



## Healthy Working Lives - Calendar of Events

April 2023-March 2024

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

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

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

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

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

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"> <li>• Every Tuesday in the wellbeing centre from 12.15-1.00pm</li> </ul>
<b>DECEMBER</b>			
1	HIV Awareness Campaign	Health Promotion across the organisation	<ul style="list-style-type: none"> <li>• Health Promotion stand in Wellbeing Centre</li> <li>• Activity - TBC</li> </ul>
7	Long Service Awards Presentation	Presentation of awards and light lunch, CEO and Chair in attendance	<ul style="list-style-type: none"> <li>• 1.30-2.30pm in the wellbeing centre</li> </ul>
11 – 15	Christmas Health and Wellbeing Week	Variety of activities across the week	<ul style="list-style-type: none"> <li>• Arts &amp; Crafts</li> <li>• Mince Pies and Shortbread</li> <li>• Alcohol awareness</li> <li>• Peer Support Drop Ins</li> <li>• Back Care Awareness</li> <li>• Carol Singing</li> <li>• Quiz</li> <li>• Massage Therapy</li> <li>• Financial and Consumer Support</li> <li>• Mocktail Demo</li> <li>• Blue Christmas</li> <li>• Winter Wellness Webinar</li> <li>• Mindfulness</li> <li>• Bereavement Talk</li> </ul>

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

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