



Health & Wellbeing Briefing March 2025

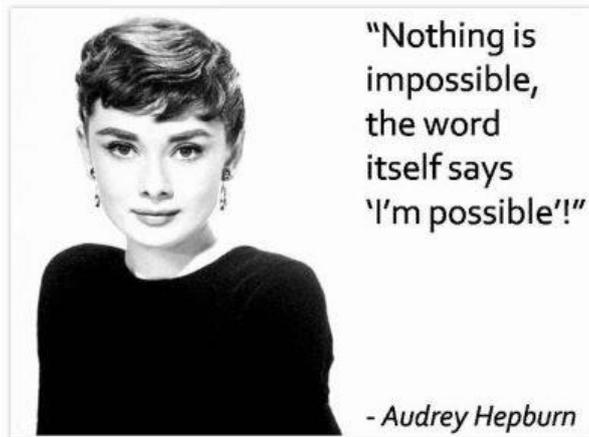
Employees with differing visual requirements may wish to use [Accessibility View](#) to access this briefing. Click on the three dots on the top right of this document and select [Accessibility View](#) from the list of options.

There are a range of different sources of support included in this briefing, but, if you are finding things difficult at the moment you may wish to raise any of the topics covered, or any other issue, with your manager at your next one-to-one meeting.

- Quote of the Month
- Women's Health - International Women's Day
- Do you have a story to tell?
- Health and Wellbeing Calendar of Events 2025

- Employee Appreciation Day
- Lifestyle choices - National No Smoking Day
- World Sleep Day - 14 March
- International Day of Happiness
- Employee Benefit - Health Cash Plan
- Prostate Cancer Awareness Month
- Weekly Meditation Sessions
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Quote of the month



International Women's Day



International Women's Day (March 8) is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality.

This year's theme is "**Accelerate Action**" for gender equality. More information is available [here](#)

Event

- Join **Soroptimist International Perth** as we celebrate **International Women's Day** on **Saturday 8th March 2025** at the **PKC Civic Hall**.
- Be inspired by an incredible lineup of speakers, including **Scottish actor and comedian Lubna Kerr**, **acclaimed poet Jim Mackintosh** and **published writer Avril Duncan**.
- Gain valuable insights from the **Citizens Advice Bureau** and explore the achievements of remarkable local women in **Gill Ryan's presentation, Perth Women on Wikipedia**.
- This event is **free** and everyone is welcome, but registration is required.
- **For more programme details and to secure your spot, visit the following TicketSource link: ticketsource.co.uk**

Celebrate International Women's Day with Menopause Café, Perth -

A Menopause Café, aimed at breaking down the stigma around menopause and increasing awareness of the impact of the menopause on those experiencing it, their family, friends and their colleagues will be held in Blend Coffee Lounge, High Street, Perth PH1 5QJ from 6 – 7.30pm on Friday 7th March 2025. The Perth event is being organised by Heather Borderie and Rachel Weiss.

Heather said, "We are delighted to be hosting this event the day before International Women's Day to bring together people who are going through what can be a difficult time in their life. The Menopause Café is open to all, so people who want to support partners, friends & colleagues, and those that just want to know what menopause and peri-menopause is, can come along and join the discussion."

Booking on Eventbrite is recommended:

<https://www.eventbrite.com/e/menopause-cafe-perth-scotland-tickets-1203207258299?aff=erelpanelorg>

For more information, please see the Events tab on <http://www.menopausecafe.net>

Women's Wellbeing Staff Network -

The network provides a confidential space for women to share feelings and experiences, raise awareness and receive peer support on topics that might affect women's physical and mental wellbeing. The next meeting will be held on 18 March at 3.00pm. Click the following link to join:

[Join the meeting now](#)

Meeting ID: 398 068 253 41

Passcode: wP7oJ28R

Do you have a story to tell?



What do you do for your wellbeing? Are you part of a group? Could you set up a group for like minded colleagues, eg Cycling, Walking, Swimming (Wild water or otherwise), craft activity, hobby?

We are keen to hear from you and promote wellbeing activities through this briefing to help and inspire others.

We are also happy to receive your lived experiences and your story can remain anonymous if you wish.

You could write something yourself or have a chat with someone from People and Culture who can write it up for you.

Please get in touch to promote your ideas or share your story. Email HR@pkc.gov.uk

Employee Appreciation Day



Employee Appreciation Day takes place on Friday 7 March. It is an excellent opportunity to show employees they are appreciated, which, in turn, boosts morale, engagement and loyalty.

Here are a few tips to show appreciation:

- Show gratitude and say thank you;
- Encourage peer recognition;
- Make time for your team members;
- Collect and act on employee feedback;
- Maintain open communication channels;
- Celebrate milestones and anniversaries;
- Promote employee wellbeing.

Make this year's Employee Appreciation Day the perfect time to start creating a culture where employee appreciation is part of people's everyday experience at work.

The most important thing to say on Employee Appreciation Day is simply "thank you".

Lifestyle Choices - National No Smoking Day



This year's theme for No Smoking Day, on Wednesday 12 March, is "**Quit and Win**". The campaign run by [ASH Scotland](#) encourages people who smoke to quit and win with their health, fitness, mental health and finances when they leave tobacco behind.

Quit Your Way Scotland run by NHS 24 on behalf of the Scottish Government and is staffed by trained advisors who will be able to give you personalised advice. The Service can help you -

- to plan to stop in a way that suits you;
- talk through the options available to you;
- offer support and advice when you are trying to stop.

Further information is also available by requesting a free [Quit Your Way Scotland Booklet](#).

World Sleep Day - 14 March



Prioritising your sleep is as crucial as eating well and staying active.

A healthy adult needs around 7 to 9 hours of sleep. However, age and personal circumstances can affect how much sleep we get.

The mental health benefits of good sleep include boosting our mood, reducing stress and helping with anxiety. Watch this short [video](#) on tips for sleeping better.

There is a variety of resources/podcasts/blogs/workbooks on the YourCare platform to help you sleep better. [Log-in or register](#) to find out more.

International Day of Happiness



"Caring and Sharing" is this year's theme for International Day of Happiness being held on 20 March. The act of sharing happiness can create a sense of community, foster connections between people, and improve overall wellbeing.

International Day of Happiness is an opportunity for everyone to take steps to make themselves and others happier, to reflect on what makes them happy, and explore new ways to be happy.

Caring and sharing can improve our life and maybe inspire us to do more for others:

- Helping others is good for your health
- It helps us handle stress better
- Increases happiness levels
- Boosts your self-esteem

Remember smiling and laughing are among the best methods of relieving tension, and best of all, they are free! Share what you're doing to help create a happier workplace, spread the word and inspire others.

Employee Benefit - Health Cash Plan



It is important to take care of your health. We all have different health requirements, which may result in unexpected costs.

Have you heard of the Corporate Health Cash Plan? The Plan provides benefits to help cover everyday healthcare expenses. Click [here](#) for more information.

Prostate Cancer Awareness Month



March is Prostate Cancer Awareness Month, a crucial period dedicated to raising awareness about prostate cancer, the most common cancer among men in the UK.

The campaign focuses on educating men about the importance of early detection, breaking down the stigma associated with discussing men's health issues, and the available treatment options. You can check your risk in 30 seconds - [click here](#)

More information on prostate cancer is available on [NHS Inform](#).

Weekly Meditation Sessions



We can often put our health and wellness on the back burner due to work deadlines, family obligations or other stressors.

What do you do for your wellness? Have you tried meditation? Did you know there are free weekly meditation sessions available to Council employees?

Vicki Watt, Senior Social Care Officer started running weekly guided meditation sessions for Council employees during Covid and has continued to do so.

The session runs on a Thursday morning from 11.00am-11.30am on Teams. If you can't make a session, a link to a recorded session will be made available to use at your convenience.

Please contact Vicki - VEWatt@pkc.gov.uk if you would further information.

[Click here to join the meeting](#)

Meeting ID: 342 031 996 658

Passcode: iRD5rK

Wellbeing Support



Whatever mental, physical, financial or personal issue you may be experiencing please seek help.

There is a range of support available for you:

Your Care – Employee Assistance Programme (EAP)

[In the moment support](#)

A type of counselling or support that is provided in real-time at the very moment you are experiencing a particular issue. Need to talk? Call 0800 023 9324, 24/7, 365 days a year.

Counselling

This can be accessed in different ways:

- Following an in the moment call you may be advised that further support is recommended.
- You may decide to contact the EAP directly yourself using 0800 023 9324.
- Your manager can refer you to the EAP.

The EAP provides you with an initial telephone assessment and triage process. If you require access to telephone counselling you will be booked in for a telephone assessment with a counsellor. Up to 6 x 30-minute appointments are available for a specific issue.

You can speak in confidence to fully qualified counsellors and support specialists to discuss any emotional, personal or work-related issues.

Please note: this service is confidential and your manager will not receive any feedback from the service provided – even if they have referred you.

Other sources of support

Our [wellbeing page](#) includes a variety of resources to support you with your mental wellbeing, including [Access to Work Mental Health Support Service](#), funded by Department of Work and Pensions (DWP) for longer term support. (Please note: this is not a counselling service but a support service to help you remain at work.)

Learning and Personal Development



There are a variety of Wellbeing courses being run during March. To find out more and sign up click [here](#).

Other Useful Reads

[Issue 72 - Community Engagement News](#)

[Equalities Newsletter 32](#)

[Mindful March | Action for Happiness](#)

Previous Health & Wellbeing Briefings

Have you missed previous briefings? You can view them on the website on the [Wellbeing Support page](#)