

# September 2025

## Women's Wellbeing in the Workplace.

1ST



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

[Learn More](#)

2ND



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

[Learn More](#)

3RD



Supporting breastfeeding mothers by creating welcoming environments in public spaces and businesses.

[Learn More](#)

4TH



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

[Learn More](#)

5TH



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

[Learn More](#)

6TH



Even if you think everything is fine, don't ignore your smear test invite.

[Learn More](#)

7TH



What is the Endometriosis friendly employer scheme and how can you benefit?

[Learn More](#)

8TH



Menstrual health and menopause guidance for workplaces.

[Learn More](#)

9TH



Know your rights at work when you are pregnant.

[Learn More](#)

10TH



Grief can be overwhelming. You don't have to deal with it alone.

[Learn More](#)

11TH



Close the Gap works in Scotland on women's participation in the labour market.

[Learn More](#)

12TH



What does equality, diversity and inclusion mean in the workplace.

[Learn More](#)

13TH



Everything you need to know about periods, where to find free products and how to be period friendly business.

[Learn More](#)

14TH



Is alcohol affecting your work? Is it time to change the way you drink?

[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



Advice to help you manage your alcohol consumption as you navigate the menopause.

[Learn More](#)

17TH



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

[Learn More](#)

18TH



Discrimination in the workplace is still on the rise for young woman.

[Learn More](#)

19TH



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

[Learn More](#)

20TH



Whether you're battling an eating disorder, or supporting someone who's struggling, Beat is there for support.

[Learn More](#)



World Alzheimer's Month takes place every September and World Alzheimer's Day is on 21 September each year.

[Learn More](#)

22ND



Employers support members of staff with caring responsibilities.

[Learn More](#)

23RD



Volunteer locally to support woman's voices to be heard.

[Learn More](#)

24TH



Find local health and wellbeing services near you.

[Learn More](#)

25TH



Address the often-overlooked topic of miscarriage in the workplace.

[Learn More](#)

26TH



Smoking and pregnancy: Lots of people get treatment when they know they're going to be parents.

[Learn More](#)

27TH



Try instructor-led exercise videos, to help you get moving in a way you enjoy.

[Learn More](#)

28TH



Have an active part in change and support woman in sport.

[Learn More](#)

29TH



Free condoms, contraception advice and information on sexual health.

[Learn More](#)

30TH



Aberdeen Comedy Festival bringing the finest comedians to show you that laughter really is the best medicine...no prescription needed!

[Learn More](#)