

July 2026 Summer Wellbeing Calendar

1ST



If you're planning to travel outside the UK, you may want to check out travel vaccinations

[Learn More](#)

2ND



Find local low intensity health walks for those who want to get more active

[Learn More](#)

3RD



Summer health tips and advice

[Learn More](#)

4TH



Take advantage of the sunny nights and hop on your bike, join a community, learn new bike skills, and win prizes

[Learn More](#)

5TH



25 screen-free activities to wean kids off their screens

[Learn More](#)

6TH



This year's Alcohol Awareness Week takes place from 6-12 July 2026 on the theme of alcohol and work

[Learn More](#)

7TH



Menopause symptoms can be heightened in the summer months. Learn how to manage this in the workplace

[Learn More](#)

8TH



Free condoms, contraception advice and information on sexual health

[Learn More](#)

9TH



What to do if you're struggling with stress

[Learn More](#)

10TH
turn 2US

The summer holidays can be a costly time of year for families, with children being at home and the need to find extra childcare

[Learn More](#)

11TH



Water makes up two thirds of our body. It is vital we drink enough fluid to maintain a healthy balance this summer

[Learn More](#)

12TH



Check out advice on holiday pay, sick pay and your working hours

[Learn More](#)

13TH



As an employer, you must protect your workers from the health risks of working with display screen equipment

[Learn More](#)

14TH



Find out how you can help take care of your mental health this summer

[Learn More](#)

15TH



Staying safe in the sun

[Learn More](#)

16TH



Learn how to spot skin cancer (melanoma)

[Learn More](#)

17TH



As the weather gets warmer there is more pollen in the air

[Learn More](#)

18TH



Support Europe's coolest summer half marathon.

[Learn More](#)

19TH



Join a local beach clean to help stop harmful litter from reaching the ocean

[Learn More](#)

20TH



Supporting parents during school holidays

[Learn More](#)

21ST



Get out and about and explore Aberdeen and Aberdeenshire

[Learn More](#)

22ND



Get out and about and explore Moray

[Learn More](#)

23RD



Places to go and things to do in your area

[Learn More](#)

24TH



School's out and the summer holidays are here

[Learn More](#)

25TH



Information on how to stay safe and healthy abroad

[Learn More](#)

26TH



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

[Learn More](#)

27TH



Learn about flexible working and your entitlement

[Learn More](#)

28TH



If you're having a barbecue with friends and family this summer, it's important to think about food safety

[Learn More](#)

29TH



Interested in taking up a new sport or activity in Aberdeen?

[Learn More](#)

30TH



Interested in taking up a new sport or activity in Aberdeenshire?

[Learn More](#)

31ST



Interested in taking up a new sport or activity in Moray?

[Learn More](#)