

Health & Wellbeing Briefing February 2026



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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.

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Quote of the month



Time to Talk Day



The theme for this year's Time to Talk Day, on 5 February, is "**Making places stigma free for everyone**".

This Time to Talk Day we're asking people to consider what needs to happen to create safe spaces – and to consider what stigma free workplaces look and feel like. Feeling safe to talk about our mental health reduces stigma. A supportive employer and workplace allow us to talk openly about mental health and to feel empowered to seek help when we need it.

Mental health stigma and fear of discrimination create significant obstacles for people trying to discuss their mental health. Providing non-judgmental and compassionate support in the workplace can facilitate these important conversations.

We are encouraging all workplaces to engage in activities that focus on what they can do to help employees feel safe speaking about mental health and to use this day to highlight what support is available for employees if they disclose a mental health condition.

If you have any questions about Time to Talk Day or would like to have a chat about your See Me in Work Journey/ using See Me resources in your workplace then please do not hesitate to reach out at www.seemescotland.org

Further information can be found in our workplace activity pack employers-pack-2026.pdf

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, e.g. 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 with Brian Mackie, bjmackie@pkc.gov.uk to promote your ideas or share your story.

Team Story - Health & Wellbeing



The Hospital Discharge Team have shared their story about what they have put in place to help with their health and wellbeing.

Here is their story:

The Hospital Discharge Team were delighted to recently receive a set of picnic benches and wooden planters, created in partnership with the staff and inmates at HMP Perth.

During the team's recent Insights Session, the group agreed that more focus should be placed on team building and celebrating success. One of the ideas that emerged was to have a picnic bench in the garden, to enable staff to spend time together during lunch in the good weather.

The staff at HMP Perth kindly agreed to support this request as one of their projects and invited several team members to visit the prison to see the benches being made. A few weeks later, the completed picnic benches were delivered to the garden at Perth Royal Infirmary.

Although we are currently in the midst of winter, the team are very much looking forward to using the new benches and preparing the planters for spring and summer. Being able to enjoy lunch outdoors will provide a valuable opportunity to strengthen relationships, share conversations, and get to know one another better — all while enjoying fresh air and, hopefully, some sunshine.

We recognise as a team that our wellbeing is especially important in our work in Health and Social Care because the quality of care and support depends directly on the people delivering it. Research shows that when staff feel supported, healthy, and valued, the outcomes for clients, service users, patients, organisations, and the workforce improve significantly.

The Hospital Discharge Team would like to express a very big thank you to the staff and inmates at HMP Perth for their generosity, craftsmanship, and support in bringing this idea to life.

A big thank you to the team for sharing their story.

New Year - Lifestyle Changes



New Year's resolutions already broken? Do you feel the promises you made to yourself to make lifestyle changes and setting goals have fallen at the first hurdle? Not to worry, instead of making new year's resolutions, try making new month's resolutions. This means if you fall short of a goal, you don't have to wait a whole year to start again.

Instead wait a month then start again.

Help is at hand. The Your Care Wellbeing Platform has a wide variety of health and wellbeing resources to choose from:

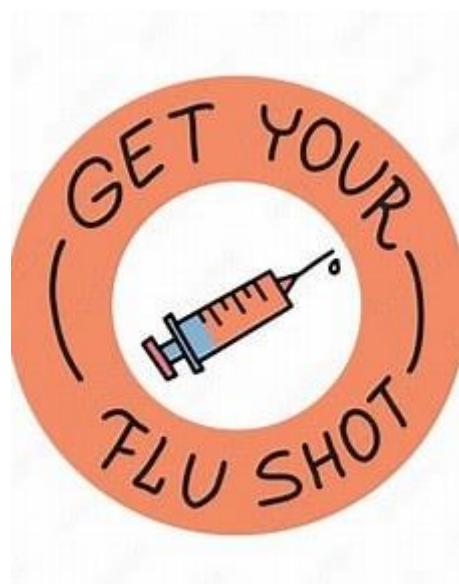
Carry out assessments to find your current Health Balance;

Set yourself goals to improve your health and wellbeing; and

View the many resources to help you to achieve your goals.

[Log-in or register](#) to find out more.

Flu Vaccination Reminder



There's still time to get your flu vaccination.

To find out if you are eligible visit the [Flu Immunisation Programme](#)

We recognise that there will be employees who are not eligible for a free vaccination. If you still wish to be vaccinated, you should arrange a private flu vaccination from a local pharmacy and submit an expenses claim via MyView to be reimbursed up to a maximum of £19.30. This is a taxable benefit and you should retain a copy of your receipt for HMRC purposes.

Random Acts of Kindness Day



Random Acts of Kindness Day celebrated on 17 February encourages individuals to perform acts of kindness for others, without expecting anything in return.

Kindness has been shown to reduce stress, improve mood and have a positive effect on individuals.

How to celebrate Random Acts of Kindness Day:

- Send a kind message to a friend or family members to brighten their day.
- Volunteer your time at a local charity or foodbank to help those in need.
- Offer help to someone who may need assistance such as carrying their groceries.
- Hold the door open for others, letting someone go ahead of you in a queue.

Share your inspiring kindness stories with us.

If you are interested in volunteering, our [Employer Supported Volunteering Policy](#) can help give you more time to volunteer.

Following a discussion with your Line Manager, all volunteering leave can be requested using [MyView](#).

Eating Disorders Awareness Week



This annual event takes place from 23 February to 1 March.

In the UK, at least 1.25 million people are living with an eating disorder. The awareness week aims to reach audiences with the message that eating disorders are serious mental health condition that can affect anyone, at any age, gender, or background, at any time.

More information and support on eating disorders can be found on [Eating disorders NHS inform](#). You can also find more information in the self-help workbook on eating disorders available on our [Employee assistance programme](#) platform.

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.)

PKC Learn



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

PKC Learn Upgrade - our updated eLearning platform is now live and available on all devices. You'll have access to 7 mandatory training modules, and other resources will be available for self-enrolment.

Find out more: [PKC Learn upgrade - what you need to know](#) Login here: [Me Learning](#)

Previous Health & Wellbeing Briefings

Have you missed previous briefings? You can view them on the website on the [Wellbeing Support page](#), where you will also find the latest addition of the Compass Magazine, published by People Asset Management.