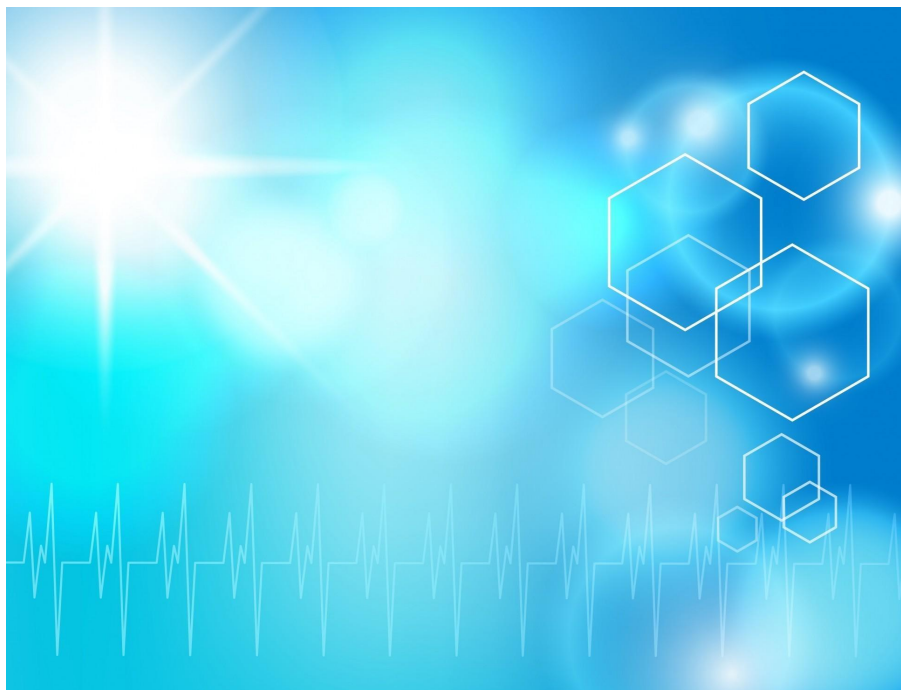


# Health & Wellbeing Briefing 2025

June



**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

A man too busy to take care of his health is like a mechanic too busy to take care of his tools.

Spanish proverb

### International Men's Health Week



International Men's Health Week in 2025 will take place from Monday 9th June to Sunday 15th June - starting on the Monday before Father's day and ending on Father's day itself.

This week is dedicated to highlighting the unique health concerns affecting men and is a time to engage fathers, brothers, sons and male friends in discussions about their health.

There are lots of websites to support men's health:

[Men's Health Week 9-15 June 2025 resources](#) | [Mates in Mind](#)

[We need a Men's Health Strategy](#) | [Men's Health Forum](#)

Information is also available on our [Employment information - Wellbeing - Perth & Kinross Council](#) and [Employee Assistance Programme](#)

## Bike Week



Bike Week 10 June to 16 June - encouraging people to experience the thrill of two wheels, connect with the communities and reduce their carbon footprint.

Why don't you:

Ditch the car and choose to cycle to work, school or when doing your daily errands;

Participate in group rides, explore new routes and enjoy the company of like minded people;

Feel fitter, energised and more productive

If you are interested in purchasing a bike, you can find out more information on the Vivup Benefits Platform, [Employment benefits - Cycle to work scheme - Perth & Kinross Council](#)

## Loneliness Awareness Week



### **Loneliness Awareness Week 9 June to 15 June 2025**

Most of us will experience loneliness at some point in our lives, regardless of age and circumstances. We all experience loneliness differently and some people are more vulnerable to loneliness than others, some examples are:

- You are a single parent, or carer, and find it difficult to maintain a social life;
- You may belong to a minority group and live in an area where there are few people with a similar background to yourself;

- Lack of financial ability to take part in social activities;
- You may have a disability, mobility or long term health issue which prevents you from participating in social activities.

The theme for this year is "Meeting Loneliness Together". Sharing your problems with others, can help to combat feelings of loneliness. It's important to choose someone you trust who will be supportive. This could be a friend, family member, colleague or other trusted person.

There are a few options available to you through work:

If you are struggling at work consider speaking to your line manager if you feel comfortable to do so.

Our [Staff Networks](#) could also provide useful support so why not take a look at the information online and look out for meeting details being shared?

You can [Log-in or register](#) to the Your Care Wellbeing platform to access useful information on Managing Loneliness. You can also access the 24-hour telephone helpline on 0880 023 9324 for in the moment support.

[Information](#) is available providing contacts for local and national organisations which can provide interaction and safe spaces to talk.

## World Blood Donation Week

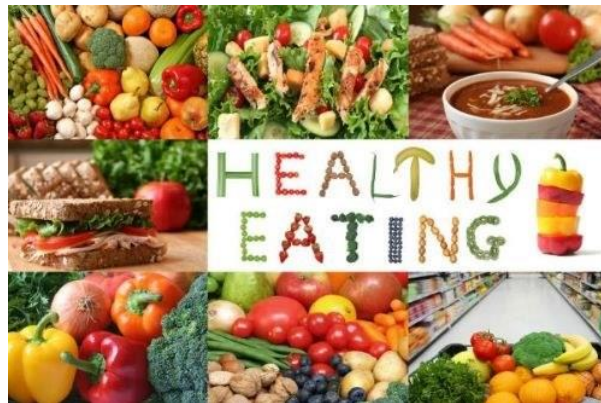


World Blood Donor Day is celebrated every year on 14 June. The day aims to raise awareness of the need for safe blood and blood products, and is an opportunity to thank volunteers for their life-saving blood donations.

To find your nearest blood donor location click [here](#)

Employees are encouraged to donate blood with reasonable paid time away from work to do so, subject to line management's prior agreement. Further guidance on blood donation can be found in the [Microsoft Word - Time Off for Public Duties](#)

## Healthy Eating Week



10 June to 14 June 2025

Healthy Eating Week is all about supporting and promoting healthier lifestyles. The cost-of-living crisis continues to have an impact on the affordability of healthier diets for so many of us.

Here are some inspirational tips from the British Nutrition Foundation:

- [Save money on food](#)
- [Focus on fibre](#)
- [Get at least 5 a day](#)
- [Vary your protein](#)
- [Stay hydrated](#)
- [Reduce your food waste](#)

## Carers Week



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK.

This year's Carers Week runs from 9 June to 15 June 2025. The theme for this year is "Caring About Equality" to highlight the inequalities faced by unpaid carer, including a greater risk of poverty, social isolation, poor mental and physical health.

For more information about events and support you can access the Carers Week booklet [Sway](#) and [June 2025 Newsletter](#)

## Volunteering



## **Volunteering Week 2 to 8 June**

Volunteering can be an opportunity to meet new people, create a sense of community spirit, improve self-esteem, gain new experiences and learn valuable skills.

There are also many personal wellbeing benefits that come from volunteering such as the feeling of satisfaction helping others; developing a sense of purpose; feeling less stressed or anxious; feeling physically healthy.

To find out more about volunteering and the opportunities available [Search - Perth & Kinross Council](#) or through [Volunteers' Week 2025 - Volunteer Scotland](#)

Please also remember that the [Employer Supported Volunteering Policy](#) gives you the opportunity for for further time to volunteer which you should discuss with your Manager in the first instance.

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



## Access to Mental Health at Work Support



Your health and wellbeing at work is our highest priority. The Access to Work Mental Health Support Service can provide a mental health professional to talk to and tailored support plan for a period of up to 9 months if you are experiencing mental health difficulties and meet their eligibility criteria

If you are experiencing issues such as anxiety, depression, grief, or stress, or are struggling with problems such as debt, disrupted sleep or relationship breakdowns that may be affecting your mental health, you can contact Able Futures on **0800 321 3137** to find out if you are eligible to participate or visit <https://able-futures.co.uk/mental-health-support>

## Previous Health & Wellbeing Briefings

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