

WORKPLACE WELLBEING WEEK 2023



Scroll through the brochure to see the full schedule of events taking place during Workplace Wellbeing Week 24th - 28th April 2023.

All links to virtual events can also be found within this brochure.



MONDAY 24TH APRIL



Financial Wellbeing Clinics

Ground Floor, The Hub

Drop in anytime between 10am - 4pm

All providers will be in The Hub on Monday & Tuesday

Meet with all of the providers listed below

Bank of Ireland

VHI

Laya Healthcare

Willis Tower Watson

Cornmarket

HSE

Cognate Health

FBD

Tailored Finance



Meet with Retired Staff Association

Aine Hyland Room, The Hub

Drop in anytime between 10am - 4pm

Laya Body Composition Testing

Lucy Smith Room, The Hub

Between 10am - 4pm. Booking required.

[Click here to book your appointment](#)

Overview of Income Continuance & Supplementary Life Assurance (with Willis Tower Watson)

The Shteppeps, The Hub

11am - 12pm

[Click here for more information](#)





Bank at Work

Everything you need, right where you need it

Bank at Work brings Bank of Ireland Directly to UCC employees, to support your day-to-day and longer term banking needs, and works around you and your schedule.

Onsite Financial Clinic | UCC
Monday & Tuesday 24th / 25th April

To set up a 1-1 meeting with your dedicated Bank at Work advisor, please contact us below:

Please note we remain available for virtual 1-1 meetings

Email:

Web:

SMS:



Classified as Private (Amber) Bank of Ireland is regulated by the Central Bank of Ireland.

Vhi + U.C.C Grp 137, 672 & 2793

If you're looking for a quote or to discuss your Vhi policy, please ensure to call to the Vhi stand at the staff Well-being day. You can speak with a policy expert regarding plans and discounts for Health Insurance.

Alternatively should you wish to speak with a Vhi expert you can contact the Corporate line on the number below and quote your group scheme number to renew or join.

Group scheme renewal date: 01-June 2023

Your Vhi Group scheme number: Staff-137, Graduates-672, Pensioners-2793

Vhi Corporate advice line: 056 77 75800

Open 8am – 7pm Monday to Friday
& 9am – 3pm on Saturdays.

Click on the below icons for more information on the Vhi App, Mindfulness app discount & Vhi Online health team









Vhi Healthcare DAC trading as Vhi Healthcare is regulated by the Central Bank of Ireland.





Laya Healthcare will be on-site to provide Body Composition Tests on the:

24th April

The below measurements are carried out by our nurse and will take approx. 5 minutes to complete

- Body Type
- Body Fat % and Fat Mass
 - Fat Free Mass
 - Muscle Mass
- Total Body Water and Body Water
 - Bone Mass
- Basal Metabolic Rate (BMR)
 - Metabolic Age
 - Visceral Fat Rating
 - Body Mass Index

Do I need to sign up? Yes, follow the link below to register.

| When | Where |
|------------------------|------------------------------------|
| 24 th April | Dr Lucy Smith Room in the Hub, UCC |

Book Now

Places are limited so book early to avoid disappointment.

If the above link doesn't work, you can copy and paste this link into your web browser:

<https://laya-corp.ameds.ie/booking/from-code?code=UCCBC>



TUESDAY 25TH APRIL



Financial Wellbeing Clinics (see list of providers above)

Ground Floor, The Hub

10am - 4pm

Resilience – Talk by Dessie Fitzgerald

Hybrid (MS Teams & Dora Allman)

[Click here to join](#) or come along to

the Dora Allman

11am - 12pm



Cornmarket Health Insurance -

Talk by Dermot Goode

12pm - 1pm

Virtual - [Click here to sign up](#)

(The Zoom link will be emailed to you when you sign up)



Want personalised advice from Cornmarket's Health Team?

Book your one-to-one meeting now, by emailing Aisling

Donnelly: aisling.donnelly@cornmarket.ie

TUESDAY 25TH APRIL



Drawing & Wellbeing Workshop

The Glucksman

1pm - 2pm

The workshop will focus on playful and intuitive drawing activities to encourage mindfulness and relaxation. Led by a professional artist, the session is suitable for artists of all abilities whether beginner or experienced.

This workshop is free and all materials will be provided.

The creative outcomes of this workshop will be exhibited at the Glucksman Foyer Exhibition Space from Wednesday 26th to Sunday 30th April.

Booking is essential.

Email

education@glucksman.org
to book your place



Believe. Belong. Become.

staffwellbeing@ucc.ie

WEDNESDAY 26TH APRIL

Menopause Talk with Dr Brenda Moran

Virtual - [Click here to join](#)

10am - 11am



Menopause Café

Virtual - [Click here to join](#)

11am - 12pm

Chaplaincy Bereavement Talk

North Wing Conference Room

12pm - 1pm



THURSDAY 27TH APRIL



Mental Health in Young People:

Spectrum Life Webinar

Virtual - [Click here to join](#)

9.30am - 10am



Men's Health Psychology:

Spectrum Life Webinar

Virtual - [Click here to join](#)

11am - 11.30am

Connect with... Student Health & Wellbeing with Dr Michael Byrne

Virtual - [Click here to join](#)

12pm - 1pm



Understanding Anxiety:

Spectrum Life Webinar

Virtual - [Click here to join](#)

2.30pm - 3pm

FRIDAY 28TH APRIL



Coping with Disappointments and Difficult Situations - Talk by Brid O'Meara

Virtual - [Click here to join](#)

9.15am - 10.45am



My Teaching and Wellbeing - Talk by Anna Santucci & Susan O'Mahony

Virtual - [Click here to join](#)

11.30am - 12.15pm

