

FOI REF:	15798
RESPONSE SENT:	06/08/2025

Request

I would like to make an application under the Freedom of Information Act. I would like to establish:

1 How many staff have been granted “wellbeing days” off for the last financial year? If this is only available for a calendar year, please release that data but state that is for the calendar year. If your data is wonderfully up to date, please let me have data up to the latest monthly period. If another term, rather than “wellbeing days” is used to provide staff with a day off after a stressful period, please say the term used.

2 Please state the reasons cited for these “wellbeing days” (or whatever term your authority may use). While I understand that nothing should be released that would disclose anyone’s identity, such wellness days may be connected to stress, grief, physical health, mental or emotional health, etc. As such, it may be possible to say how many days were granted for specific types of wellness needs. However, if there are further details that can be released, please state the reasons granted for wellbeing days, for instance some councils have granted them for staff to exercise, take up a mindfulness project, spend time in nature or engage in hobbies. Please include any such examples.

3 If you have a website or intranet page about wellbeing days, please could you share it with me?

4 If staff are allowed other elements associated with wellbeing, please specify if not stated in the above public internet links.

Response

1 None.

2 N/A

3 N/A

4 Access to an Employee Assistance Programme; access to wellbeing resources; voluntary employer Paid Health Plan employee benefit; Mental Health First Aiders; Wellness Action Plans; an externally provided counselling service free of charge; volunteering days.

