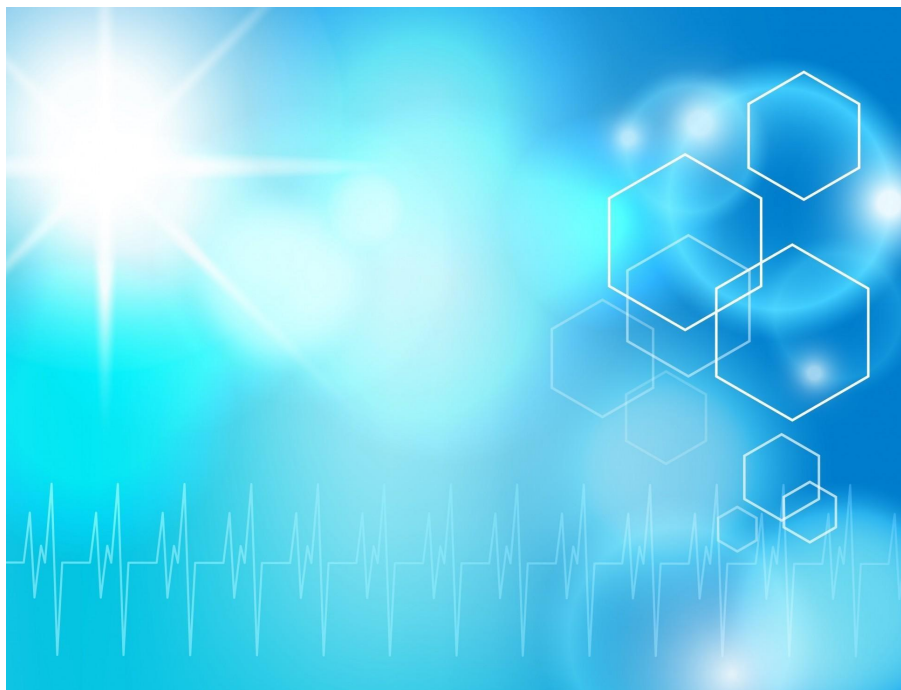


Health & Wellbeing Briefing

October 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



Women's Health



Breast Cancer Awareness month - is observed every October to raise awareness about breast cancer, promote screening and reduce the risk of the disease and to fund research for better treatment and outcomes. To find out more [Breast Cancer Awareness Month | Breast Cancer UK](#) or [Breast cancer in women - NHS](#)

Menopause Awareness - affects everyone in some way. Our YourCare Platform provides lots of helpful advice and support [Vivup EAP - Resources](#). Follow the link to find out more about [Sign the Menopause Workplace Pledge](#).

On Friday 17 October between 10.00 am and 11.30am, come along to the Menopause Café, in the Council Chambers, 2 High Street, Perth, to talk about all things menopause [Gather to eat cake, drink and discuss menopause](#). This café is open to the public as well as all Council employees. Look out for further information on eric to book a place via Eventbrite or turn up on the day.

Men's Health



The Men's Wellbeing group get together every month to talk about key health issues affecting men, such as mental health, suicide prevention, prostate and testicular cancer.

It is well known that men don't talk very often about what is going on in their lives and we would like to encourage men to start conversations about their health and seek support when needed.

Join the conversation on Teams on Thursday 30th October at 3pm by following this link:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_Yzg2MWJlYzAtMWJiNi00Njk1LWI1ZDUtMGRiNiRmNDBl...

International Day of Older People



International Day of Older People (IDOP) is celebrated on the 1 October 2025, HSCP would like to thank everyone across PKC who has helped celebrate the theme of Social Connection. This year's theme reminds us that the communities we live in shape our ability to connect, and the connections we make help shape our communities. If you have hosted a event to

mark IDOP 2025 we would love to hear about it. Send your photo's, stories or reflections to agefriendly@pkc.gov.uk to be included in the post-event highlights newsletter.

Go4Gold2025 challenge is a Highland Games, with older people across Perth & Kinross taking part in fun, inclusive physical and wellbeing activities. The Go4Gold 2025 Awards Ceremony will go live on the Go4Gold YouTube Channel at 2pm on 1 October. If you would like to revisit last year's celebrations follow this link [Go4Gold 2024](#)

National Work Life Week



National Work Life Week will take place from 6-10 October 2025. It's important to have a good work-life balance to prevent stress and burnout. This week can be used as an opportunity to focus on work wellbeing and work life balance. Some of the benefits of work life balance are:

1. Enhanced well-being: Maintaining a healthy work-life balance can help reduce stress, anxiety, and burnout.
2. Increased productivity: When you have a good work-life balance, you are more likely to feel motivated, focused, and productive.
3. Better job satisfaction: Achieving a balance between work and personal life contributes to higher job satisfaction. It allows you time to pursue your interests, spend time with loved ones and engage in activities out with work.
4. Improved mental health: Work-life balance plays a crucial role in maintaining good mental health. It helps prevent feelings of being overwhelmed and promotes a positive mindset.

Click [here](#) for some hints and tips to help with your Work-Life balance.

Back Care Awareness



Back-Care Awareness Week 2025, 1 to 7 October:

Focusing on raising awareness about back pain and promoting better back care practices.

To prevent back injuries, you can follow these tips:

- Stay active: Regular physical activity can help strengthen your back muscles and improve flexibility
- Maintain good posture: Stand and sit up straight to reduce strain on your back
- Avoid heavy lifting: If you need to lift something heavy, bend your knees and keep your back straight
- Do muscle strengthening and stretching exercises
- Stay hydrated, drink plenty of water
- Get enough sleep
- Maintain a health weight: Being overweight can put a strain on your back

Please be aware that our Occupational Health Service provides a physiotherapy service via management referrals for employees who have sustained an injury at work or to support those which may be adversely affected by their work activity.

Reminder - Any changes to your working environment will require completion of the PKC DSE Awareness session which can be found on E-learning link on eric to PKC Learn Platform, Browse Courses for Display Screen Equipment

World Mental Health Day



World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.

It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

There are various sources of support available to you, short term and longer term, [click here](#) to read the latest articles on wellbeing support.

Moving into Autumn/Energy Costs



It's that time of year when you may start to put your heating on with the colder mornings and evenings. There is lots of useful information and tips on how to [Reduce Energy Costs](#) on the Perth & Kinross Climate Action site.

Further information about support and advice can be found on our [Cost of living advice - energy bills - Perth & Kinross Council](#) site and [Struggling with the cost of living? Help may be available - Perth & Kinross Council](#)

Winter Flu Vaccination



A reminder for all frontline health and social care staff working for the Council and Health & Social Care Partnership to get their flu vaccine, in the interests of protecting themselves and the people they work with . More information can be found here [Adult winter vaccination campaign gets underway](#)

For all other staff, look out on ERIC and Managers' briefings for details about how you can claim up to £19.30 for a flu vaccination accessed from a local pharmacy.

NHS Tayside - Upcoming Training and Awareness Sessions



There a number of Tayside Health and Work Team Facilitated Training and Awareness Sessions available to anyone working in Tayside, including Neurodiversity Awareness, Home Scotland Energy Awareness, Pain Concern Awareness.

To book your free space on any of our sessions, please visit their Eventbrite page at the link below.

<https://www.eventbrite.com/o/nhs-tayside-health-and-work-team-103920056711>

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 September. 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](#)

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](#), where you will also find the latest addition of the Compass Magazine, published by People Asset Management.