

Workplace Summer Newsletter



Welcome to the Workplace Summer Special Edition

With summer upon us Aberdeen is 'ship' shaping up to have a summer of exciting events with something for everyone, from the Tall Ships Races, the colourful Umbrella Project and Grampian Pride. We hope you all find time to get out and about and enjoy these and other events making the most of the summer months.

This newsletter aims to provide you with a combination of relevant information and practical tips to support your employee wellbeing programmes, while signposting you to training opportunities and awareness raising sessions on a range of topics.

The Boosting Wellbeing and Business section offers additional ideas linking staff wellbeing activities to local events, communities and places. Also, a competition is on offer for all our workplace contacts to inform us about the benefits of their staff wellbeing activities over the coming months so please send them on to us.

Please share this newsletter across your organisation and working group members. If you are moving on, please inform us and give us your new contact information.

If you would like to share some of your wellbeing ideas and initiatives, have any questions, have received this edition and wish to subscribe to future editions, or wish to unsubscribe, please let us know by emailing: gram.hwl@nhs.scot.



Like and follow us on Facebook

<https://www.facebook.com/NHSGWorkplaceHealth>

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June Campaigns



Dementia Awareness Week, 2nd - 9th June


**Alzheimer
Scotland**
 Action on Dementia

Alzheimer Scotland works to ensure nobody faces dementia alone. Dementia awareness week gives everyone the opportunity to **learn more** about the work, research and support they offer. There are lots of ways to promote dementia awareness week such as holding a Tea and Blether in your workplace.

Click here for more ideas you can get your workplace involved in.

Dementia is an umbrella term for many different types of disease symptoms and illnesses, that is not part of the natural ageing process. Dementia makes it harder to think as clearly as before and affects memory. Daily tasks may become difficult and language and problem-solving can be affected.

If you'd like to talk to someone Alzheimer Scotland have a 24 hour Freephone Dementia Helpline: **0808 808 3000**

Scottish Breastfeeding Week 9th- 15th June 2025

The Breastfeeding Friendly Scotland Scheme is a national initiative supported by the Scottish Government and implemented by local NHS Boards. It aims to create a welcoming environment for breastfeeding families in public spaces like cafes, restaurants, and other businesses.

The scheme has around 4,000 businesses across Scotland who have signed up. The widespread participation helps create a supportive environment for breastfeeding families in public spaces. It truly is a collective effort between NHS and our Third Sector partners to improve and ensure breastfeeding is an integral part of our communities and society. These improvements indicate a positive trend in breastfeeding rates across Scotland, and suggest schemes like Breastfeeding Friendly Scotland are having a beneficial impact.

As a business, you need to know there is a specific law that supports infant feeding. This is called the Breastfeeding etc. (Scotland) Act 2005. This act makes it an offence to prevent or stop a person from feeding a child under 2 in a public space. Show your support, become a member of the Breastfeeding Friendly Scotland Scheme and have your business added to the interactive Scotland map that helps families know where to access a supportive environment.

For more information and to sign up in Grampian, **email Emma at gram.bffscotland@nhs.scot**.

To view our interactive map, and for more tips about breastfeeding when out and about in Scotland, visit:

[Getting out and about while breastfeeding.](#) | [Parent Club.](#)



Grampian Pride 7th of June 2025



Grampian Pride is brought to you by Four Pillars LGBT+ Charity.

The aim is to bring the local and wider community together, welcoming everyone from North East Scotland, the rest of the UK, and international communities. Grampian Pride provides a safe space for all LGBT+ people and their straight allies. The Pride event will consist of a march, various stalls, information about LGBT+ organisations and services, entertainment, key speakers, safe spaces, and a family area.

More details can be found here: <https://www.fourpillarsuk.org/grampianpride/>

This year, as in previous years, NHS Grampian Sexual Health Services will have a stand at the Pride Village in Duthie Park. We will be offering free condoms and free confidential testing for Hepatitis B, Hepatitis C and HIV, plus lots of information and advice on sexual health. We will be joined by staff from the NHS Grampian Health Improvement Team who will have information on other health issues that might be important to you.

We wish everyone a joyful and safe Grampian Pride and look forward to seeing you there!

For more information on what Grampian Sexual Health Services have to offer, visit: [Sexual Health Hub](#)




Grampian Sexual Health Services

How can we help you?

Where? Aberdeen Elgin Fraserburgh Peterhead

To learn more about your **free** and **confidential** Sexual Health Service, visit the website or give us a call

Scan here to find out more →  grampiansexualhealthservices.com
0345 337 9900

Free Condoms and Lube
Scan here to find condoms near you → 

Contraception
Information, advice and supplies.

Under 18s Drop-In Clinic
Aberdeen Health Village
Tuesday and Thursday
3.30pm to 5.30pm
You can walk in, or phone and book ahead. 0345 337 9900

Emergency Contraception
Pill
(Three to five days to take depending on pill)
Available free from most pharmacies.
or
Copper Coil
(Five days to get after unprotected sex)
If you think you may need emergency contraception get in touch **as soon as possible** or ring NHS24 (111) out of hours.

Testing & Treatment
for sexually transmitted infections (STIs) and blood borne viruses (BBVs).

Advice About Preventing HIV Infection
PrEP HIV Pre-Exposure Prophylaxis
PEP HIV Post-Exposure Prophylaxis
If you need PEP when we're not open call NHS24 (111) ASAP.




Grampian Sexual Health Services

To learn more about your **free** and **confidential** Sexual Health Service, visit the website or give us a call grampiansexualhealthservices.com
0345 337 9900

Pregnancy
Unplanned pregnancy advice and discussion about your options. If you have an unplanned pregnancy or think you might be pregnant, contact us ASAP on 01224655535.

Preventing HIV Infection
PrEP Pre-Exposure Prophylaxis
PEP Post-Exposure Prophylaxis
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Carers & Employment

Did you know that in Scotland there are an estimated **270,000 people currently working whilst also juggling caring responsibilities?**

Working should provide financial stability, social interaction and a whole host of wider benefits to our overall health. Work can also provide a life 'outside' of caring and can be the difference between having the financial security to provide care for their loved ones. For this, those juggling work and care need support and understanding from their workplace.

While many employers go above and beyond when it comes to looking after employees who also have caring responsibilities it is important that employers and employees are aware of their legal responsibilities. For everything employers in Scotland need to know please see the new [Carer's Leave Act](#).



CARER POSITIVE
Employer in Scotland

Carer's Positive Week, 9th - 15th June

This annual campaign highlights the inequalities faced by many carers. The theme for this year is 'Caring about Equality'

[Learn more](#)



Why become a Carer Positive Employer?

The [Benefits to Employers](#) for becoming a 'carer friendly' workplace includes reduced sickness absence and reduced levels of stress, lower training and recruitment costs, increased productivity and staff morale, and an enhanced reputation of being an 'employer choice'.

[Start your Carer Positive journey](#)





Loneliness Awareness Week is dedicated to raising awareness of loneliness. The theme is about having open, honest conversations and creating supportive communities.

Loneliness is a natural human emotion - we are hardwired to need social connections. Talking about it can help support ourselves and others.



Learn more about what you can do to raise awareness in your workplace.



If you're struggling with feelings of loneliness and would like support or practical tips to help you, [Mind](#) can help.

Isolation and loneliness

Hear how other people have tackled loneliness and isolation.



Alcohol Awareness Week, 7th - 13th July 2025: Alcohol and work

This year's theme is Alcohol and Work. Are we blurring the lines between work and home and is alcohol impacting on the work we do? This year Alcohol Change UK are starting a conversation about the relationships between alcohol and work to help us understand it better. Learn helpful tips and advice on making changes to improve our health, happiness and productivity.

[How does alcohol show up at work?](#)



Did you know [new legislation](#) on disposable vapes came into effect from 1st June 2025?

**For more
upcoming
campaigns [click
here](#)**

Upcoming training and awareness sessions:

- **Mentally Healthy Workplace Training for Managers and Supervisors Tuesday 24th June (10am-3pm):** Highlighting employers' responsibilities and providing help, support and suggestions to improve managers and supervisors skills in supporting mental health and wellbeing at work.
- **Menopause at work (Tuesday 1st July, 10am-11am):** "Bitesized " awareness session. Attendees will deepen their understanding of how the menopause impacts employees in the workplace, and will discuss the business and legal case for addressing menopause in the workplace.
- **Keep Active at Work: Reducing Sedentary Behaviour (Monday 28th July, 2pm - 3pm):** This popular, fun and interactive session on MS Teams, is for anyone with an interest in how our work environment and settings contribute to sedentary behaviour.
- **Breathing Space (tbc): Breathing Space NHS24:** Increase knowledge and understanding of Scotland's phone line and webchat service.
- **Neurodiversity Awareness Training (tbc):** This training brings a focus to neurodiversity, what this term means and the most common neurodiverse conditions. Taking a closer look at individual neurodiverse conditions will provide the opportunity to identify specific adjustments that could support individuals in the workplace.



For more information on our free awareness sessions or to book a space, please email us at:

gram.hwl@nhs.scot



**Healthy
Working
Lives**



ACCESS TO WORK



Access to work is a government grant scheme that helps people with a disability to start or remain in employment.

It can provide financial and practical support to help disabled people overcome the barriers they face in the workplace. This support could pay for equipment, support from a job coach, or other work related costs.

This guide will provide an overview of who is eligible for Access to Work, what help Access to Work can provide and how to make a claim.

The Disability Services Advocacy Team support with raising awareness of the Access to Work grant scheme. Please see links to their upcoming sessions in June and July. To book a place please use each of the individual links for the relevant events.

These session covers what AtW is, what it can support with, eligibility criteria and the customer journey. There will be opportunity for Q&A at the end of the session.

05/06/2025 1.30pm - 3pm <https://AtW-Session-05-06-25.eventbrite.co.uk> Password: DWP2025

12/06/2025 1.30pm - 3pm <https://AtW-Session-12-06-25.eventbrite.co.uk> Password: DWP2025

01/07/2025 1.30pm - 3pm <https://AtW-Session-01-07-25.eventbrite.co.uk> Password: DWP2025

17/07/2025 1.30pm - 3pm <https://AtW-Session-17-07-25.eventbrite.co.uk> Password: DWP2025

24/07/2025 1.30pm - 3pm <https://AtW-Session-24-07-25.eventbrite.co.uk> Password: DWP2025

Helping you manage a health condition, and remain at work.

Free and confidential healthcare support with rapid access to interventions and therapies if appropriate.



Working Health Services Scotland



Working Health Services

To register or find out more about how Working Health Services Scotland (Grampian) can help you call:
0800 019 2211



Boosting Employee Wellbeing and Local Business

This year presents numerous opportunities to enhance investments in staff health and wellbeing, foster social connections, boost productivity and retention, while also supporting local businesses. Business and Employee Wellbeing Opportunities include:

- Increase physical activity and boost mental health
- Increase social connections and networking
- Staff retention, reward and recognition ideas
- Welcome new staff and workplace visitors to the area.
- Boost your workplace reputation as a fair and good employer
- Business and sponsorship opportunities
- Increase footfall and local spend
- Volunteering and Team Building ideas

The NHS Grampian Public Health workplace team, along with partners, has compiled a 'snapshot' of city events that highlight various activities linked to improving both physical and mental health, such as walking, running, cycling, social engagement, and volunteering, all of which can contribute to your Corporate Social Responsibility (CSR) programmes.

Workplace Recognition Prize :

Aberdeen Inspired have kindly donated a £50 Aberdeen Gift Card to one lucky workplace/employer who informs us about the benefits they have experienced with any staff wellbeing activity. It would be great if the activity is linked to a local city event in the coming months.

We will feature all staff wellbeing activities and photos in our bi-monthly workplace newsletter. We will draw one winner from our entries to win the Aberdeen Gift Card voucher so please send in your stories and photos to : **Gram.hwl@nhs.scot** between June - September 2025.

We hope this 'snap shot' of staff wellbeing and business opportunities are useful, and please cascade to your workforce. The local event organisers want to improve pride in place, invest in communities, support local business, invest in people and skills, bring more visitors and attract workers for job opportunities to the area, helping make Aberdeen City and Grampian, an even better place to work, live, invest and do business.

We do not endorse or sponsor any event. This statement is intended to clarify our relationship with all events and prevent misunderstanding about our involvement. All events are suggestions and potential opportunities for staff wellbeing and supporting local events as you feel appropriate to your workplace.



What's on



ABERDEEN INSPIRED BUSINESS IMPROVEMENT DISTRICT

Aberdeen Inspired is the flag under which the city's Business Improvement District (BID) is run. It aims to make a real difference to businesses, residents and visitors within the city centre. Aberdeen Inspired organises and promotes a range of city centre events and festivals with partners throughout the year. Events can boost footfall, local trade and support local businesses. This summer welcomes some of the best events such as The Umbrella Project and The Tall Ships Races. Please see a range of activities to help local business and promote to your employees.

Aberdeen Inspired



The Neurodiversity Umbrella Project is back!

Shiprow Village has once again erupted in colour and sound as Aberdeen Inspired launched this year's Umbrella Project. In collaboration with the ADHD Foundation, the project honours and increases awareness of neurodiversity. These colourful umbrellas represent all the different minds we have here in Grampian, and the UK. Different minds can bring creativity, imaginative thinking and problem solving skills to workplaces. NHS Grampian with ENABLE works, offer Neurodiversity Awareness sessions for employers. Session flyers will be sent out soon with our next training date.

NUART ABERDEEN

Nuart Aberdeen, the award-winning and internationally renowned street art festival. A vibrant festival that brings global artists to transform the city with stunning murals and installations, creating a lasting cultural legacy.

[View the interactive map](#) and build your workplace activities programme.

This free event, takes place twice a year in May and September. **Big Belmont Bash** will bring Belmont and Little Belmont Street alive with businesses from the quarter bringing special offers, games and events from their cafes, bars, restaurants, salons, and shops onto the cobbles. Why not come into the city centre this weekend and support the local business community, and a local charity.



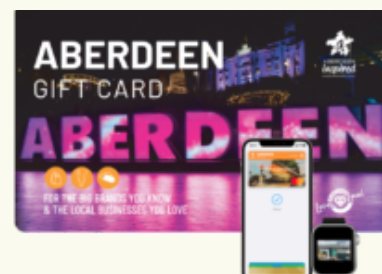
**ABERDEEN
COMEDY
FESTIVAL**
Ha!-Ha!-Haberdeen!

The Aberdeen Comedy Festival is here for 2025, bringing the finest comedians to the Granite City, showing you that laughter really is the best medicine. No prescription needed! Save the date for the **Aberdeen Comedy Festival** from September 22 to October 5.

[Study shows benefits to heart health from watching comedy shows](#)

Looking for the perfect Gift

The Aberdeen Gift Card is the perfect gift for everyone and everything the city has to offer! With over 300 businesses in Aberdeen City already signed up, the Aberdeen Gift Card could be used as a staff reward and recognition idea and is a way to help businesses and increase footfall in the city centre.



Click the link to find out about more Aberdeen Inspired events

<https://www.aberdeeninspired.com>



THE TALL SHIPS RACES Aberdeen 2025

organised by Sail Training International



The Tall Ships Races will be setting sail soon so get aboard this July and see the City come alive! This spectacular event will also be joined by the world-famous Red Arrows who will stage a thrilling aerial display as a backdrop to more than 50 Tall Ships berthed at the Port of Aberdeen.

Enjoy the sights and sounds of 50+ Tall Ships, street food markets and quayside bars, STEM activities, a funfair, 60 trade and charity stalls, headline acts and free family entertainment!

Get Aboard



- LE HAVRE - France
4 July 2025 - 7 July 2025
- DUNKIRK - France
10 July 2025 - 13 July 2025
- ABERDEEN - Scotland
19 July 2025 - 22 July 2025
- KRISTIANSAND - Norway
30 July 2025 - 2 August 2025
- ESBJERG - Denmark
6 August 2025 - 9 August 2025

Business Opportunities!

The Tall Ships Races Aberdeen 2025 is Europe's largest free family event, and Aberdeen Inspired encourage businesses to get involved to make it an unforgettable experience for all.

View the Business Guide

For a Branded Activation Kit email:

kate.timperley@aberdeeninspired.com

Networking Opportunities

Aberdeen & Grampian Chamber of Commerce is a membership organisation which sits at the heart of the North-east business community. We create the connections which grow our local economy through a range of events. Non Members can attend many events.



**Aberdeen &
Grampian
Chamber of
Commerce**



The **Business Bulletin** is published 10 times per year and reaches over 10,000 business people in the North-east per edition. As a member of the Chamber, you can promote your organisation in our print magazine through news, blogs, features and opinions.

If you are looking to grow your network, meet like-minded business people and hear from inspiring expert speakers, then you need to book a seat at one of our **Business Breakfasts!**



Business and Volunteering Partnerships for Employers

LET'S RE-ENERGISE UNION STREET

Our Union Street is a community-led organisation and is being funded by **Aberdeen & Grampian Chamber of Commerce, Aberdeen Inspired, Aberdeen City Council, Shell, AB15 Ltd and Opportunity North East**, with additional support from the Scottish Government.



We are also keen to recruit people who would be willing to offer us some of their time to help improve units and shopfronts which have fallen into a state of disrepair. This work will involve sanding, priming and painting woodwork and signage. **Join the volunteer army.**



ACVO recognises the importance of volunteering and the huge difference it makes in Aberdeen. If you are looking to volunteer, involve volunteers with your organisation or advertise your opportunity, **ACVO** can help!

Volunteers are at the heart of **VSA** and we have a wide variety of opportunities available across our organisation. You could volunteer at one of our services; provide event support to our fundraising team or help us at our farm. We have something for everyone!



AVA can help with all aspects of volunteering in Aberdeenshire, from awards and opportunities to advising groups on taking on and managing volunteers.

Leisure & Culture



The iconic Aberdeen letters are located in Union Terrace Gardens. The Gardens also include extensive seating, lighting features, a play area for children, toilets, and cafes while retaining historic features. The Union Terrace Gardens improvements makes this the perfect place to explore or even arrange walking meetings. Check out the [City Centre and Beach Masterplan](#).

ABERDEEN PERFORMING ARTS

Discover exciting live performances at three iconic city centre venues; [His Majesty's Theatre, the Music Hall and the Lemon Tree](#).

[Aberdeen Art Gallery](#) is home to one of the finest collections in the UK spanning over 700 years. This granite building was recently transformed between 2015 and 2019 and is waiting for your visit.

Aberdeen Maritime Museum

Aberdeen boasts a long and fascinating history with the sea. The city has a bustling port and features many North Sea related industries, including offshore oil, fishing and shipping. Plan your visit to [Aberdeen Maritime Museum](#).



[Aberdeen Beach](#)

Recognised for its popular recreational and sports area and attracts many visitors throughout the year. You can access Codona's fun fair, Linx Ice Arena, a range of cafes, restaurants and there is also a cinema, retail park and a fitness gym.

[P&J Live](#)

The North East of Scotland's award-winning events venue. Boasting world-class conference and exhibition facilities and a superior 15,000 capacity arena.



[Save the Date](#)

Free Walks and Trails



Aberdeen City Health & Social Care Partnership
A caring partnership

Aberdeen's Green Health Map is a fantastic tool to help you find local parks, gardens, and natural areas to explore. Spending time in nature can reduce stress, improve mood, and enhance physical health. Whether it's a walk in the park, bird watching, or a family picnic, the Green Health Map makes it easy to find the perfect spot to enjoy the outdoors. So, step outside, enjoy the fresh air, and let nature improve your well-being.



Explore the fascinating **sculpture and curios trail** and find everything from traditional to contemporary to explore.

The Heart of Moray makes it easier to improve our health and wellbeing.



This 12 week fully funded programme is held at **Moray Leisure Centre**, a community place with friendly staff, social spaces and ways to be more active, learn about food and lifestyle and be supported for healthy weight management.

Learn more



Aberdeen Coastal Trail

The Coastal Trail explores our enduring relationship with the North Sea – our famous long golden sands beach is a short walk from the city centre.



Aberdeenshire Coastal Trail



Discover 165 continuous miles of dramatic clifftops, enchanting coves, paradise beaches, charming towns and marvellous wildlife on the **Aberdeenshire Coastal Trail**.



Cycling routes and maps

Check out these cycling maps showing suggested cycle routes around Aberdeen.



Park Run



A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

Every Saturday at 9:30am.

9 Things to see & do in Aberdeen for free

Aberdeen is home to an array of attractions, locations and quirky spots on the map which are all free - perfect for those on a budget.

Activity ideas for staff during lunch breaks or walking meetings if your workplace is close by.

Things to do

Generation Aberdeen

The Aberdeen City Centre and Beach Master Plan (CCBMP) aims to create a more attractive, active, healthier and sustainable city. Learn more from [Generation Aberdeen](#).

Finally, the Workplace Team wish you all an enjoyable summer, and hope that you all enjoy some of the activities promoted in this special summer edition.



Like and follow us on Facebook

<https://www.facebook.com/NHSGWorkplaceHealth>