

Staff Headlines

29th October 2020

Public Health Agency (PHA) Close Contact Information

If you have been identified as a 'close contact' via 'HSCtracing' text or through the StopCOVID app you need to self-isolate for 14 days.

Self-isolation means you must stay at home and not leave the house for 14 days.

For further information visit www.pha.site/coronavirus.



I have been identified as a 'close contact' via 'HSCtracing' text or through the StopCOVID app

? What does this mean? **Go home** → **Stay home**

Can I go to the shops?	No ✗
Can I go to work or school?	No ✗
Can I go out for a walk or exercise?	No ✗
Can I meet up with friends outside?	No ✗
Can I go into my garden?	Yes ✓
Can I visit my friends or family?	No ✗

Does this mean I will definitely get COVID-19? **No but you are at risk - a 'close contact' is a person who has been close to someone who has tested positive for COVID-19.**

How long do I need to stay at home? **14 days**

As a close contact you need to self-isolate at home because you are **at risk of developing symptoms in the next 14 days** and could spread the virus to others before the symptoms begin.

If you develop symptoms book a test.

www.pha.site/coronavirus 

'Digital Leaders 100 Awards'

WE MADE THE TOP THREE

Well done to our Digital Transformation, Admissions, ICT and Communication Teams



EA named in top three in Digital Innovation Awards

We were delighted to be named as a top three finalist in the 'Digital Public Service Innovation of the Year Award' for our work on school admissions.

The awards, organised by Digital Leaders 100, celebrate businesses and organisations who champion and implement meaningful digital transformation.

A huge congratulations to our Digital Transformation, Admissions, ICT and Communications Teams who worked so hard to bring about a modern, efficient digital facility for parents to apply online to schools/pre-school providers participating in the Pre-School Education Programme.

Thank you to everyone who voted for us and congratulations to the Department of Work and Pensions who won the award with their 'Tell us once' initiative.

Step up to Christmas 30 Day Step Challenge

Calling all 'steppers' & 'would be steppers'

As part of getting fit and staying connected, the Health and Wellbeing team are pleased to launch 'Step Up to Christmas: 30 day step challenge'.

Why not take part in a fun and effective way to advance your health goals, boost your immunity and stay motivated.

This event is aimed at getting us moving and active in the 'step up' to Christmas at a time that we all could do with a wee boost. It is also an opportunity to have a bit of social interaction with our colleagues, albeit at a distance.

- The 30 day step challenge will run from 1st to 30th November 2020.
- Staff will form their own socially distanced group of three members; so this could be three friends or colleagues from various departments/schools.
- The aim is to complete as many steps in 30 days as possible as a group of three.
- Total weekly team steps should be sent to Ryan (Ryan.Cunningham@eani.org.uk) who will monitor progress on a weekly basis.
- Staff can count steps through their phone, step counter or Fitbit.

You should have a team name and nominate one person in the group to report weekly. Watch out for spot prizes!

We are looking forward to monitoring your progress- are you ready for this challenge?

For more information, visit the [Health and Wellbeing Hub](#) or email healthandwellbeing@eani.org.uk



Health & Wellbeing Courses Financial & Mental Health Workshops

The EA Health and Wellbeing Team have arranged a number of events and workshops in a bid to continue helping and supporting the health and wellbeing of our staff.

The following courses are available during the first few weeks in November in advance of the Launch of the EA Healthwell Programme November 2020 - March 2021, which will contain a full programme of events, workshops and webinars.

Mental Health



- The Mindful Manager - 10 November 9.30am - 1.00pm
- Bite Sized Session - Managing Stress and Building Resilience through Uncertain Times - 10 November 4.00pm - 5.00pm
- Mental Health Awareness - 11 November 2.30pm - 4.30pm
- Personal Resilience - 13 November 11.00am - 1.00pm

Financial Health



- Financial Wellbeing - Christmas Themed
- Consumer Council - 4 week Virtual Workshop

For details and booking onto these course please click [here](#).

For further information please email: healthandwellbeing@eani.org.uk

We want to
hear from you

If you have any news or stories
that you would like to be
considered for inclusion in
an upcoming edition of staff
hEAdlines, email
comms@eani.org.uk

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