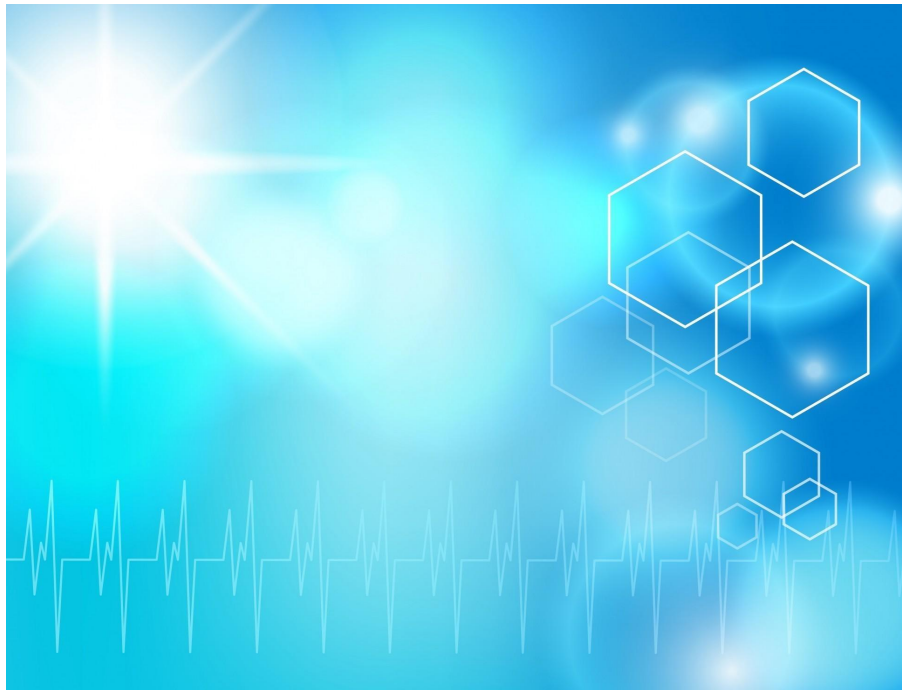


# Health & Wellbeing Briefing April 2026



**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.**

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## Quote of the Month

Hello April

Always keep moving forward,

Pushing your limits, and

Remember, each obstacle

Is a chance to grow, to

Learn from the past and thrive

[OurMindfulLife.com](http://OurMindfulLife.com)



## One Parent Families Scotland



**One Parent Families Scotland – Lone Parent Helpline & Debt Service**

**Support that understands the realities of single-parent life**

Single parents often juggle more than most, and at times the load can feel overwhelming. Whether you're a single parent working within PKC or a practitioner supporting families, **One Parent Families Scotland (OPFS)** is here to help.

OPFS is Scotland's leading charity dedicated to improving the lives of single parents and their children. Through our **Lone Parent Helpline**, we offer more than information, we provide *understanding, connection, and practical solutions* for the challenges single parents face every day.

### **What the Lone Parent Helpline offers**

A safe, confidential space to talk about anything affecting single-parent life, including:

- **Money worries and benefits**
- **Housing issues**
- **Children, relationships, and family dynamics**
- **Mental health and wellbeing**
- **Work, education, and training options**

Parents can get in touch in the way that feels most comfortable, phone, email, webchat or message.

### **Free, impartial Debt Support for single-parent families**

Money stress can happen to anyone and tackling it alone can be frightening. OPFS provides a **free, impartial debt service** exclusively for single parents, offering:

- **A response within 48 hours**
- **Immediate guidance on any type of debt**
- **Specialist practitioners who stay with you throughout the journey**
- **Support with everything from budgeting and repayment plans to formal solutions such as bankruptcy**

Our team takes a non-judgemental, compassionate approach and ensuring parents feel supported, not ashamed.

Our services are open from 9.30am – 4pm, Monday to Friday.

Contact us by Phone: 0808 801 0323

Webchat: Talk to us - One Parent Families Scotland

Email: [advice@opfs.org.uk](mailto:advice@opfs.org.uk)

Or for more information about a range of topics, visit [www.opfs.org.uk](http://www.opfs.org.uk)

## 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](mailto:bjmackie@pkc.gov.uk) to promote your ideas or share your story.

## National Walking Day - 1 April



National walking day on April 1 - are you ready to step into a healthier lifestyle.

How can you increase your step count:

Walk to work, park your car further from the office, find a walking buddy.

Keeping fit is a great way to boost your mental wellbeing.

Check out PKC's [Walks & Paths to Explore](#) Perth & Kinross Council for inspiration to get out and about.

## World Health Day - 7 April



World Health Day 2026, observed on 7 April, calls on people everywhere to stand with science. Under the theme “Together for health. Stand with science”, this year’s observance launches a year-long campaign celebrating the power of scientific collaboration to protect the health of people, animals, plants, and the planet. The campaign spotlights both scientific achievements and the multilateral cooperation needed to turn evidence into action – through a strong focus on the One Health approach.

Find out more: [World Health Day 2026](#)

## World Autism Acceptance Month



April is the month to help change attitudes towards autism, your support can help create a world that works for autistic people and their families.

**Raise Awareness:** Educate others about autism to foster understanding and acceptance.

**Support and Empower:** Create environments where autistic individuals feel supported and empowered.

**Involve Everyone:** Encourage participation at home, school and work to make a real difference through inclusive actions.

Find out more: [World Autism Acceptance Month](#)

## Stress Awareness Month



This year's theme is **#BeTheChange** - We live in a time where it's easy to wait for someone else to step up, to fix things, to make the first move. We wait for our workplaces to change, for others to be kinder, for systems to improve, for stress to simply go away. But here's the truth: no one is coming to save us. The change we need starts with each of us. This theme builds on 2025's #LeadWithLove by asking the next critical question: Now that we approach ourselves and others with compassion, what will we actually do? How will we turn awareness into action? How will we use the power of our own minds, our choices, and our connections to create real change?

Further information can be found at: [Stress Awareness Month 2026 - The Stress Management Society](#)

- **Talk about Stress and it's effects:** openly discuss stress with friends, family and colleagues to reduce stigma.
- **Share your coping mechanisms:** if share what works for you to help others and shift focus from your own challenges.
- **Be kind to those who are stressed:** treat others with compassion and empathy as everyone experiences stress and anxiety.

- **Look after yourself:** Prioritise self-care by relaxing, doing enjoyable activities, exercising and eating well.

Which of these tips do you find most helpful?

The most crucial thing you can do when you are stressed or anxious is to make sure you are continuing to look after yourself. Make time to relax when you need to and learn to say no to requests that are too much for you.

Further information relating to the management of occupational stress should episodes occur and how good management practices can reduce the likelihood of employee's experiencing occupational stress can be found on the [Employment Information](#) pages on Eric.

## Menopause Guidance

# MENOPAUSE



alamy

Image ID: 2821967  
www.alamy.com

In line with recent legislation, we have reviewed and updated our Menopause Guidance and created a Menopause Action plan which outlines the Councils commitment to supporting employees affected by symptoms of the menopause. Please visit our [Wellbeing Web Page](#) to access our full [Menopause Guidance](#) and [Menopause Action Plan](#) .

## 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 April. 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.