

THE WELLBEING SERVICE



WHAT IS WELLBEING?

Wellbeing is about feeling good and functioning well - both in your personal life and at work. It includes your physical health, mental resilience, social connections, and overall sense of purpose.

At work, this means:

- Feeling supported and valued
- Managing workload and work-life balance
- Having space to speak up and grow

When we prioritise wellbeing, we're more productive, resilient and engaged - and more likely to enjoy our work.



WHAT SUPPORT CAN I GET?

The Wellbeing Service offers a range of support, including:

1:1 Wellbeing Conversations

These one-to-one sessions are offered by the Council's Health and Wellbeing Officer and are completely confidential. No details of your conversation will be shared with anyone else in the organisation.

Whether you're looking for practical tips to improve your wellbeing, guidance on available resources, a referral to the Employee Assistance Programme, or simply a safe space to talk - support is here for you.



Wellbeing Training Opportunities



A range of wellbeing training sessions are available and can be tailored to suit the specific needs of your service or team. Topics include, but are not limited to:

- Mental Health Awareness
- Stress Management and Building Resilience
- Mindfulness and Relaxation Techniques

In addition, a selection of wellbeing modules is available anytime via the Council's e-learning platform.



Physical Activity Sessions

A variety of physical activity sessions can be arranged in collaboration with the Culture and Leisure Trust. These sessions are designed to support both physical and mental wellbeing and can be tailored to suit different fitness levels and interests. These sessions offer a great way to boost morale, encourage team bonding, and promote a healthier lifestyle at work.

Employee Health Checks

Appointments last 15 minutes and are available to any member of staff who has not already attended for a free health check in the past 12 months. The checks include cholesterol, blood pressure, blood sugar checks, weight, height, Body Mass Index (BMI) and healthy lifestyle information.

Benefits include:

- Early detection of potential health issues
- Personalised guidance to improve wellbeing
- Increased awareness of health risks and lifestyle choices.



Wellness Activities



We can arrange engaging taster sessions such as sound baths, yoga, and healthy cooking classes, giving staff the chance to try something new and uplifting.

Team Development



The Wellbeing Service is here to help you promote a wide range of team events and activities tailored to your team's needs, such as:

- Team Wellbeing Days - dedicated time to focus on health, connection, and fun
- Coffee and Connect Sessions - informal catch-ups to boost morale
- Inter-Departmental Wellbeing Challenges - friendly competitions to encourage movement and connection across teams.

How do I contact the Wellbeing Service?

If you'd like to learn more about any of the above - or just fancy an informal chat - please don't hesitate to get in touch with Kirsty Letham, Health and Wellbeing Officer. You can reach Kirsty via Teams, mobile: **07747 001270** or by emailing: **wellbeing@eastrenfrewshire.gov.uk**

Further information can be found on the Council's intranet site by typing 'Health and Wellbeing' into the search bar.