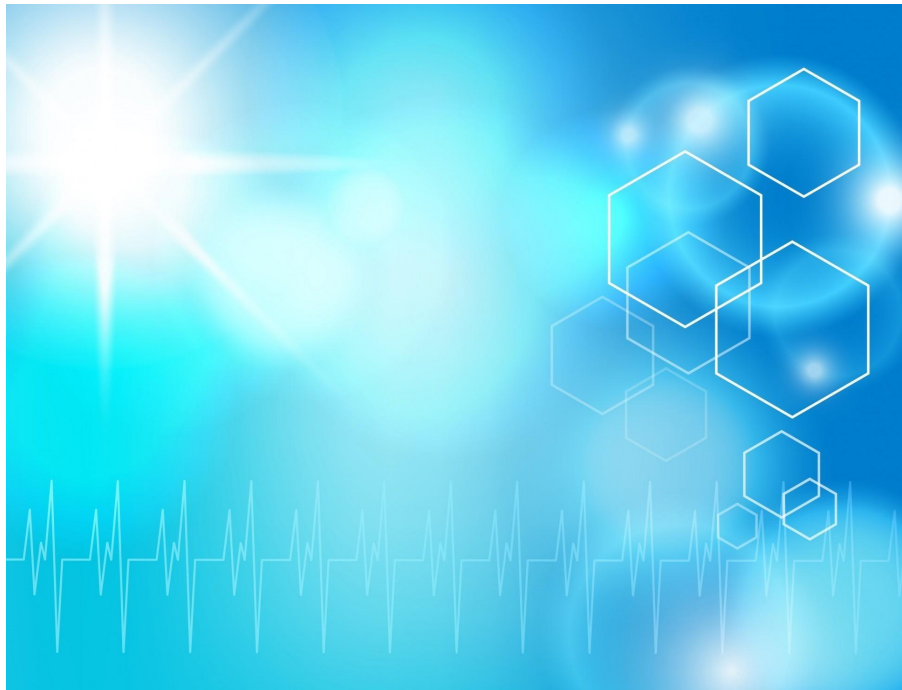


Health & Wellbeing Briefing July 2026



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.

In this edition:

- Quote of the Month
- Wellbeing Event - Wild Moments
- Do you have a story to tell
- Samaritans Awareness Day
- Alcohol Awareness Week
- International Self Care Day
- International Day of Friendship
- Wellbeing Support
- Learning & Personal Development

- Previous Wellbeing Briefings /other reads

Quote of the Month

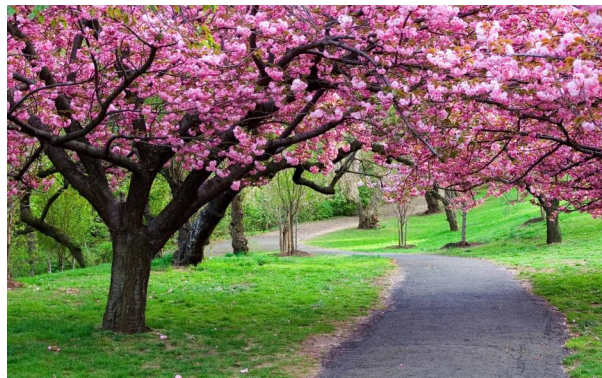
Hello July

Just be you, because you are
Unique, worthy and amazing
Live every day to the fullest as
You deserve all the good in life

OurMindfulLife.com



Wellbeing Event - Wild Moments



Nature's role in health and wellbeing is one of the focus points for PKCT's Discovery, Learning and Engagement work. Being in nature can help to improve physical and mental wellbeing. Take the chance to feel this for yourselves, on our Wild Moments events. Wild Moments are photo wellbeing walks, led by experienced photographer and educator Jo Foo. You'll spend time walking in nature and will pick up wellbeing and photography tips as you go. No experience necessary and events are free. There are three different age groups available, so

if you have some younger family members who might benefit, please do share the dates with them too.

To find out more and to book your space, please contact Jo Foo at wildlifebyjo@gmail.com

Sunday 12th July

10am-11am

Over 18s

11.15am-12.15pm

8yrs-12yrs

12.30pm-1.30pm

13-18yrs

Lavender Fields, Milnathort

Saturday 10th October

9am-10am

Over 18s;

10.15am-11.15am

8yrs-12yrs

11.30am-12.30pm

13-18yrs

Loch Leven Nature Reserve (tbc)

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, e.g. 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 with Brian Mackie, bjmackie@pkc.gov.uk to promote your ideas or share your story.

Samaritans Awareness Day - 24 July



Samaritans Awareness Day is on 24 July (24/7) and throughout July will be running their annual awareness campaign to let people know they can talk to someone, day or night 24/7, 365 days a year.

If you are having a difficult time, or are worried about someone else, you can call them for free on 116 123 or visit [Samaritans](https://www.samaritans.org) to find your nearest branch.

[Samaritans - how we can help in the workplace](#) offers a range of free online learning programme which brings Samaritan's listening and wellbeing expertise into the workplace. The free [Wellbeing in the Workplace toolkit](#) - focuses on developing active listening skills and identifying the signs of colleagues, friends and family members that may be struggling and to help staff look after their own wellbeing.

Alcohol Awareness Week, 6 - 12 July



Alcohol Awareness Week 2026 runs from 6th to 12th July with the theme “Alcohol and Me,” focusing on personal reflection and understanding the impact of alcohol on health and wellbeing.

Alcohol Awareness Week is a national campaign in the UK coordinated by the charity [Alcohol Change UK](#), aimed at raising awareness about alcohol-related harm, encouraging open conversations about drinking, and supporting individuals to make informed choices about alcohol use. The campaign engages health organizations, schools, workplaces, and community groups to promote education and provide resources for healthier drinking habits.

The 2026 theme, “Alcohol and Me,” invites individuals to reflect on their personal relationship with alcohol. It highlights how alcohol can affect sleep, energy levels, anxiety, stress, relationships, and overall wellbeing, as well as increasing the risk of long-term health conditions such as liver disease, high blood pressure, stroke, and certain cancers.

The Council's [Employment Information](#) pages and [Your Care](#) Employee Assistance Programme (EAP) which is available 24/7 by calling free on 0800 0023 9324

We can all take small steps to make a change, and with improved support and prevention, we can save money and save lives.

International Self Care Day - 24 July



Held on 24 July each year, International Self Care Day serves as a reminder to take time for yourself. Self-care is not just for one day so schedule time to focus on your needs and to make self-care part of your everyday routine.

Here are some self-care tips you may find helpful:

- Sleep - Aim to get at least 7-9 hours restful sleep each night
- Hydration - Drink plenty water during the day to keep yourself hydrated
- Eat Nutritious Food - Eat a balanced diet with fruit, vegetable, whole grains and lean proteins
- Physical Activity - Regular exercise will help to reduce stress and improve your mood
- Connect - Maintain social connections by spending time with loved ones
- Hobbies - take care in something you enjoy, e.g. reading, gardening, painting or baking

Self-care is different for all of us, so whether you spend time in the outdoors, with your pet or curled up with a good book, taking time to care for yourself will go a long way towards improving your mental health.

International Day of Friendship - 30 July



Friendship day celebrated on 30 July is the perfect day to reach out to friends old and new.

Whether planning something special or just expressing your appreciation, here a few ideas to help celebrate:

- Arrange to go on a walk, which might include stopping for coffee or lunch
- Organise a small party or picnic with your closest friends
- Exchange small meaningful gifts or handmade crafts
- If friends are far away, reach out, plan a video call to share a movie Spending time with someone who is important to you can lift your spirit and bring joy, support and laughter into your life.

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 July. 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](#)

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.