

Young Person's Wellbeing Calendar

January 2025



1ST



Contact the NHS Grampian Public Health Healthpoint Service if you would like help to stop smoking

[Learn More](#)

2ND



The Active 10 app anonymously records every minute of walking you do. Just pop your phone in your pocket!

[Learn More](#)

3RD



Find out if you're eligible for the flu vaccination this winter

[Learn More](#)

4TH



Try taking up a new sport or get involved in coaching your favourite sport

[Learn More](#)

5TH



Help with your mental health when you are finding things difficult

[Learn More](#)

6TH



Creative youth network offers top tips for CV writing

[Learn More](#)

7TH

YOUNGMINDS

Tips and advice on how to enjoy a more positive time online

[Learn More](#)

8TH



Find out about new ways to get active

[Learn More](#)

9TH



Learn about the endometriosis friendly employer scheme and how can you benefit

[Learn More](#)

10TH



The best places to go & things to do around Aberdeen

[Learn More](#)

11TH



Connect with employers and develop the skills you need for the world of work

[Learn More](#)

12TH



Free online course to help you manage and understand your menstrual cycle.

[Learn More](#)

13TH



Whether you're battling an eating disorder, or supporting someone who's struggling, Beat is there for support

[Learn More](#)

14TH



Save on travel, days out, food and shopping in Scotland with the Young Scot Entitlement Card

[Learn More](#)

15TH



Top tips on updating your CV

[Learn More](#)

16TH



Find out which vaccines are offered to young people and the diseases they protect against

[Learn More](#)

17TH



Sexual health and contraception advice for young people

[Learn More](#)

18TH



Your route to training, skills, work and financial advice

[Learn More](#)

19TH



Take the next step in your career - find a job in Scotland

[Learn More](#)

20TH



Find out about symptoms and how to check for testicular cancer

[Learn More](#)

21ST



Fun activities & games for young people in Aberdeen

[Learn More](#)

22ND



Find breast cancers early, when they have the best chance of being successfully treated

[Learn More](#)

23RD



An opportunity for you to make a real difference while gaining essential life skills

[Learn More](#)

24TH



Small Grants to enable young people to participate in activities not typically available to them.

[Learn More](#)

25TH



Tips and techniques on prioritising tasks and managing your time at work

[Learn More](#)

26TH



Work on your confidence, gain essential skills for work or start a new business

[Learn More](#)

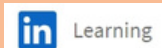
27TH



Access the food bank, benefits and budgeting advice

[Learn More](#)

28TH



Develop your learning, skills, CV writing, job experience and more!

[Learn More](#)

29TH



Find employers who care about good youth employment standards

[Learn More](#)

30TH



Explore our tips and activities to help you feel your best and find your calm

[Learn More](#)

31ST



Aberdeen based group activities to enjoy with friends

[Learn More](#)