SEL Employee Assistance Programme (EAP)
Virtual Lunch & Learn Series – Discover Your Benefits!

Following the extension of the **SEL Employee Assistance Programme (EAP) for primary and social care pilot** for a further year, we're offering a series of short virtual Lunch & Learn sessions to help you understand and access the wellbeing support available to you through **Vivup**. These sessions are ideal if you're new to the EAP or want a quick refresher.

✅ Who is this for?

Open to all health and social care workforce in Primary and Social Care across South East London ICS.

✅ What You'll Gain:

- **Overview of the EAP services**
  Learn about the full range of confidential support available from counselling and financial advice to work/life wellbeing support.
- **Live demo of the Vivup platform**
  See how to access your account and make the most of the tools and services, including wellbeing resources and personalised support available.
- **Lifestyle Savings and Discounts**
  Discover how to unlock savings on everyday spending, from high street shopping to utilities.
- **Live Q & A**
- Opportunity to ask questions – Get answers in real time from the Vivup team

🗓️ Sessions Dates – Choose One That Suits You!

Each session will cover the same content so join the date that works best for you.

🗓️ Wednesday 13 May | 🕛 12:00 – 12:30 PM

🔗 Joining link: https://teams.microsoft.com/meet/338789810306176?p=MTDE0Dg9zMNJQBgRFw Meeting ID: 338 789 810 306 176, Passcode: tR7Bh6gN

🗓️ Wednesday 27 May | 🕛 12:00 – 12:30 PM

🔗 Joining link: https://teams.microsoft.com/meet/350656611948401?p=9tJYqh9iEAk5HMSHoG Meeting ID: 350 656 611 948 401, Passcode: 5rZ2pC2g

🗓️ Wednesday 3 June | 🕛 12:00 – 12:30 PM

🔗 Joining link: https://teams.microsoft.com/meet/359945237783198?p=9b38ZMcSUoPMeaHOsC Meeting ID: 359 945 237 783 198, Passcode: Z4nh6tE2

🗓️ Wednesday 10 June | 🕛 12:00 – 12:30 PM

🔗 Joining link: https://teams.microsoft.com/meet/361152475763938?p=RBYNifCUWdbobTcowV Meeting ID: 361 152 475 763 938, Passcode: Kx726Ag3