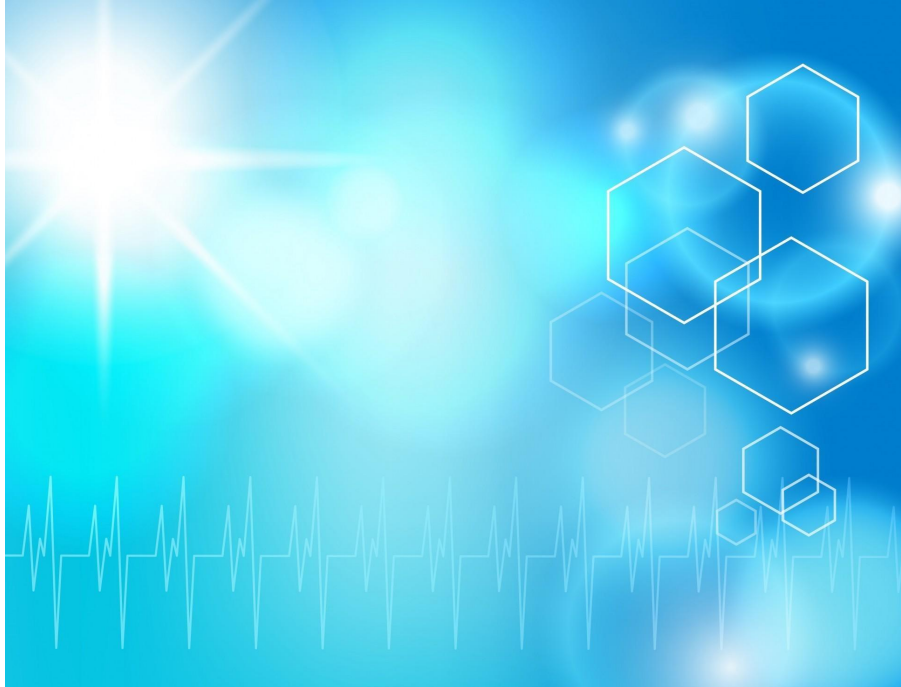


Health & Wellbeing Briefing

August 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.

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- Quote of the Month
- National Wellness Month
- National Allotments week 11-17 August
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Quote of the month



National Wellness Month



National Wellness Month, celebrated every August, is a great opportunity to focus on self-care, healthy routines, and mental well-being. Here are some hints and tips to help you make the most of it:

Physical Wellness

- Move daily: Aim for at least 30 minutes physical activity - walking, yoga, dancing, or strength training.
- Hydrate: Drink plenty of water throughout the day. Try infusing it with fruits or herbs for variety.
- Sleep well: Prioritise 7-9 hours of quality sleep. Create a calming bedtime routine.

Mental & Emotional Wellness

- Practice mindfulness: Try meditation , deep breathing, or journaling to reduce stress.
- Digital detox: Take breaks from screens and social media to recharge mentally.
- Gratitude journaling; write down 3 things you're grateful for each day.

Nutritional Wellness

Eat whole foods: focus on fruits, vegetables, lean proteins and whole grain

Meal prep, plan and prepare meals ahead of time to avoid unhealthy choices

Mindful eating: eat slowly and savour your food - avoid multi-tasking while eating

Social Wellness

- Connect with others: Schedule time with friends or family, even virtually.
- Volunteer: Helping others can boost your mood and sense of purpose.
- Set boundaries: Protect your energy by saying no when needed.

Self-Care Ideas

- Take a relaxing bath with essential oils.
- Read a book just for fun.
- Try a new hobby or revisit an old one.
- Spend time in nature

Access the [YourCare EAP](#) for more information that can help with your wellness journey.

National Allotments Week



National Allotments Week, celebrated annually in the UK (this year from 11–17 August 2025), brings attention to the many benefits of allotment gardening. Organised by the National Allotment Society, the 2025 theme is “Allotments and Wellbeing”, highlighting how these green spaces contribute to healthier, happier communities.

Key Benefits of National Allotments Week

1. Promotes Healthier Lifestyles

- Encourages physical activity through gardening.
- Supports mental wellbeing by reducing stress and anxiety.
- Provides access to fresh, home-grown produce.

2. Strengthens Community Bonds

- Allotments foster friendships and social interaction.
- Events during the week—like quizzes, open days, and wellness sessions—bring people together.

3. Raises Awareness

- Highlights the importance of allotments in urban and rural settings.
- Educates the public on sustainable living and food security.

4. Encourages Environmental Stewardship

- Allotments support biodiversity and green corridors.
- Promotes eco-friendly practices like composting and organic gardening.

Click the link to find out more information on [Allotments and Growing Spaces](#) within Perth and Kinross.

Focus on your finances - Financial Awareness Day



Financial Awareness Day, held on 14 August, is the perfect opportunity to think about budgeting, saving, investing and managing debt.

Find out where you spend your money by making a spreadsheet or using one of the many local and national online support organisations available on our [Financial Wellbeing page](#).

If you are struggling with your finances and the cost of living, please seek help. You can contact the [Welfare Rights Team](#) who may be able to assist you.

Dealing with debt can be stressful and worrying, which could affect your ability to concentrate at work. Financial support is available through the [Your Care](#) Employee Assistance Programme (EAP) providing 24/7 debt advice from Angel Advance to get you back on track and make your finances more manageable. You can also Ask Bill for free and impartial help, advice and tips on how to reduce your utility bills, manage your money and deal with debt issues. If you need to talk to someone, you can call 0800 023 9324 for in the moment support.

Bereavement Support



Bereavement, grief and loss can cause different symptoms and affect people in different ways. It is important you get the support you need. There are local and national organisations that can offer you support as detailed in an [All Staff News item](#).

Bereavement support is also available to Council employees through our [Employee Assistance Programme](#) (EAP) which offers a programme of counselling sessions or "in the moment" support for when things are just too much to get through on your own. Sign up/login in to access My Benefits, to access more information including self-help tools including workbooks, podcasts, blogs and audio books on a variety of topics including bereavement.

Annual Leave Reminder



Annual Leave - We are more than half way through the year, so just a reminder to plan and book out some annual leave. Taking regular periods of leave helps to re-charge the batteries, helping to keep you healthy, both physically and mentally as well as getting enough rest.

Annual Leave Purchase Scheme - If you have purchased additional leave through the Annual Leave Purchase Scheme for use during 2025, please ensure you book and use it prior to 31 December 2025

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 August. 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](#)

Other Reads

[Compass Magazine Spring 2025](#)