

## Muscle & Bone Health Support

Muscle and bone health, often referred to as **musculoskeletal (MSK)** health, is vital for everyday movement, strength, and independence. MSK conditions can affect muscles, bones, joints, and connective tissues, leading to pain, stiffness, and reduced mobility.

This guide is designed to support those living with MSK issues by signposting helpful resources such as exercise videos, workshops, and both local and national programmes. Whether you're managing a long-term condition or recovering from an injury, there are many ways to get support and improve your MSK health.



### Watch Our On Demand Workshops

Watch our dedicated showcase of Muscle and Bone Health related classes and workshop recordings

Password: Wellbeing



### Your

### Wellbeing Timetable

### Weekly Online Classes

\* subject to change

See here for the full timetable, class descriptions and to book your place.



[bookwhen.com/jucdwellbeing](https://bookwhen.com/jucdwellbeing)

Monday	12:15-12:45	Lower Back Strength & Stretch
Tuesday	11:00-11:20	Desk Stretches for Neck and Posture Health
Wednesday	10:00-10:30	Chair Yoga & Breathwork
	12:00-12:30	Mobilise & Stretch
	17:00-17:30	Pilates
	17:30-18:00	See You at the Barre
Thursday	08:00-08:30	Menopause Yoga
	12:30-13:00	Yoga
	17:00-17:30	De-stress Yoga
Friday	07:30-08:00	Hip Health
	11:00-11:20	Shoulder Health

" Making the Friday Shoulder Exercise a part of my week has had a massive impact. I've stopped needing physio.

My shoulder is now strong enough I went sea kayaking for the day this summer which would have been impossible"

" I just wanted to say that I really love the online classes and it has made a real difference to my joint pain. It has taught me stretches I can do outside of class as well"

"Before starting your classes, I was getting sporadic back pain linked to a tightness in my hip/groin but I noticed an instant difference from doing your classes and I'm pleased to say that I've not really experienced any of the same sort of back pain since."

### 121

### Book a 121 Wellbeing Conversation with a HIA

If you would like to discuss what sessions are most suitable to take part in, you can book in a 121 Wellbeing Conversation to help make the most of the sessions available to you.

✉ [uhdb.gethealthystayhealthy@nhs.net](mailto:uhdb.gethealthystayhealthy@nhs.net)

## Local and National Support Groups and Programmes:

**My Active Buxton** - Exercise and rehabilitation programme designed to help people with joint conditions and long-term health conditions move more.

[www.myactive.uk/goodboost](http://www.myactive.uk/goodboost)

**Ark leisure Matlock** - Health Referral programme offering tailored support and expertise to those individuals or groups of people that require specialist exercise prescription to manage existing health conditions or prevent ill health.

[www.freedom-leisure.co.uk/centres/arc-leisure-matlock/health-referral-scheme](http://www.freedom-leisure.co.uk/centres/arc-leisure-matlock/health-referral-scheme)

**Good Boost** - Therapeutic Water Based Exercise programme for individuals with long term health conditions - [www.everyoneactive.com/content-hub/health/good-boost](http://www.everyoneactive.com/content-hub/health/good-boost)

**Arthritis UK** - Learn about arthritis, explore the different types and treatment options and get practical tips, support and advice to help you manage your condition.

[www.arthritis-uk.org/information-and-support](http://www.arthritis-uk.org/information-and-support)

**Live Life Better Derbyshire** - Exercise By Referral - A comprehensive, 12-week programme of exercise supported by qualified leisure staff at local leisure centres or facilities.

[www.livelifebetterderbyshire.org.uk/services/getting-active/physical-activity-in-derbyshire.aspx](http://www.livelifebetterderbyshire.org.uk/services/getting-active/physical-activity-in-derbyshire.aspx)

**Get U better APP** - Specialising in all common MSK issues GetUBetter is an app supporting joint issues and women's pelvic health. - [www.getubetter.com/patient](http://www.getubetter.com/patient)

**The ME Association Local Support Groups** - Meeting, talking, and being around other people who have ME/CFS can be of enormous help and a good way of combating the isolation that this disability all too often brings with it. [www.meassociation.org.uk/local-support-groups](http://www.meassociation.org.uk/local-support-groups)

**ESCAPE Pain** - Enabling Self-management and Coping with Arthritic Pain using Exercise.

[www.escape-pain.org](http://www.escape-pain.org)

**We Are UNDEFEATABLE** - Every move enables more. Find out how to get active whilst living with a health condition today. Our purpose is to support and encourage you to find ways to be active that can work for you and your health condition. - [www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)

**Pain Support Groups** - If you have been struggling with pain for more than 12 weeks there are many services and support groups for you in Derby and Derbyshire.

[www.joineducarederbyshire.co.uk/stay-well/pain-management/support-groups](http://www.joineducarederbyshire.co.uk/stay-well/pain-management/support-groups)

**Nuffield 12week Joint Pain Programme** - This free-to-access programme is designed to help you self-manage your chronic joint pain and lead a more independent life.

[Joint Pain Programme | Nuffield Health](#)

For further support regarding the information on this page, please view your local intranet page.

**Free wellbeing support from Joined Up Care Derbyshire - Our Derbyshire**

[www.staff.derbyshire.gov.uk/your-wellbeing](http://www.staff.derbyshire.gov.uk/your-wellbeing)