

May 2026

Cost of Living Calendar for Employers

1ST



Workshops to help your staff save energy and reduce bills – at home and at work

[Learn More](#)

2ND



Getting support is the first step in helping you to work through money worries

[Learn More](#)

3RD



Improve the financial wellbeing of your employees

[Learn More](#)

4TH



Find funding, advice and support tailored to your business needs

[Learn More](#)

5TH



While problem gambling itself doesn't have physical symptoms, it can affect many areas of life

[Learn More](#)

6TH



If you are living in poverty and struggling financially then VSA might be able to help

[Learn More](#)

7TH



The link between money and mental health

[Learn More](#)

8TH



Find advice on holiday pay, sick pay and your working hours

[Learn More](#)

9TH



Quitting smoking really does lead to a richer life. Use this quit calculator tool to see how much money you can save

[Learn More](#)

10TH



Find out what support is available to help with the cost of living

[Learn More](#)

11TH



12 ways to waste less: small changes can make a big impact

[Learn More](#)

12TH



Scarf can engage with your staff, offering advice to help them reduce their energy consumption at work and at home

[Learn More](#)

13TH



Ever worked out how much you spend on alcohol?

[Learn More](#)

14TH



The benefits of employers becoming Living Wage accredited

[Learn More](#)

15TH



Providing security of hours alongside a Real Living Wage

[Learn More](#)

16TH



Providing stability and security for workers now and in the future

[Learn More](#)

17TH



Give your employees the tools they need to achieve freedom from financial stress

[Learn More](#)

18TH



Access to Work: get support if you have a disability or health condition

[Learn More](#)

19TH



Advice on pay and wages, including equal pay and gender and ethnic pay gap reporting

[Learn More](#)

20TH



Free expert advice, fully funded by the Scottish Government. Save energy, save money and grow a greener business

[Learn More](#)

21ST



SAFE Team will work with you to help you navigate the welfare system and ensure you are claiming your entitled benefits

[Learn More](#)

22ND



Aberdeen City residents can check information about Council Tax and learn what you can do if you think it is incorrect

[Learn More](#)

23RD



Contact Aberdeenshire Council if you think you'll have problems paying your council tax

[Learn More](#)

24TH



If you encounter any difficulties paying your Council Tax in Moray, contact Moray Council

[Learn More](#)

25TH



End employee's fuel poverty

[Learn More](#)

26TH



Everything employers in Scotland need to know about the new Carer's Leave Act

[Learn More](#)

27TH



All you need to know about welfare benefits

[Learn More](#)

28TH



Claim tax relief for your job expenses, such as travel, uniforms and working from home

[Learn More](#)

29TH



Make your money go further with budget planners, financial tools and much more

[Learn More](#)

30TH



Sustrans works with employers to support them in reducing single-occupancy car journeys commutes

[Learn More](#)

31ST



Free attractions and things to do around Scotland

[Learn More](#)