

# Health & Wellbeing Briefing

## January 2026



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**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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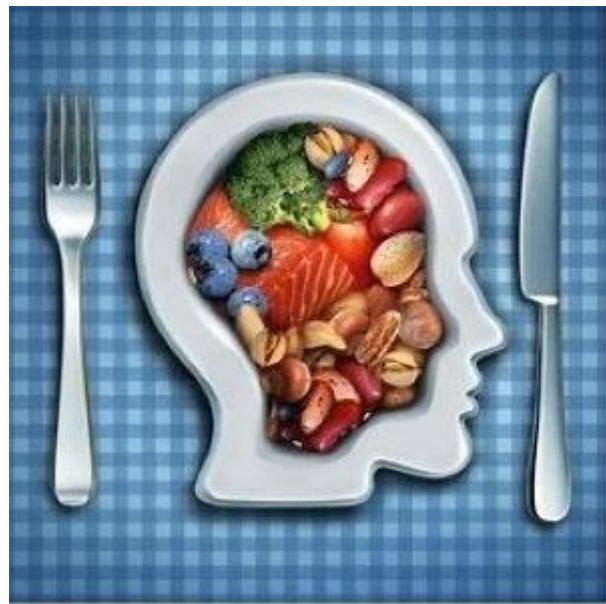
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### Quote of the month



## Mental Fitness - Nutrition



Eating a balanced diet full of vegetables and nutrients can improve our sense of wellbeing and mood.

Try some of these tips:

- Eat regularly
- Stay hydrated - even mild dehydration can affect your mood, energy level and ability to concentrate
- Include more whole grains, fruits and vegetables in your diet. They contain vitamins and minerals your brain and body need to stay well.
- Be aware of how caffeine can affect your mood. It can cause sleep problems, especially if you drink it too close to bedtime. Caffeine can make some people irritable and anxious too.
- Write down what you eat and make notes about how you are feeling. Over time you might work out how certain foods can make you feel worse or better; keep you awake or give you more energy.

[Log-in or register](#) to the Your Care platform for more useful information on nutrition.

## Veganuary



### Veganuary

is a non-profit organisation that encourages people worldwide to try vegan for January and beyond.

Choosing to accept the challenge of Veganuary can provide benefits both for your health and the environment. Studies have shown that eating [vegan recipes](#) can significantly improve your health by:

- Lowering the risk of developing diabetes
- Reduces heart disease
- Reduces the risk of obesity

## Dry January - Alcohol Awareness



Dry January is a campaign delivered by Alcohol Change UK where people sign up to abstain from alcohol for the month of January. Each year, many of the people who participate have considered it to be a positive experience, saying that they have lost weight and are drinking less even six months later. It's not too late to take part in [Dry January](#) Cutting out the booze can lead to better sleep, feeling brighter, have more energy and better eating habits. You may also be surprised at the amount of money you will save.

If you are worried about your own or someone else's use of alcohol or drugs there are a lot of organisations that can help. You can find our Policy, how-to guides and some other useful information on the [Employment Information](#) page. In addition, you can read about our [Drug and Alcohol Team](#) who work to support people using drugs and/or alcohol, to make positive changes to their lives. You can also find more information on where to get help via [NHS Inform](#).

[Log-in or register](#) to the Your Care platform to find podcast/blogs/workbooks and other useful resources on alcohol awareness. The telephone helpline is available 24/7, 365 days a year and is completely confidential and free if you wish to talk to someone about your concerns. To access the service, simply call 0800 023 9324 free from any standard UK landline or mobile phone.

## Financial Wellbeing - Cost of Living Support



With the festive season over for another year, money worries may be one of the largest wellbeing challenges facing us during January. It's important to start talking about money worries before your situation gets worse. Information on sources of help available is published on our website at [www.pkc.gov.uk/costofliving](http://www.pkc.gov.uk/costofliving) so please visit and revisit for regularly updated information.

There are a variety of local and national support organisations available on the [Council's wellbeing pages](#).

[Log-in or register](#) to the Your Care platform for debt advice information and other financial support.

## Do you have a story to tell?



We are keen to find out more about the health and wellbeing of our employees and share these stories to help and inspire others.

Now that the festive period is over, and it's the start of a new year, many of us will be thinking about making lifestyle choices in January (or maybe February). Do you have any hints and tips to share, whether it is planning a healthier lifestyle, getting fit, or looking to start a new hobby, we'd like to hear from you. We are looking for real lived experiences and your story can remain anonymous if you wish.

You could write something yourself or have a chat with someone from Human Resources who can write it up for you.

Please get in touch with Brian Mackie, [bjmackie@pkc.gov.uk](mailto:bjmackie@pkc.gov.uk) to share your hints and tips.

## 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 January. 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](#)

### 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.