



Healthy Working Lives - Calendar of Events

April 2024-March 2025

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

FEBRUARY

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

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