



Health & Wellbeing Briefing April 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 is 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
- National Walking Day - 2 April
- World Health Day - 7 April
- World Autism Acceptance month

- Stress Awareness Month
- Do you have a story to tell?
- Wellbeing Support
- Learning and Development
- Other Useful Reads
- Previous Wellbeing Briefings

April is a time of renewal and new beginnings.



National Walking Day



National walking day on April 2 - 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 and paths to explore - Perth & Kinross Council](#) for inspiration to get out and about.

World Health Day



World Health Day, celebrated on 7 April 2025, will kick off a year-long campaign on maternal and newborn health. The campaign, titled *Healthy beginnings, hopeful futures*, will urge governments and the health community to ramp up efforts to end preventable maternal and newborn deaths, and to prioritize women's longer-term health and well-being.

Find out more: [World Health Day 2025](#)

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.

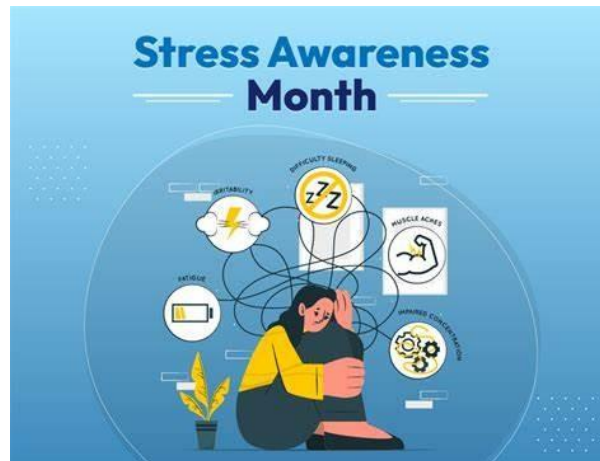
Raise Awareness: Educate others about autism to foster understanding and acceptance.

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.

[World Autism Acceptance Month 2025](#)

Stress Awareness Month



This years theme is **#LeadwithLove** and encourages us to approach ourselves and others with kindness, compassion and acceptance, no matter the challenges we face. Extend a gesture of kindness to someone or practice self-love, even the smallest acts of love can spark powerful waves of positive change in every direction.

[Stress Awareness Month 2025 Resource Page - 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 [PKC's website](#)

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

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 April. To find out more and sign up click [here](#).

Previous Health & Wellbeing Briefings

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