



Healthy Working Lives - Calendar of Events

April 2024-March 2025

| MONTH | EVENT | ACTIVITY | DETAILS |
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| APRIL | | | |
| 1 - 30 | Fitness Challenge | Walking, running, cycling challenge | <ul style="list-style-type: none">• Staff invited to register and submit mileage – prizes for most miles recorded |
| 24 | 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 |
| 26 | Menopause Awareness Session | Facilitated by New College Lanarkshire – available for all | <ul style="list-style-type: none">• Two hour workshop to raise awareness of Menopause |
| MAY | | | |
| 1 | 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 |
| 2 | Relaxation Session | Opportunity to relax and unwind for 10mins. | <ul style="list-style-type: none">• Wellbeing Centre 12.30pm |
| 6 | Writing for Wellbeing | Opportunity to take some time out to read and write for wellbeing. | <ul style="list-style-type: none">• Wellbeing Centre 12.15pm-1.00pm |
| 8 | Coffee, Cake & Conversation | Coffee afternoon with access to support from Staff Care Specialist | <ul style="list-style-type: none">• Iona Multi-Function room, 1.00pm – 3.00pm |
| 9 | Relaxation Sessions | Opportunity to relax and unwind for 10mins. | <ul style="list-style-type: none">• MS Teams 12noon• Wellbeing Centre 12.30pm and 2.00pm |

| 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 |
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| 16 | Relaxation Sessions | Opportunity to relax and unwind for 10mins. | <ul style="list-style-type: none"> MS Teams 12noon Wellbeing Centre 12.30pm and 2.00pm |
| 16 | Coffee, Cake & Conversation | Coffee afternoon with access to support from Staff Care Specialist | <ul style="list-style-type: none"> Skye Centre Atrium, 4.00pm – 4.30pm |
| 23 | Relaxation Sessions | Opportunity to relax and unwind for 10mins. | <ul style="list-style-type: none"> MS Teams 12noon Wellbeing Centre 12.30pm and 2.00pm |
| JUNE | | | |
| 3 | Writing for Wellbeing | Opportunity to take some time out to read and write for wellbeing. | <ul style="list-style-type: none"> Wellbeing Centre 12.15pm-1.00pm |
| 14 | Euro 2024 Football Tournament Fun | Support a team. | <ul style="list-style-type: none"> All tearooms will receive a small tea/coffee hamper. Top three finishing teams will receive a prize. |
| 24 - 30 | Wellbeing Week | Activities held throughout the week. | <ul style="list-style-type: none"> Health Checks in the wellbeing centre. Drop-in Physio in the wellbeing centre. Raffle, Quiz, Fruit and Cakes Chair massage therapy |
| MONTH | EVENT | ACTIVITY | DETAILS |
| JULY | | | |
| 18 - 21 | Golf Open Championship Celebration | Golf selfie competition | <ul style="list-style-type: none"> Open to all (non-golfers welcome!) Submit a selfie Prizes on offer for serious, funny and quirky! |
| 26 | 2024 Olympics Celebration | Quiz | <ul style="list-style-type: none"> Prizes for most correct answers and closest prediction of medal winners |
| AUGUST | | | |
| 1 | Cycle to Work Day | General comms | <ul style="list-style-type: none"> Comms team featured staff who had signed up to the cyclescheme |

| 28 | Coffee, Cake & Conversation | Coffee afternoon with access to support from Staff Care Specialist | <ul style="list-style-type: none"> Iona 1-3pm |
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| SEPTEMBER | | | |
| 4 | Coffee, Cake & Conversation | Coffee afternoon with access to support from Staff Care Specialist | <ul style="list-style-type: none"> Mull 1-3pm |
| 10 | Suicide Awareness Day | Health Promotion across the organisation | <ul style="list-style-type: none"> Message from mailbox |
| 24 | Coffee, Cake & Health Checks - Arran | OH providing bp, cholesterol checks for staff combined with a coffee afternoon in hub area. | <ul style="list-style-type: none"> OH Checks Coffee & Cake |
| 26 | Coffee, Cake & Conversation | Coffee afternoon with access to support from Staff Care Specialist | <ul style="list-style-type: none"> Lewis 1-3pm Skye Centre 4-5pm |
| 30 | Speak Up Week | Variety of activities throughout the week. | <ul style="list-style-type: none"> Pledges Speakers Webinars |
| MONTH | EVENT | ACTIVITY | DETAILS |
| OCTOBER | | | |
| 4 or 11 | 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"> Security Reception 11.00am – 2.30pm Tea, Coffee, Cakes, Raffle |
| 1-31 | Back Care Awareness | Health promotion | <ul style="list-style-type: none"> Week long information stand in the wellbeing centre |
| 10 | World Mental Health Day | Health Promotion across the organisation | <ul style="list-style-type: none"> Health Promotion stand in Wellbeing Centre 'TSH Talk' on Intranet (TBC) |
| 29 | Coffee, Cake & Health Checks - Mull | OH providing bp, cholesterol checks for staff combined with a coffee afternoon in hub area. | <ul style="list-style-type: none"> OH Checks Coffee & Cake |

NOVEMBER

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| 18 - 24 | Self-Care Week | Activities held throughout the week. | <ul style="list-style-type: none"> • Health Checks - Tuesday • Physio 1:1's - Tuesday • Relaxation Session – Tuesday and Thursday |
| 26 | Coffee, Cake & Health Checks – Skye Centre | OH providing bp, cholesterol checks for staff combined with a coffee afternoon in hub area. | <ul style="list-style-type: none"> • OH Checks • Coffee & Cake |

DECEMBER

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| 1 - 16 | Christmas Toy Appeal | Salvation Army toy appeal | <ul style="list-style-type: none"> • Staff can donate a toy to the salvation army appeal |
| 1 | Word Aids Day | Health Promotion | <ul style="list-style-type: none"> • Information and health promotion items in the wellbeing centre |
| 1-31 | December Wellbeing | Various activities to take some time out in December to relax | <ul style="list-style-type: none"> • Christmas Crafts • Massage Therapy • Christmas Quiz • Sweets to every tea room • Mocktail Session • Table Tennis Competition |
| 1-31 | Blue Christmas | Support for staff experiencing grief | <ul style="list-style-type: none"> • Blue Christmas in wellbeing centre • Communications and support messages |
| 18 | Long Service Awards | Celebrating long service | <ul style="list-style-type: none"> • Celebration event in the wellbeing centre |

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|----------------|------------------------------|--|---|
| JANUARY | | | |
| 28 | Coffee, Cake & Health Checks | Occupational Health Checks and coffee and cake | <ul style="list-style-type: none"> • Venue TBC |

FEBRUARY

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| 11 | Weigh to Go Programme | Healthy eating and weight management programme | <ul style="list-style-type: none">• 15 week programme. |
| 1 | Time to Talk Day | Mental health awareness and promotion | <ul style="list-style-type: none">• Social Media post |
| 10 | Retirement Planning Workshop | Online workshop facilitated by Affinity Connect | <ul style="list-style-type: none">• 2.30pm – 5.00pm on MS Teams |
| 26 | Excellence Awards Celebration | Staff awards event | <ul style="list-style-type: none">• Staff only event in Islay |

MARCH

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| 1 - 31 | 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 |
| 13 | Pension and Public Service Remedy Workshop | Online workshop facilitated by Affinity Connect | <ul style="list-style-type: none">• 10.00am – 11.30am on MS Teams |