

1ST**Cycle September**

Don't forget include your employer on sign up. Prizes to be won.

[Learn More](#)**2ND**

Miscarriage and fertility at work

[Learn More](#)**3RD**

Create a welcoming environment in the workplace - join the Breastfeeding Friendly Scheme

[Learn More](#)**September 2026**

Women's Wellbeing in the Workplace.

4TH

Be aware of the signs and symptoms of breast cancer and get screened if eligible.

[Learn More](#)**5TH**

This year's Director of Public Health report focuses on women's health. Good work supports gender equality

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Please don't ignore your smear test invite.

[Learn More](#)**7TH**

Endometriosis can seriously affect a woman's ability to work.

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Menstrual health and menopause guidance for workplaces.

[Learn More](#)**9TH**

Know your rights at work when you are pregnant.

[Learn More](#)**10TH**

World Suicide Prevention Day

[Learn More](#)**11TH**

Narrow your gender pay gap and become a more attractive and equitable employer

[Learn More](#)**12TH**

Can support organisations to employ those who traditionally face barriers to working

[Learn More](#)**13TH**

Where to find free products and how to be a period friendly business.

[Learn More](#)**14TH**

Is it time to change the way you drink? Do you know the calories you are consuming? How much you are spending?

[Learn More](#)**15TH**

If you feel your gambling has become a problem, there are steps you can take to improve your situation.

[Learn More](#)**16TH**

Follow NHS Grampian's Workplace team on Facebook to keep up to date with training opportunities, etc

[Learn More](#)**17TH**

Family Wellbeing Hubs: support children and families' mental wellbeing.

[Learn More](#)**18TH**

Bereavement is part of life. Having an up to date bereavement policy can help you and your employees

[Learn More](#)**19TH**

Grampian Women's Aid: supporting women, children and young people affected by domestic abuse.

[Learn More](#)**20TH**

Are you worried about a work colleague?

[Learn More](#)

September is World Alzheimer's Month. World Alzheimer's Day is on 21 September

[Learn More](#)**22ND**

Good employers support members of staff with caring responsibilities.

[Learn More](#)**23RD**

Volunteer to learn new skills

[Learn More](#)**24TH**

Find local wellbeing services near you with Scotland's Service Directory

[Learn More](#)**25TH**

Information on the health benefits of exercise and ideas on how to keep active

[Learn More](#)**26TH**

Support to stop smoking from our Grampian-based Team

[Learn More](#)**27TH**

Supporting employers to advance gender equality and prevent violence against women.

[Learn More](#)**28TH**

The Women's Health Platform sets out information on women's health at key stages of life.

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Free condoms, contraception advice and information on sexual health.

[Learn More](#)**30TH**

Financial advice and support if you're struggling to make ends meet.

[Learn More](#)