to 5K

Initiative of the Health Promotion department to support staff to progress from sitting at their desk to walking or running 5km in 8 weeks. Weekly plans, advice, support, training tips etc.
Email hpd@hse.ie for more information



9. Couch to 5K

The Irish Heart Foundation have a guide to help you organise a couch to 5k group (Irish Heart How to organise a couch to 5k - Group) along with a couch to 5k training plan (Irish Heart Couch to 5k Jogging Plan)
Find more on www.irisheart.ie



10. Walking for Leaders Training

Free online Walking Leader Training Course, to help you lead a safe, enjoyable workplace walking group, is available on the Irish Heart foundations website.
www.irisheart.ie
In person walking leader training is also available locally through the Health Promotion and Improvement Dept subject to demand and available funding for more information or to register an interest in this training :
Call 021 4921641 or email hpd.south@hse.ie



INITIATIVES:

11. Walking Challenges (Irish Heart Foundation)

The IHF 'Move More Walking Challenge' is an easy to follow six week exercise programme aimed to help everyone move more for the good of their health. By the end of the challenge you will have reached the recommended guidelines for physical activity.

Find more on www.irisheart.ie



12. Community Walking Groups

There are a number of community walking groups in Kerry and Cork. For details of groups in your local area see:

www.getirelandwalking.ie/findgroup



13. Slí na Sláinte Walking Routes

The Slí na Sláinte routes are signposted walkways in your community. There are over 230 routes nationally and are perfect for a lunch time walk. Search 'Walking routes' on irisheart.ie



14. Greenways

Greenways are trails built to be used exclusively by cyclists, pedestrians and other non-motorised transport. They are usually traffic-free routes, so are generally safer and can be enjoyed by most members of society. We have 3 greenways within reach of staff in Cork and Kerry. Click on the links to the right to get more information.

TRALEE - FENIT
traleefenitgreenway.com

LISTOWEL - ABBEYFEALE
greenwaysireland.org/limerick-greenway

MIDLETON GREENWAY
midletongreenway.com

15. Slí@Work

The IHF Slí@Work guide comprises of a series of indoor and outdoor motivational signage that inspires staff to add walking into their working day.

Find more on www.irisheart.ie



Eating well at work

Eating a well balanced diet will provide you with all the energy and nutrients you need to help you feel at your best. Eating a healthy diet during your work life helps with energy levels and concentration. It reduces the risk of ill health and therefore days absent which helps with management of workload.

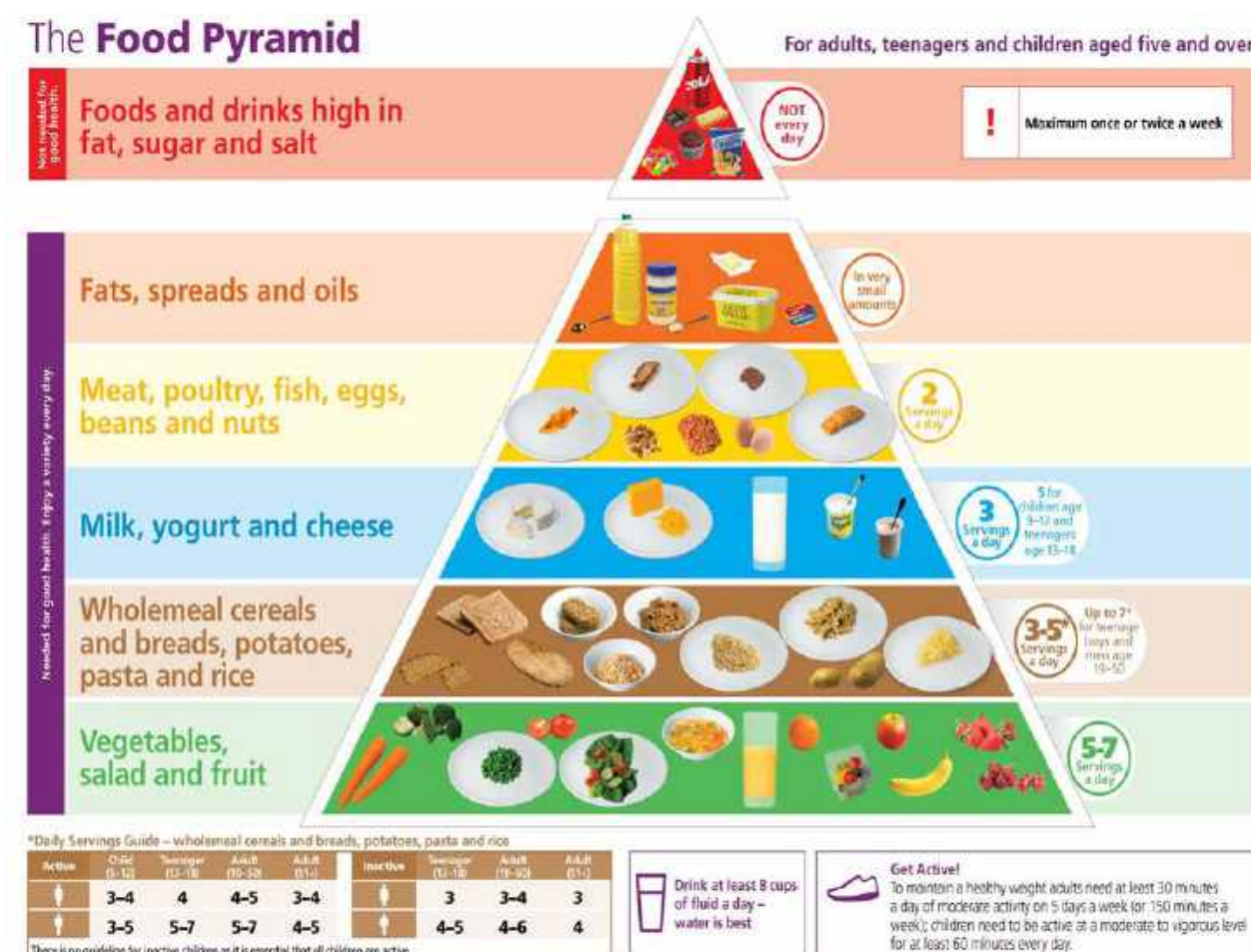
RESOURCES:

1. Resources on the National Healthy Eating Guidelines

www.hse.ie/eng/about/who/healthwellbeing/our-priority-programmes/health/healthy-eating-guidelines

Here you will find a full range of resources to support healthy eating including, the food pyramid for ages 5-64 years, a 7 page leaflet "Healthy Eating for Life" giving details on the food pyramid, food fact sheets on each shelf of the food pyramid, infographs on each shelf of the food pyramid outlining serving sizes, questions and answers on the food pyramid. Included also are meal plans on how to follow the healthy eating guidelines for a range of ages including a 21, 30 and 52 year old.

Note – there is a new separate food pyramid for older adults aged 65yrs +. Details on the above site also.



RESOURCES:

2. Taking Vitamin D



National recommendations for taking Vitamin D supplements were published in 2024. See www.healthpromotion.ie/products/vitamin-d-flyer---dohhealthy-ireland for details for the various age groups. Resources are available to order from www.healthpromotion.ie

3. Healthy Eating for Shift Workers

See www.safefood.net for advice on healthy eating for shift workers.



Healthy Recipes

4. Safefood

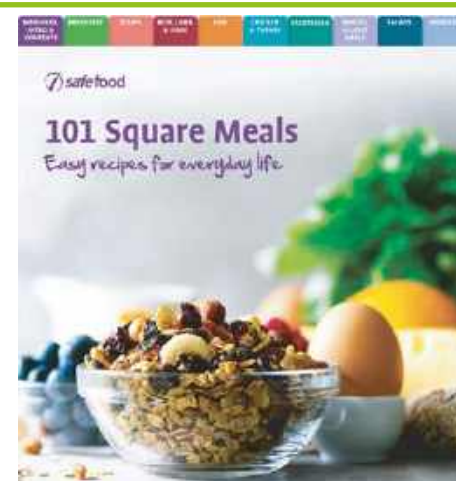
Provides a range of healthy recipes for breakfast, lunch and snacks, as well as a link to the low budget healthy eating cookbook '101 Square Meals'.

Visit www.safefood.net/recipes

5. The Irish Heart Foundation

Provides a range of healthy recipes.

Visit www.irishheart.ie/how-to-keep-your-heart-healthy/recipes



Weight Management

6. National Healthy Weight Campaign

Outlines the key lifestyle habits that can lead to weight gain & supports to prevent this.

Visit www.gov.ie/en/campaigns/3c4ed-healthy-weight

7. Healthy Weight For You Programme

Safefood's free 12-week evidence based weight loss online programme provides realistic goal setting & tailored meal plans.

Visit www.safefood.net/healthy-eating/healthy-weight

8. 'Talking About Weight : A Guide To Developing Healthy Eating Habits'

Booklet to assist those with excess weight who want to look after their health.

Available on www.healthpromotion.ie



RESOURCES:

9. Irish Nutrition and Dietetic Institute (INDI)

The professional organisation for dietitians in Ireland. They provide downloadable factsheets via www.indi.ie for the public on a variety of nutrition topics including healthy eating across the ages & specific therapeutic dietary guidance for clinical conditions. See below for examples:

- Healthy Breakfast Ideas
- Nutrition & The Menopause
- Plant Based Factsheet
- Healthy Eating During Pregnancy



10. Supports for a Healthy Food Environment at Work

There is now a new national HSE Healthier Food Environment Advisory Group which will guide any further developments in this area for health services.

A full range of supports are available by searching for Healthy Eating at Work on:



hse.ie/eng/about/who/healthwellbeing

- **HSE Nutrition Standards For Food And Beverage Provision In Healthcare Setting**
This outlines minimum standards for those providing food and beverages to staff & visitors
- **HSEland Training For Catering Staff**
Developed by HSE dietitians to help catering staff provide high quality nourishing food for patient's staff and visitors.
- **Happy Heart Healthy Eating Awards**
This initiative is in conjunction with the Irish Heart Foundation and provides support to catering staff in the provision of healthy options for staff.
- **Calorie Posting Policy**
The purpose of this Policy is to promote awareness and increase consumption of healthier food and drink choices amongst HSE staff and the public by highlighting the calorie content of food and drinks provided in HSE facilities.
- **Vending Policy**
The HSE Vending Policy 2019 applies to all vending machines that stock cold soft drinks, confectionary and snacks on HSE premises and premises funded by HSE

11. The Irish Heart Foundation

Provide a range of additional supports for healthy eating in the workplace using the following link www.irishheart.ie/your-health/our-health-programmes/healthy-workplace

INITIATIVES:

1. Healthy Meeting Guidelines

Guidelines on supporting healthy eating and physical activity as part of HSE meetings are available on

www.gov.ie/pdf/?file=https://assets.gov.ie/7609/f29efffb3748608ed45c56fb78687d.pdf



2. Healthy Eating Webinars

There are a number of Webinars on Healthy Eating on the CKCH You Tube Channel.



Any future live webinars for staff will be advertised via HSE internal monthly email updates.

3. Wellness At Work

The Health Promotion Dietitians within Health Promotion and Improvement are available to support Wellness@Work committees on sustainable healthy eating initiatives e.g. healthy eating policy development, healthy meetings etc.

Please contact sheila.king@hse.ie



4. Baby Food Made Easy

The Health Promotion Dietitians provide a monthly webinar to support parents & health professionals with evidence based advice on how to progress your baby to solid food.

To register <https://bit.ly/3IXps6D>

Guidance of commencing solid food with infants

www.youtube.com/watch?v=r7tY_HoHsRw



Positive Mental Health is a valuable resource for everyday life. The better our mental health, the better we are able to cope with the tough and challenging times, which we can all face. Other benefits of good mental health include: feelings of confidence and positivity; healthier lifestyle behaviour choices; and better quality of life and physical health.

RESOURCES:

1. Your Mental Health Supports

Website and helpline provide resources and supports including local support services.



2. Work Related Stress Prevention

The HSE aims to ensure the protection of employees from the potential risks associated with work related stress. The National Policy on the prevention and management of work related stress can be found here:

assets.hse.ie/media/documents/ncr/HSP_10_03_HSE_National_Policy_on_the_Prevention_and_Management_of_Work-Rel_KJccN5Z.pdf

3. Sleep Advice

Tips and self help information available on yourmentalhealth.ie. Recording of webinars on Sleep Hygiene with Dr. Sean McKenna available on Cork Kerry Community Healthcare channel on YouTube.



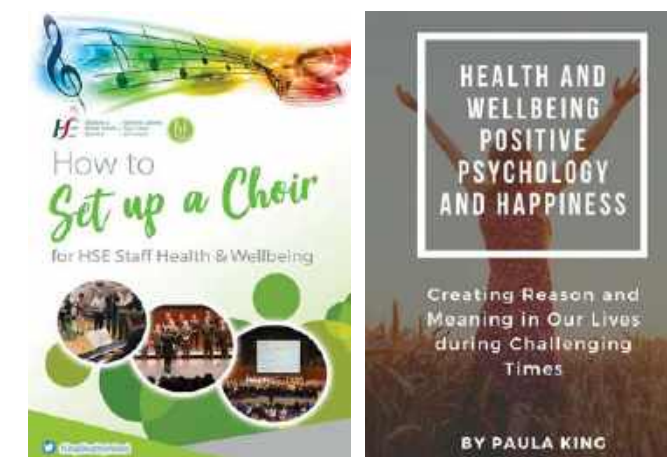
4. Workplace Choirs

Join a workplace choir or set up a choir ([how-to-set-up-a-choir-for-hse-staff-health-wellbeing-april-2019.pdf](https://assets.hse.ie/media/documents/ncr/HSP_10_03_HSE_National_Policy_on_the_Prevention_and_Management_of_Work-Rel_KJccN5Z.pdf) available on hse.ie) and take part in the annual staff concert.

5. Personal Happiness Planner

This free planner will support you to set goals, create positive change, raise your energy and form new habits.

Download Planner from hse.ie



6. Countdown to Christmas Wellbeing Calendar

Provides daily wellbeing tips for the month of December. Available on the HSE Health and Wellbeing website. See Appendix 3

RESOURCES:

6. The RCSI Centre for Positive Health Sciences

Offer a range of free online courses to the general public on a diverse range of topics including *The Science of Health and Happiness* & *The Science of Health and Happiness as We Age*.

Visit www.rcsi.com



7. Minding Yourself Series

A number of meditation videos are available on the CKCH YouTube channel that can help you unwind and relax.



BREATH AND BODY MINDFULNESS
THREE MINUTE BREATHING SPACE
LOVING KINDNESS MEDITATION

Webinars

8. Identify Your Strengths

A webinar with Organisational Psychologist, Jane Perry, on identifying your strengths to improve your health and wellbeing.

9. Positive Psychology and Happiness

HSE Health and Wellbeing webinar with special guest Paula King, Psychologist and Leadership Coach. Paula gives a great uplifting presentation about the evidence behind positive psychology and how to build it into your day.



RESOURCES:

10. Mental Health Ireland www.mentalhealthireland.ie

Mental Health Ireland is the longest established mental health charity in Ireland. They promote positive mental health and support people with lived experience of mental health challenges in their recovery. Here are some of their initiatives (more info available on www.mentalhealthireland.ie)



11. Downloads available to download/order healthpromotion.ie



12. "You and Your Mental Health"



A resource to support your mental health and wellbeing every day.

Download now

or search for 'you-and-your-mental-health.pdf' on www.hse.ie

INITIATIVES:

1. Stress Control Online

Free evidence based Stress Control programme that teaches practical skills to deal with stress.
Visit www.stresscontrol.ie



2. Training

The HSE South, together with a host of community partners, offers free training to individuals and groups who are interested in learning skills that will contribute to reducing incidents of self-harm and suicide in our community. Examples include Applied Suicide Intervention Skills Training (ASIST), SafeTALK, Start (Suicide prevention skills online) & Self Harm training.

Upcoming training in the CKCH area:

KERRY: bookwhen.com/suicideprevention-trainingkerry
CORK: bookwhen.com/suicidepreventiontrainingcork



3. Psyched

Positive Support You Can Have Every Day. This programme works to promote a better understanding of Mental Health and Wellbeing in the Workplace. Visit the site for great resources. Apply for Psyched Recognition for your workplace: psychedworkplace.ie/application-form/



4. Minding Your Wellbeing

Supports users to engage with key messages from the Minding Your Wellbeing programme on the topics of mindfulness, gratitude, self-care and resilience.

www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html



5. Kerry Mental Health & Wellbeing Fest

Held in October each year, the Fest aims to raise awareness of the available supports and services in the county as well as empower people to engage with the 'Five Ways to Wellbeing' through offering a dynamic and interactive programme of events.

kerrymentalhealthandwellbeingfest.com



RESOURCES:

Smoking is the leading cause of avoidable death in Ireland and thousands suffer from smoking related diseases. The HSE is committed to reducing the use of tobacco and its harmful health effects by creating a tobacco free environment for its patients, service users, visitors and staff.



Visit healthpromotion.ie
for Downloads and Resources including:

- ✓ Quit Kit
- ✓ You Can Quit: We Can Help Leaflet
- ✓ Growing Up Smoke Free Leaflet



INITIATIVES:

Quit Services

If you would like to stop smoking then there are a number of supports and resources available to you on Quit.ie:

- ☎ 1800 201 203 Helpline
- ✉ support@quit.ie
- ☎ 50100 Free Text Quit

Get tips, tools and support at QUIT.ie or freephone 1800 201 203



Stop Smoking Clinics

The stop smoking clinics provide a range of services to help you stop smoking, including free nicotine replacement therapies (NRT). You can find a stop smoking advisor and other services near you by searching your service area on www2.hse.ie/living-well/quit-smoking/support-services



Tobacco Free Campus Policy

The HSE Tobacco Free Campus Policy helps reduce your exposure to nicotine.

Search 'Tobacco Free Campuses' on HSE.ie or
Email anna.burns@hse.ie



THIS IS A TOBACCO FREE CAMPUS

RESOURCES:

1. Ask About Alcohol Supports



Provides resources, including a directory of local supports and counselling services.
www2.hse.ie/living-well/alcohol

2. Self Assessment Tool & Drinks Calculator

Find out what type of drinker you are and how drinking affects your health using the 'Self Assessment Tool' and 'Drinks Calculator' available at askaboutalcohol.ie.
www2.hse.ie/living-well/alcohol

3. Drugs.ie

Drug and Alcohol information and support including information on the HSE Drugs & Alcohol Helpline. This confidential service has both a **freephone Helpline (1800 459 459)** and an **email support service (helpline@hse.ie)**.
www.drugs.ie

HSE Drug and Alcohol Helpline

Freephone
1800 459 459

E-mail
helpline@hse.ie

Opening hours 9.30am to 5.30pm
Monday to Friday



4. Downloads available to download /order **healthpromotion.ie**



- ↓ Alcohol – A quick question leaflet
- ↓ Man and Alcohol leaflet
- ↓ Women and Alcohol leaflet
- ↓ Your Family and Alcohol leaflet
- ↓ Pregnancy and Alcohol leaflet
- ↓ Getting older and Alcohol leaflet

INITIATIVES:

1. Alcoholics Anonymous

There are up to 50 meetings taking place weekly across Cork and Kerry. You can locate a meeting that suits you on the website.

www.alcoholicsanonymous.ie/find-meeting



2. Al-Anon Family Groups



Al-Anon Family Groups UK & Eire is for anyone whose life is or has been affected by someone else's drinking.

al-anonuk.org.uk/getting-help/find-a-meeting/

RESOURCES:

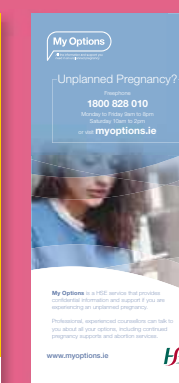
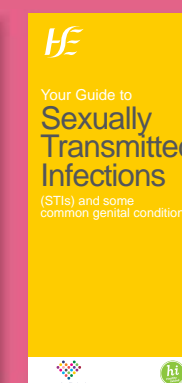
Sexual Health and Wellbeing is an important part of overall health, covering topics such as the absence of disease and infections, fertility and the ability to enjoy fulfilling relationships free from discrimination.

sexualwellbeing.ie

Provides information and resources including a list of public, confidential and free of charge STI services; free home testing kits and information on contraception options.
www.sexualwellbeing.ie



Resources available to download/order **healthpromotion.ie**



- ↓ My Options leaflet
- ↓ Your Contraceptive Choices leaflet
- ↓ What You Need To Know About Contraception leaflet
- ↓ Your Guide To Sexually Transmitted Infections (STI's) leaflet

INITIATIVES:

My Options Freephone Helpline

Provides information and judgement-free counselling to anyone experiencing an unplanned pregnancy.

Contact: Freephone: 1800 828 010



Men's health focus' on encouraging men to take better care of their health and to seek help or treatment at an early stage. The following resources are available to HSE staff in Cork and Kerry.

RESOURCES:

Action Man Manual

Health Promotion resource for men.
Download at
www.mhfi.org/ActionMan2023.pdf



HSE Men's Health Podcast

With Dr Noel Richardson, Men's Health Expert, SETU



 hsepodcasts.podbean.com

Men's Health Webinars



 **HSE Health and Wellbeing**

There are a variety of Men's Health Webinars available online, including the following from the HSE Health and Wellbeing YouTube channel:

- ▶ **ENGAGING MEN WEBINAR SERIES**
- ▶ **MASCULINITY AND MEN'S HEALTH**
- ▶ **MEN AND MENTAL HEALTH WEBINAR 2023**

Men's Health in Numbers



Irish Men's Health Report Card 2020 provides a contemporary synopsis of key men's health statistics in the Republic of Ireland

www.healthpromotion.ie/media/documents/HPM01399.pdf

INITIATIVES:

Men's Health Week

This usually takes place in June each year and there are lots of resources/webinars available to promote men's health at this time.

www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life

See also Men's Health Forum in Ireland www.mhfi.org



There are often additional challenges for women in the workplace so support and encouragement is needed around women's health issues to ensure they can fully participate in the workplace. The resources below provide information on menopause, sexual health and more.

RESOURCES:

Menopause Webinars

There are a number of webinars on the menopause available on the HSE Health and Wellbeing YouTube channel.

 **HSE Health and Wellbeing**

CKCH held a webinar series on the Menopause, covering topics such as:

- ▶ **LET'S TALK ABOUT THE MENOPAUSE - FULL WEBINAR**
- ▶ **THROUGH THE LENS OF A WOMEN'S HEALTH PHYSIOTHERAPIST**
- ▶ **HOW NUTRITION CAN HELP**
- ▶ **WHY MOVEMENT MATTERS**



The HSE Menopause Policy



Provides information to staff regarding perimenopause and the various forms of menopause. It demonstrates how these can affect an employee in the workplace and ways to support them. The policy provides guidance on how colleagues can support employees experiencing menopause at work.

For more information:

assets.hse.ie/media/documents/ncr/HSE_Menopause_Policy.pdf

Breastfeeding and Work

Ways to continue breastfeeding when you return to work:

www2.hse.ie/babies-children/breastfeeding/expressing-pumping/breastfeeding-and-work/

Breastfeeding Policy for Staff Working in the Public Health Service

Staff are entitled to paid breastfeeding breaks at work until the child's 2nd birthday.

1 hour for an 8 hour working day can be taken as;

- one 60 min break
- two 30 mins break
- three 20 mins break



- Staff are entitled to breastfeed in the workplace or express breast milk in a suitable place at work
- Staff are entitled to reduce working hours (without loss of pay) to facilitate breastfeeding where feeding is not possible in the workplace

Download/order Healthpromotion.ie



- ↓ Advice And Guidance For Women On Taking Folic Acid
- ↓ Breast Cancer Prevention And Early Detection Information For Screened Population
- ↓ Diabetic Retina Screening In Pregnancy
- ↓ Information About Miscarriage
- ↓ Your Guide To Medical Abortion
- ↓ Your Guide To Surgical Abortion
- ↓ Your Contraceptive Choices
- ↓ What You Need To Know About Contraception

Download available HSE.ie

A fantastic resource 'Lets Talk about Menopause' was developed from the above webinar series which summarises the key learnings from it.

You can download the booklet here:
lets-talk-about-menopause.pdf



You can also check out the HSE website on women's health
www2.hse.ie/conditions/womens-health

Staff Health Fund

Staff Health Grant is available to new or existing Wellness@Work committees. Applications are open early in the year and can fund projects occurring during that year.

For more information email Roisin.Higgins@hse.ie

Campaigns

The Wellness@Work Team aims to run two campaigns a year. This year we will be running 'Take your Break' and 'Kindness Works Here'.

For campaign materials contact Ailis.Brosnan@hse.ie

Programmes

The Health Promotion and Improvement Department team offers a variety of different initiatives, including:

Steps to Health:

The 5 week programme aims to help staff get more active and offers interdepartmental competition

Desk to 5km:

We support the Physical Activity team to roll out this programme which runs over 8 weeks and encourages staff to build up to jog/run 5km.

For more information contact the Physical Activity team



Training

The Wellness@Work Team team offers a range of training to staff, including:

'Wellness@Work: Why Wellness Matters'

A one hour training for managers to support them in prioritising Wellness@Work.

'Keeping Well@Work'

A two hour workshop designed to give staff practical tips and ideas to care for your health at work.

'How to set up a Wellness@Work programme'

A one hour presentation on the steps required to set up an effective Wellness programme in your workplace.

'Minding Your Wellbeing'

A one day training to support staff to care for their own mental health and wellbeing.

'Be Well at Work'

A one day training for teams that aims to improve team cohesion and a team's commitment to creating a healthier environment at work.

To schedule a training, contact Ailis.Brosnan@hse.ie



Webinars

We host 4 webinars a year on health related topics and upload the recordings to the CKCH You Tube channel. Topics for 2024 include Sleep Hygiene, Sun Safety, Financial Wellbeing and Be Well at Work. These will be advertised in the CKCH Staff Newsletter.



Resources

We have developed a number of resources to support staff health including a toolkit for Wellness at Work Committees. The toolkit includes various booklets such as Setting up a Wellness@Work Committee, Ideas for Workplace Initiatives, Case Studies and Templates.

Contact Ailis.Brosnan@hse.ie for copies.



Staff Survey

A staff survey has been developed for use with HSE South West staff. The survey is designed to identify staff health and wellbeing needs which will help inform the Network Health Promotion Officer and the staff health team so their work plans can respond to these needs. If you would like to conduct a staff needs assessment in your workplace

Contact Roisin.Higgins@hse.ie



Stress at Work Policy

The purpose of this Policy is to raise awareness and understanding of work-related stress, and to support managers and employees on how to prevent, identify and manage work-related stress, with a focus on hazard identification and risk assessment. This Policy is concerned with negative stress and the related risk factors.

You can find the policy here:

assets.hse.ie/media/documents/ncr/HSP_10_03_HSE_National_Policy_on_the_Prevention_and_Management_of_Work-Rel_kJccN5Z.pdf



Work Positive

HSE Work Positive is a risk management process for measuring employee wellbeing and critical incident exposure, and helps prevent work related stress.

The confidential survey inform a detailed report along with an action plan for managers to implement and monitor. This comprehensive tool is online and free for HSE managers to use.

For more information see: hseworkpositive.com





1. Living With A Chronic Disease

Self-management information for those living with a long term health condition

www.hse.ie/selfmanagementsupport

Free 6-week 'Living Well' group programme

www.hse.ie/eng/health/hl/selfmanagement/living-well-programme/living-well-programme.html

3. The National Cancer Control Programme (NCCP)

YouTube channel has a range of webinars and social media videos:



www.youtube.com/@nationalcancercontrolprogr5166

Download/order Healthpromotion.ie



Find resources on Cancer Early Detection, Risk Reduction, being SunSmart and more by searching 'cancer'. You can also visit:

www.hse.ie/cancerprevention
www.hse.ie/SunSmart
www.hse.ie/cancerearlydetection

For Survivors, By Survivors



Peer Support Service for Health Service Staff who have cancer

Delivered by Health Service Staff who themselves have had a diagnosis and returned to work

2. Cancer Survivorship Peer Support Service

A new Cancer Survivorship Peer Support service is now available for staff with a cancer diagnosis in Cork and Kerry. Through the pilot service, 25 trained peer supporters are providing support to fellow health service staff dealing with a cancer diagnosis. The peer supporters are all health service staff who have had a diagnosis of cancer and have experience of returning to the workforce after treatment.

For Details and Application Form Visit mariekeating.ie/hse-for-survivors-by-survivors

5. HSEland E-learning modules 'Reduce Your Cancer Risk'



National Personnel Administration(NPA)

NPA delivers personnel administration services to its customer base. NPA maintains the SAP HR system ensuring individual employee records are correct and up to date. Some of the services we provide are as follows:

- **Setting up of new employees** and maintaining their record from "initial hire to retire" to ensure it is an accurate reflection of the employee's employment journey
- **Actioning any changes** to employee's terms and conditions of employment e.g. change to contracted hours, promotions etc.
- **Administering leave schemes** e.g. Maternity Leave, Parental Leave, career breaks, Shorter Working Year etc.
- **Apply Enhanced Sick Leave** schemes
- **Manage Pay Award** process for all staff



Current HSE Suite of Org Mgt Forms and Personnel Admin fillable forms processed in this dept are available on:



healthservice.hse.ie/staff/benefits-services/benefits/hr-forms.html

HR Forms impacting pay:



healthservice.hse.ie/documents/2008/HR_forms_impacting_pay.docx

Email address for NPA are:



NPA.South@hse.ie South West HR forms processing



NPA.South.Setups@hse.ie South West HR new employee set ups



NPA.SouthSLQ@hse.ie South West HR sick leave schemes

EAPandME
Employee Assistance Programme

Experiencing stress in work can leave us feeling depleted in different ways...



If a few of these sound familiar, it may be time to reach out for EAP support

Call **0818 327 327**
to speak to someone who can help.
www.hse.ie/EAPandME

EAP Programme

Employee Assistance Programme: Free, confidential and independent service for staff experiencing issues affecting mental health, job performance, or home life.

healthservice.hse.ie/staff/benefits-and-services/employee-assistance-programme-staff-counselling

EAP Webinar

Within this webinar Ray Moloney, HSE EAP Manager is interviewed by Michelle Holmes, HR Business Manager HSE CHO DNCC. Ray and Michelle explain the available supports to staff. This interview is a comprehensive overview on topics such as: how to access the EAP service, information on EAP workshops and how managers can help staff access the service



 HSE Health and Wellbeing

1. Pension Scheme

You will find information on your pension scheme with the HSE on the pensions webpage at:
healthservice.hse.ie/staff/pensions
You can contact the Pensions Office by email at
Pensions.South@hse.ie



2. Health Services Credit Union

This service is available for all HSE staff, it offers a range of services to its members including shares, loans, budget accounts, foreign exchange or insurance services. The HSE is able to facilitate deductions directly to your credit union account.
www.hsscu.ie



3. Tax Saver Bus and Rail Tickets

As a HSE employee you can get discounted public transport commuter tickets and save between 31% and 52% on travel costs because of tax, PRSI and USC savings.

Search for 'Public transport and car sharing' on hse.ie

Low Fare



4. Salary Deduction schemes

A number of insurance, pension and trade union organisations have a salary deduction scheme in place where by deductions can be made from your salary.

For further information please contact:
021 4923659 or payroll.south@hse.ie

1. Leadership Learning and Talent Management

Leadership Learning and Talent Management (LLTM) is part of a national service, Capability and Culture led by Ms. Pat O Boyle AND HR. Capability and Culture is responsible for Leadership Learning and Talent Management (LLTM) which focuses on delivering supports for management and leadership development, Diversity and Inclusion, and Engagement and Culture. (Performance Achievement does not sit within this service).

LLTM South has bases currently in Cork and Kilkenny and we deliver management and leadership learning and development supports to all roles. LLTM Prospectus programmes are mainly delivered live online however in person sessions are also facilitated where appropriate and need is indicated. Further information about programmes available and how to enrol here



assets.hse.ie/media/documents/National_LLTM_Prospectus_2024_-_Version_3.pdf

Also this site will bring you to further supports including Podcast info:



healthservice.hse.ie/staff/training-and-development/training-programmes-for-all-staff

Leadership Learning and Talent Management Supports continued:

National Healthcare Communications Programme

Please contact Winifred.Ryan@hse.ie for further information.

HSelanD hosts 329 e learning programmes and practice hubs

Please contact Louise.Doyle3@hse.ie for further information.

Dignity At Work Learning And Development Supports Include

- Support Contact Person
- Nominated Person
- Dignity at Work for Line Managers
- Train the Dignity at Work Trainer



Contact Details Leadership Learning and Talent Management South (HR)

Shirley Aherne Support Officer shirley.aherne@hse.ie

Michele Bermingham Regional LLTM Manager michele.bermingham1@hse.ie

Service contact number : 0214921213

Leadership Learning and Talent Management Supports include:

Team Development Supports

LLTM South can offer supports which are bespoke and which can be held over a period of time or shorter day team sessions around awareness of individual and team styles.

Please contact michele.bermingham1@hse.ie directly for further information.

Health Service Leadership Academy

Please contact Louise.Doyle3@hse.ie for further information.

National Coaching Service

Please contact Irene.Harris@hse.ie for further information.



2. Supports for Staff Undertaking Further Education

Where possible HSE South West aims to support staff undertaking further education by considering study and exam leave. This can be followed up with your line manager. You may also find relevant elearning training on [HSEland](#) enhance your health such as: Display Screen Equipment: User Awareness, Health and Wellness, Health and Safety, Mental Health, Promoting Physical Activity programmes.



3. hselibrary.ie HSE Library - Health Library Ireland

Health Library Ireland is our national resource for HSE employees to access libraries, online resources and get support from library staff. Library staff are available Mon-Fri 9am-5pm to assist with introduction to research queries and resources.

Additional information you may find useful can be found on our [About Us page](#).



To access useful health and wellbeing resources go to

hse.ie/eng/about/who/healthwellbeing

For latest Healthy Ireland updates:

- 1. Visit the HSE Health and Wellbeing website
www.hse.ie/healthandwellbeing
- 2. Follow them on Twitter
[@HsehealthW](https://twitter.com/HsehealthW)
- 3. Receive the HSE Health and Wellbeing Ezine hsehealthandwellbeingnews.com
healthandwellbeing.communications@hse.ie to sign up
- 4. Subscribe to the HSE Health and Wellbeing YouTube channel
[@HSEHealthandWellbeing](https://www.youtube.com/@HSEHealthandWellbeing)
- 5. Contact
healthyireland@hse.ie
- 6. Subscribe to the HSE Talking Health and Wellbeing Podcasts
hsepodcasts.podbean.com

Health Information Calendar available on hselibrary.ie



HEALTH INFORMATION CALENDAR 2025



JAN

- Jan-Dec [Building a Healthier Environment](#) SafeFood
- Jan-Dec [Parkrun](#)
- Jan 1-28 [Life is Better with Fruit and Vegetable campaign](#) [Bord Bia](#)
- Jan 4-18 [First Fortnight](#) Mental Health Art & Culture Festival
- Jan 8-12 Feb [Ireland Lights Up](#) GAA Healthy Clubs Step Challenge Get Ireland Walking
- Jan 20-26 [Cervical Cancer Prevention](#) [National Cervical Screening Service](#)
- Jan 27-2 Feb [National Grief Awareness Week](#) Irish Hospice Foundation
- Jan 28 [International Data Protection Day](#) [Council of Europe](#)

FEB

- Feb 1-28 [Oesophageal Cancer Awareness Month](#) [Oesophageal Cancer Fund](#) [Irish Cancer Society](#) [Marie Keating Breakthrough Cancer](#)
- Feb 4 [World Cancer Day](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- Feb 10 [International Epilepsy Day](#) [Epilepsy Ireland](#)
- Feb 11 [Safer Internet Day](#) [Webwise](#)
- Feb 15 [International Childhood Cancer Day](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- Feb 20 [World Day of Social Justice](#)
- Feb 24-Mar 2 [Eating Disorder Awareness Week](#) [Bodywhys](#)
- Feb 28 [Rare Disease Day](#) [Rare Diseases Ireland](#)
- Feb 28 Lollipop Day [Oesophageal Cancer Fund](#)

MAR

- Mar 1-31 [Endometriosis Awareness Month](#) [Endometriosis Association of Ireland](#)
- Mar 4 [World Obesity Day](#) [EASO](#) [WODAY](#)
- Mar 4 [International HPV Awareness Day](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- Mar 5 [National No Smoking Day](#) [Quit Smoking HSE](#)
- Mar 6 [World Lymphoedema Awareness Day](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- Mar 8 [International Women's Day](#) [The National Women's Council](#)
- Mar 13 [World Kidney Day](#) [Irish Kidney Association](#)
- Mar 10-16 [Brain Awareness Week](#) [Neurological Alliance of Ireland](#)
- Mar 15 [World Sleep Day](#)
- May 15 [Hello How Are You?](#) [Mental Health Ireland](#)
- Mar 17-23 [Nutrition and Hydration Week](#)
- Mar 19 [Social Prescribing Day](#) [All Ireland Social Prescribing Network](#)
- Mar 21 [World Down Syndrome Day](#) [Down Syndrome Ireland](#)
- Mar 21 [International Day for the Elimination of Racial Discrimination](#) [UN](#) [HSE National Social Inclusion office](#)
- Mar 22 [World Water Day](#)
- Mar 24 [World Tuberculosis Day](#) [Tuberculosis Service](#)
- Mar 28 [Daffodil Day](#) [Irish Cancer Society](#)
- Mar 31-Apr 6 [National Arthritis Week](#) [Arthritis Ireland](#)

APR

- Apr 1-30 [National Spring Clean programme](#) [An Taisce](#)
- Apr 1-30 [Bowel Cancer Awareness Month](#) [Bowel Screen](#) [Irish Cancer Society](#) [Marie Keating Breakthrough Cancer](#)
- Apr 1-30 [Testicular Cancer Awareness month](#) [Irish Cancer Society](#) [Marie Keating Breakthrough Cancer](#)
- Apr 2 [World Autism Awareness Day](#) [Irish Society of Autism](#)
- Apr 3-10 [Adolescent and Young Adult AYA Cancer Awareness week](#) [Irish Cancer Society](#)
- Apr 7 [World Health Day](#)
- Apr 8 [International Traveller and Roma Day](#) [HSE National Social Inclusion Office](#)
- Apr 11 [Cystic Fibrosis 65 Roses National Awareness Day](#) [Cystic Fibrosis Ireland](#)
- Apr 24-30 [World Immunization Week](#)
- Apr 28 [World Day for Safety and Health at Work](#) [UN](#)
- Apr 30 [National Workplace Wellbeing day](#)

MAY

- May 1-31 [EU Diversity Month](#)
- May 1-31 [Sunsmart Skin Cancer Prevention Month](#) [Irish Cancer Society](#) [Marie Keating Foundation](#)
- May 1-31 [Brain Tumour Awareness Month](#) [Irish Cancer Society](#) [Marie Keating Breakthrough Cancer](#)
- May 1-31 [Bealtaine Festival](#) [Age and Opportunity](#)
- May 5 [World Hand Hygiene Day](#) [WHO](#)
- May 5 [International Day of the Midwives' Day](#) [IMNO](#)
- May 6 [World Asthma Day](#) [Asthma Society of Ireland](#)
- May 7 [World Maternal Mental Health Day](#)
- May 8 [World Ovarian Cancer Day](#) [Irish Cancer Society](#) [Marie Keating Breakthrough Cancer](#)
- May 10-17 [Organ Donation Awareness Week](#) [Irish Kidney Association](#)
- May 11-18 [National Bike Week](#) [An Taisce Green Schools](#)
- May 12 [International Nurses Day](#) [INMO](#) [WHO](#)
- May 12-18 [European Public Health Week](#)
- May 17 [International Day Against Homophobia, Biphobia & Transphobia](#) [IDAHOT](#) [LGBT Ireland](#) [Belong To](#)
- May 19 [World IBD Day](#) [Crohn's & Colitis Ireland](#)
- May 19-25 [European Mental Health Week](#) [Mental Health Europe](#)
- May 19-25 [National Volunteering Week](#) [Volunteer Ireland](#)
- May 20 [International Clinical Trials Day](#)
- May 25-31 [European Week against cancer](#) [EU Commission](#)
- May 29 [World Health Digestive Day](#)
- May 30 [World Multiple Sclerosis Day](#) [MS Ireland](#)
- May 31 [World No Tobacco Day](#) [WHO](#) [Quit Smoking HSE](#)

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Please contact Dymphna McGettigan, dymphna.mcgettigan@hse.ie

APPENDIX 1

Health Information Calendar available on hselibrary.ie

JUN	<div>Jun 1 -30</div> <div>Jun 2</div> <div>Jun 5</div> <div>Jun 9-15</div> <div>June 9-13</div> <div>Jun 9-15</div> <div>Jun 9-15</div> <div>Jun 14</div> <div>Jun 19</div> <div>Jun 20</div> <div>Jun 21</div> <div>Jun 26</div>	<div>Cavernoma Awareness Month Cavernoma Ireland</div> <div>Cancer Survivors Day Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>World Environment Day UNEP</div> <div>National Carers' Week Care Alliance Ireland</div> <div>Scoot to School Week Green School An Taisce</div> <div>Infant Mental Health Awareness week HSE Perinatal Mental Health Services</div> <div>Men's Health Awareness Week Men's Health Forum in Ireland</div> <div>World Blood Donor Day IBTS</div> <div>World Kidney Cancer Day</div> <div>UN World Refugee Day UNHCR Ireland HSE National Social Inclusion Office</div> <div>UN International Day of Yoga</div> <div>UN International Day Against Drug Abuse and Illicit Trafficking</div>
JUL	<div>Jul 1-31</div> <div>Jul 11</div> <div>Jul 27</div> <div>Jul 28</div> <div>Jul 30</div>	<div>Sarcoma Awareness Month Irish Cancer Society Marie Keating Foundation</div> <div>UN World Population Day</div> <div>World Head & Neck Cancer Day</div> <div>World Hepatitis Day Hepatitis C Ireland</div> <div>International Day of Friendship</div>
AUG	<div>Aug 1-7</div> <div>Aug 12</div> <div>Aug 18-24</div> <div>Aug 19</div> <div>Aug 31</div>	<div>World Breastfeeding Week WABA HSE Breastfeeding Support</div> <div>International Youth Day UN</div> <div>Nursing Homes Week Nursing Homes Ireland</div> <div>World Humanitarian Day UN</div> <div>International Overdose Awareness Day HSE Drugs HSE Social Inclusion</div>
SEPT	<div>Sept 1-30</div> <div>Sept 1-31</div> <div>Sept 1-31</div> <div>Sept 1-31</div> <div>Sept 1-31</div> <div>Sept 4</div> <div>Sept 4-11</div> <div>Sept 7</div> <div>Sept 7-13</div> <div>Sept 9</div> <div>Sept 10</div> <div>Sept 13</div> <div>Sept 14</div> <div>Sept 15</div> <div>Sept 17</div> <div>Sept 19</div> <div>Sept 20</div> <div>Sept 21</div> <div>Sept 21</div> <div>Sept 24</div> <div>Sept 22-28</div> <div>Sept 26</div> <div>Sept 28</div> <div>Sept 29</div> <div>Sept 30</div> <div>Sept 30-6 Oct</div>	<div>Heart Month Irish Heart Foundation</div> <div>Childhood Cancer Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>See Change Green Ribbon Campaign Mental Health campaign</div> <div>Blood Cancer Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>Gynae Oncology Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>World Sexual Health Day HSE</div> <div>Migraine Awareness Week Migraine Ireland</div> <div>World Duchenne Awareness Day</div> <div>Palliative Care Week All Ireland Institute of Hospice and Palliative Care (AIHPC)</div> <div>International Fetal Alcohol Spectrum Disorders (FASD) FASD Ireland</div> <div>World Suicide Prevention Day HSE www.yourmentalhealth.ie</div> <div>World Sepsis Day</div> <div>World Gynaecologic Oncology Day OvaCare Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>World Lymphoma Awareness Day Lymphoma Forum of Ireland Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>World Patient Safety Day HSE Patient Safety</div> <div>Culture Night</div> <div>Mouth Cancer Awareness Day</div> <div>World Alzheimer's Day Alzheimer's Society of Ireland</div> <div>International Day of Peace UN</div> <div>World Cancer Research Day Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>European Week of Sport Sport Ireland</div> <div>Workplace Walking Day Get Ireland Walking</div> <div>National Walking Day Get Ireland Walking</div> <div>World Heart Day Irish Heart Foundation</div> <div>International Recovery day HSE Drugs and Alcohol Information and Support</div> <div>Positive Ageing Week Age Action Ireland</div>
OCT	<div>Oct 1</div> <div>Oct 1-31</div> <div>Oct 1-31</div> <div>Oct 1-7</div> <div>Oct 10</div> <div>Oct 10</div> <div>Oct 10</div> <div>Oct 12</div> <div>Oct 13-19</div> <div>Oct 13</div> <div>Oct 16</div> <div>Oct 16</div> <div>Oct 16</div> <div>Oct 18</div> <div>Oct 18</div> <div>Oct 18</div> <div>Oct 19-25</div> <div>Oct 20</div> <div>Oct 29</div>	<div>International Day of Older Persons Alone Age Action</div> <div>Breast Cancer Awareness Month Breast Check Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>Liver Cancer Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>National Breastfeeding Week HSE Breastfeeding Support</div> <div>World Mental Health Day HSE Your Mental Health Aware Mental Health Ireland Aware</div> <div>World Sight Day</div> <div>World Homeless day HSE National Social Inclusion Office</div> <div>World Hospice and Palliative Care Day</div> <div>International Infection Prevention Week IIPW</div> <div>World Thrombosis Day Thrombosis Ireland</div> <div>European Restart a Heart Day ERC</div> <div>World Food Day</div> <div>Developmental Language Delay DLD Awareness Day</div> <div>World Menopause Day</div> <div>Spiritual Care Week</div> <div>World Osteoporosis Day</div> <div>World Stroke Day Irish Heart Stroke Support</div>
NOV	<div>Nov 1-30</div> <div>Nov 1-30</div> <div>Nov 1-30</div> <div>Nov 1-30</div> <div>Nov 17-21</div> <div>Nov 12</div> <div>Nov 14</div> <div>Nov 16</div> <div>Nov 18</div> <div>Nov 19</div> <div>Nov 20</div> <div>Nov 19</div> <div>Nov 25</div>	<div>Global Lung Cancer Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>MS Readathon Multiple Sclerosis Ireland</div> <div>Prostrate Cancer Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>Stomach Cancer Awareness Month Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>Bereaved Children's Awareness Week Irish Childhood Bereavement Network</div> <div>World Pneumonia Day</div> <div>World Diabetes Day Diabetes Ireland Diabetic Retina Screen</div> <div>World Pancreatic Cancer Day Irish Cancer Society Marie Keating Foundation Breakthrough Cancer</div> <div>European Antibiotic Awareness Day EAAD https://antibiotic.ecdc.europa.eu/en</div> <div>International Men's Health Day Men's Health Forum</div> <div>Universal Children's Day</div> <div>World COPD Day COPD Support Ireland</div> <div>International day of elimination of violence against women HSE National Social Inclusion Office</div>
DEC	<div>Dec 1</div> <div>Dec 1-5</div> <div>Dec 3</div> <div>Dec 5</div> <div>Dec 10</div> <div>Dec 18</div>	<div>World Aids Day</div> <div>Awareness Week on Alcohol Related Harm HSE Alcohol resources</div> <div>International Day of Persons with Disabilities Disability Federation of Ireland</div> <div>International Volunteer Day Volunteer Ireland</div> <div>International Human Rights Day UN Irish Human Rights and Equality Commission HSE Social Inclusion Office</div> <div>International Migrants Day UN HSE Social Inclusion Office</div>

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Please contact Dymphna McGettigan, dymphna.mcgettigan@hse.ie



APPENDIX 2

Corporate leisure discounts for HSE staff

Kerry

Organisation	Contact Details	Address	Offer
Manor West Hotel & Leisure Club	066 719 4500 www.manorwesthotel.ie/leisure/info@manorwesthotel.ie	Manor West Hotel & Leisure Club, Rathass, Tralee, Co. Kerry.	3 Months: €165 6 Months: €320 12 Months: €510
Castlerosse Hotel Killarney	064 6631144 www.castlerosse.ie/killarney-hotel-with-leisure-facilities.html leisureclub@castlerosse.ie	Ballydowny, Killarney, Co. Kerry	6 Months: €200 12 Months: €300
Killarney Sports and Leisure Centre	064 6636554 killarney.coralleisure.ie info@killarneyleisure.com	Killarney Sports and Leisure Centre, Bypass Road, Killarney, Co Kerry	20% OFF: 6 & 12 Month Memberships
An Ríocht Leisure Centre	0667142199 www.riocht.ie www.riocht.ie/contact	An Ríocht Leisure Centre, Craigeens, Castleisland, Co. Kerry.	20% OFF: 5-9 Employees 25% OFF: 10-15 Employees 30% OFF : 15-20+ Employees
Banna Beach Leisure Club	066 7134103 www.bannabeachresort.com	Banna Beach Leisure Club, Ardfer, Co Kerry	10% OFF: 10 People 15% OFF: 15 People
The Aquila Club	064 6636178 aquilaclub@gleneaglehotel.com	The Aquila Club at The Gleneagle Hotel & Apartments, Muckross Rd, Killarney, Co.Kerry.	10% OFF



Corporate leisure discounts for HSE staff

Cork

Organisation	Contact Details	Address	Offer
Park Leisure Club	023 8834387 www.clonakiltyparkleisure-club.ie info@clonpool.com	Park Leisure Club, Clonakilty, Cork.	10% OFF
Coral Leisure Centre	021 4201696 killarney.coralleisure.ie info@killarneyleisure.com	Coral Leisure Centre, Carrignafof, Cobh, Co. Cork.	12 Months: Pool & Gym • Single €549 • Family €799
Club Vitae, Health & Fitness Club	021 4224900 www.clubvitae.com/corkclay-ton corkcity@clubvitae.com	Club Vitae, Health & Fitness Club, Clayton Hotel, Cork	Gym & Pool : • Monthly €47.50 (€35 signup fee) • Yearly €525
Fota Island Resort	021 4673131 www.fotaisland.ie/spa-membership fitness@fotaisland.ie	Fota Island Resort, Fota Island, Cork.	12 Month: • Single €1030 • Couple €1890
Oakgrove Leisure Centre	021 4356722 oakgroveleisure.ie info@oakgroveleisure.ie	Oakgrove Leisure Centre, Ringmahon Road, Blackrock, Cork.	12 Month: • Single €585 • Couple €952
Rochestown Park Hotel Leisure Centre	021 4890750 www.rochestownpark.com/leisure-centre.html info@rochestownpark.com	Rochestown Park Hotel Leisure Centre, Rochestown Rd, Douglas, Cork.	12 Months: Gym & Pool • Single €595 • Couple €995
Mardyke Arena	021 4904751 www.mardykearena.com mardykearena@ucc.ie	Mardyke Arena, University College Cork.	12 Months: Gym & Pool • Single €440 • Couple €790 Discounted Classes Available.
Actons Hotel Kinsale	021 477 2345 www.actonshotelkinsale.com/health-fitness leisure@actonshotelkinsale.com	Actons Hotel Kinsale, Co Cork.	12 Months: €550 6 Months: €300

Corporate leisure discounts for HSE staff

Cork

Radisson SAS	021 4297000 www.radcork.com/fitness thespa.cork@radissonblu.com	Radisson SAS, Eastgate, Little Island, Cork.	Gym & Pool: 12 Months: €630 6 Months: €360
Hi B Fitness Bowling Green	022 58291 www.hibfitness.ie/contact leisure@hibernianhotelmallow.com	Hi B Fitness Bowling Green, Mallow, Co. Cork.	Gym & Pool 3 Months: • Single €185 • Couple €315 6 Months: • Single €295 • Couple €530 12 Month: • Single €480 • Couple €885 • Family €1,050
Midleton Park Hotel	021 4635151 www.midletonpark.com/about-us.html leisure@midletonpark.com	Midleton Park Hotel , Midleton , Co Cork	12 months : €495
Garryvoe Hotel Health Club	021 4647177 www.garryvoehotel.com/health-club res@garryvoehotel.com	Garryvoe Hotel Health Club, Garryvoe, Ballycotton, Co. Cork	12 months: €550
Aura	024 91614 www.auraleisure.ie/location/youghal	Aura – Youghal, Claycastle, Youghal, Cork.	12 months: €495
Club Vitae	024 93095 www.qualityyoughal.com-Membership.html barry.qualityhotels@gmail.com	Club Vitae, Quality Hotel & Leisure Youghal. Co. Cork	12 months: • Single €300 • Couple €450 • 1 st child €75 • 2 nd child €50
Skibbereen Sports Centre	02822624 skibbsportscentre.ie niall@skibbsportscentre.ie	Skibbereen Sports Centre, Gort-naclohy, Skibbereen, Co. Cork, Ireland	15% Corporate Rate for HSE staff
Maryborough Club	Leisure@maryborough.ie 021 4918327 www.maryborough.com/fitness	Maryborough Hotel & Spa, Maryborough Hill, Douglas, Cork, Ireland	Discounted Rate to HSE Staff on the Classic Memberships and all others are as advertised
Power gym @Dean Cork	Rebecca@powergym.ie 021 2341200 powergym.ie/clubs/the-dean-cork	Horgan’s Quay, Railway St, Northern Quarter, Cork	15% Reduced Membership Rate for any HSE employee



Staff Health and Wellbeing Countdown to Christmas



- 1 Put down that to do list and do something uplifting like getting busy outside to give your body a natural boost.
- 2 It may be the season of good will but low mood can affect us all. Click here for tips to improve your mood: [yourmentalhealth](#)
- 3 As the festive season glimmers, let us also cherish our vitality. For guidance on the path towards sexual wellness, click here: [sexual wellbeing](#)
- 4 Eating a wide variety of nourishing foods daily provides us with the nutrients and energy we need for good health. Click here for more information: [healthy eating](#)
- 5 Indulge in the enchanting realm of our staff health and wellbeing webinars, where tales of self-care, weight management, and menopause await. Delve into them here: [staff health and wellbeing](#)
- 6 Would you like to quit smoking? Get tips, tools, support and **FREE NRT** to quit smoking for good. Phone: **021 4921641** or Click here to help you quit: [you quit](#)
- 7 Amidst the festivities of Christmas, alcohol may flow more freely. Equip yourself with the tools to trace your drinking patterns here: [askaboutalcohol](#)
- 8 Feeling overwhelmed with work, home life, or your own mental health? EAP is here to save the day, providing a free, confidential, and independent service. Dial 0818327327 and let's chat!
- 9 Sleep plays a vital role in maintaining our emotional intelligence. Tips and self-help information on sleep are available here: [yourmentalhealth](#)
- 10 Looking for a network that supports staff with disabilities, long-term health needs, or neurodiverse conditions? Le Chéile has got your back! Click here to explore further: [culture and diversity](#)
- 11 Unlock the secrets to a healthier and more fulfilling workplace by exploring our staff health and wellbeing initiative. Click here to discover more and learn how to apply [staff health and wellbeing](#)
- 12 There are oodles of perks to keeping those bones and muscles active! Give your derriere a break, spice things up by shuffling around, and stretch those limbs throughout the day!
- 13 Did you know there is a Culture, Diversity and Inclusion Network to support staff from different cultures and backgrounds? Click here to find out more: [culture and diversity](#)
- 14 The ultimate destination for fulfilling your health and wellbeing needs is just one click away [staff health and wellbeing](#)
- 15 Attend to the sanctity of your mind. Unveil the secrets to your wellness through our "Minding Your Wellbeing" program. Click here to find out more: [Minding Your Wellbeing](#)
- 16 You can get fit and fab for free with HSE Health and Wellbeing's YouTube workout programmes! Get your sweat on without spending a penny here: [HSE Health and Wellbeing you tube](#)
- 17 Hey, superheroes with long-term health conditions, we've got your back! Come join us for a **FREE** 6-week "Living Well" Programme and unleash your inner warrior! Click here to find out more: [self management support](#)
- 18 Consider reaching out to a relative or friend who lives alone and may appreciate a call.
- 19 Working over Christmas? Take time to relax, this can help with difficult emotions or worries, and improve your wellbeing.
- 20 Spread the joy by giving unwrapped toys or hamper to a local charity. Nothing can be compared to the happiness you get doing a good deed. It's the reason for the season.
- 21 Reach Out is a network that can support our LGBTQIA + staff. To join click here: [culture and diversity](#)
- 22 Access further resources for Staff Health and Wellbeing by clicking here: [staff health and wellbeing resources](#)
- 23 Ready to map out your happy future, both now and beyond? Check out the Personal Happiness Planner and start crafting your joy-filled journey here: [happiness calendar](#)
- 24 You made it to Christmas! Just one more Sleep....
Shh!



