



**Healthy
Working
Lives**



Healthy Working Lives - Calendar of Events

April 2023-March 2024

MONTH	EVENT	ACTIVITY	DETAILS
APRIL			
13	Yoga (block of 10 sessions ending June)	Provided by Edinburgh Community Yoga	<ul style="list-style-type: none">• Skye Centre Sports Hall, 12.00noon – 12.45pm
MAY			
1	Cycle Scheme	Cycle scheme launches to staff	<ul style="list-style-type: none">• Online application portal opens for staff to apply for a cycle salary sacrifice scheme
15 – 21	Mental Health Awareness Week	Variety of activities across the week	<ul style="list-style-type: none">• Health Promotion Stand in Wellbeing Centre• Staff Garden Party/Picnic• Daily Mile – Group Led• Quiz with prizes• Physical Challenge in Sports Centre• Coffee, Cake & Conversation Events
10	Coffee, Cake & Conversation	Coffee afternoon with access to support from Staff Care Specialist	<ul style="list-style-type: none">• Arran Multi-Function room, 1.00pm – 3.00pm
12	Coffee, Cake & Conversation	Coffee afternoon with access to support and opportunity to meet Occupational Health	<ul style="list-style-type: none">• Iona Multi-Function room, 1.00pm – 3.00pm

15	Coffee, Cake & Conversation	Coffee afternoon with access to support from Staff Care Specialist	<ul style="list-style-type: none"> Mull Multi-Function room, 1.00pm – 3.00pm
17	Coffee, Cake & Conversation	Coffee morning with access to support from Staff Care Specialist	<ul style="list-style-type: none"> Security Incident Command Room, 10.30am – 12noon
17	Coffee, Cake & Conversation	Coffee afternoon with access to support from Staff Care Specialist	<ul style="list-style-type: none"> Lewis Multi-Function room, 1.00pm – 3.00pm
30	Massage Therapy	Therapy taster sessions for staff – neck and head massage, reflexology, chair massage	<ul style="list-style-type: none"> Therapist located in Mull Hub + wellbeing centre Booking system in place (15 or 30 min sessions)
JUNE			
2	Coffee, Cake & Conversation	Coffee afternoon with access to support from Wellbeing Team	<ul style="list-style-type: none"> Coffee Lounge, 2.00-3.00pm
21	Coffee, Cake & Conversation	Coffee afternoon with access to support from Staff Care Specialist	<ul style="list-style-type: none"> Security Incident Command Room, 10.30am-12noon.
12 - 18	Men's Health Week	Variety of activities and health promotion	<ul style="list-style-type: none"> Health Promotion
12 and 15	Coffee, Cake & Conversation	Coffee afternoon with access to support from Staff Care Specialist	<ul style="list-style-type: none"> Extra events for Iona staff
14	Coffee, Cake & Conversation	Coffee evening with access to support from wellbeing team	<ul style="list-style-type: none"> Wellbeing Centre, 5.00-6.00pm Evening event to capture shift workers
28	Massage Therapy Day	Therapy taster sessions for staff – neck and head massage, reflexology, chair massage	<ul style="list-style-type: none"> Therapist located in Iona hub + wellbeing centre Booking system in place (15-20min sessions)
30	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> Wellbeing Centre, 10.00am – 3.00pm

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JULY			
3 – 9	Alcohol Awareness Week	Health Promotion across the organisation	<ul style="list-style-type: none"> • Health Promotion stand in Wellbeing Centre • Factsheets
5	Celebrating 75 Years of the NHS	Archive display in the wellbeing centre	<ul style="list-style-type: none"> • Photos • Videos • Artefacts • Memories
26	Mindfulness and Relaxation	Relaxation session	<ul style="list-style-type: none"> • Facilitated by staff care specialist
31	Mindfulness and Relaxation	Relaxation session	<ul style="list-style-type: none"> • Facilitated by staff care specialist
AUGUST			
16	Mindfulness and Relaxation	Relaxation session	<ul style="list-style-type: none"> • Facilitated by staff care specialist
21	Let's Pause	Menopause peer support group	<ul style="list-style-type: none"> • Informal group • Held in Wellbeing Centre
30	Mindfulness and Relaxation	Relaxation session	<ul style="list-style-type: none"> • Facilitated by staff care specialist
31	Massage Therapy Day	Therapy taster sessions for staff – neck and head massage, reflexology, chair massage	<ul style="list-style-type: none"> • Therapist located in Lewis hub + wellbeing centre • Booking system in place (15-20min sessions)
SEPTEMBER			
10	Suicide Awareness Day	Health Promotion across the organisation	<ul style="list-style-type: none"> • Health Promotion stand in Wellbeing Centre • Chris House Awareness Campaign

19	Badminton (block of 10 sessions)	Facilitated badminton sessions led by volunteer	<ul style="list-style-type: none"> Every Tuesday in the Skye Centre hall 12noon-12.45pm
19	Let's Pause	Menopause peer support group	<ul style="list-style-type: none"> Informal group Held in Wellbeing Centre
14	Coffee, Cake & Conversation	Coffee Afternoon in Hub Area	<ul style="list-style-type: none"> Arran
28	Massage Therapy Day	Therapy taster sessions for staff – neck and head massage, reflexology, chair massage	<ul style="list-style-type: none"> Therapist located in Arran hub + wellbeing centre Booking system in place (15-20min sessions)
29	World's Biggest Coffee Morning - MacMillan	Support a charity and provide an opportunity for staff to have a treat	<ul style="list-style-type: none"> Wellbeing Centre 9.00am – 3.00pm Tea, Coffee, Cakes, Raffle Delivery options available to wards etc.

MONTH	EVENT	ACTIVITY	DETAILS
OCTOBER			
10	World Mental Health Day	Health Promotion across the organisation	<ul style="list-style-type: none"> • Health Promotion stand in Wellbeing Centre • Activity - TBC
12	Yoga (block of 10)	Provided by Edinburgh Community Yoga	<ul style="list-style-type: none"> • Skye Centre Sports Hall, 12.00noon – 12.45pm
12	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Iona 1-3pm
23	Creative Writing Group	Facilitated by the Librarian	<ul style="list-style-type: none"> • 12.15-1.00pm in wellbeing centre
24 & 27	Flu Clinics	Flu clinic for staff across site	<ul style="list-style-type: none"> • Opportunity for staff to have their flu vaccination
25	Menopause Peer Support Group	Peer support group	<ul style="list-style-type: none"> • 12noon in the wellbeing centre
26	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Lewis 1-3pm
NOVEMBER			
6 - 10	Talk Money Week	Financial wellbeing awareness and promotion	<ul style="list-style-type: none"> • Variety of activities and initiatives TBC • Promote NHS C
9	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Mull
15	Health and Wellbeing Day	Dedicated day of health and wellbeing	<ul style="list-style-type: none"> • Health surveillance checks – blood pressure, cholesterol, weight etc. 11.00am – 3.00pm
21	Menopause Peer Support Group	Peer support group	<ul style="list-style-type: none"> • 12noon in the wellbeing centre

21	Weigh To Go Programme	15 week programme for staff featuring health promotion and information around healthy eating, physical activity and weight management	<ul style="list-style-type: none"> Every Tuesday in the wellbeing centre from 12.15-1.00pm
DECEMBER			
1	HIV Awareness Campaign	Health Promotion across the organisation	<ul style="list-style-type: none"> Health Promotion stand in Wellbeing Centre Activity - TBC
7	Long Service Awards Presentation	Presentation of awards and light lunch, CEO and Chair in attendance	<ul style="list-style-type: none"> 1.30-2.30pm in the wellbeing centre
11 – 15	Christmas Health and Wellbeing Week	Variety of activities across the week	<ul style="list-style-type: none"> Arts & Crafts Mince Pies and Shortbread Alcohol awareness Peer Support Drop Ins Back Care Awareness Carol Singing Quiz Massage Therapy Financial and Consumer Support Mocktail Demo Blue Christmas Winter Wellness Webinar Mindfulness Bereavement Talk

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JANUARY			
11	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Arran Hub
16	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Iona Hub
22	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Security Department
25	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Lewis Hub • Skye Centre Atrium
25	Reading and Writing Workshop with Author Helen Boden	Creative reading and writing for wellbeing workshop	<ul style="list-style-type: none"> • Zoom
29	Reading Group	Librarian facilitates reading group	<ul style="list-style-type: none"> • MS Teams
30	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Mull Hub
FEBRUARY			
1	Time to Talk Day	Mental health awareness and promotion	<ul style="list-style-type: none"> • Coffee morning in wellbeing centre • Mental Health Quiz • Conversation starters • Peer Support Network involved
15	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> • Evening Housekeepers

17	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> Weekend Housekeepers
MARCH			
1	Fitness Challenge	Fitness challenge offered to all to get involved and increase physical activity	<ul style="list-style-type: none"> Walk, run or cycle Prizes for most miles achieved
TBC	Coffee, Cake & Conversation	Coffee afternoon with access to support from wellbeing team	<ul style="list-style-type: none"> TBC