

1 October - 30 December

M	T	W	Th	F
Bodyweight Exercise 07:30-08:00 Virtual	NEW Morning Energizer 07:30-08:00 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Menopause Yoga 08:00-08:30 Virtual	Hip Health 07:30-08:00 Virtual
Planning For Retirement Course 09:00-12:00 6 Oct Virtual	Working with a Health Condition Support Café 10:30-11:30 28 Oct, 25 Nov, 23 Dec Virtual	Returning to Work Following ill Health Support Group 10:00-10:40 Virtual	Manager & Leader Supporting your Team's Wellbeing Drop-in 10:00-11:00 2 Oct, 6 Nov, 4 Dec Virtual	Full Body Workout 08:30-09:00 Virtual
NEW Wellbeing Overview for New & Emerging Leaders 11:00-12:00 6 Oct, 3 Nov, 1 Dec Virtual	Wellbeing Drop-in 11:00-13:00 Virtual	Chair Yoga & Breathwork 10:00-10:30 Virtual	Returning from Parental Leave 10:30-11:00 30 Oct, 27 Nov, 11 Dec Virtual	Emotional Freedom Techniques 10:00-10:20 Virtual
Back Strength & Stretch 12:15-12:45 Virtual	Desk Stretches for Neck & Posture Health 11:00-11:20 Virtual	Men's Group Getting Over the Hump 12:30-14:00 1 Oct, 5 Nov, 3 Dec Virtual	Desk Mobility 12:00-12:20 Virtual	Shoulder Health 11:00-11:20 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual	NEW Origami Time-Out 12:00-12:20 2 Dec Virtual	Mobilise & Stretch 12:00-12:30 Virtual	Yoga 12:30-13:00 Virtual	Bereavement Drop-in Support 11:00-13:00 RDH
NEW Menopause Café 14:00-15:00 20 Oct RDH	Menopause Café 14:00-15:00 21 Oct, 18 Nov, 16 Dec Virtual	Doctors in Distress 12:30-13:30 Virtual	Book Club 13:00-13:45 13 Nov Virtual	NEW Mindfulness for Winding Down 13:00-13:30 12 Dec Virtual
Supporting Yourself Following Trauma 14:00-15:00 17 Nov Virtual	Menopause Practitioner Q&A 14:00-15:00 7 Oct, 4 Nov, 2 Dec Virtual	Hormone & Reproductive Health Group 13:30-14:15 Bi-Weekly Virtual	Neurodiverse Café 14:00-15:00 16 Oct, 20 Nov, 18 Dec Virtual	Cancer Support Group 13:00-14:00 31 Oct, 28 Nov, 19 Dec Virtual
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Table Tennis 17:00-19:00 RDH	Mum's Space 14:00-14:40 Virtual	De-stress Yoga 17:30-18:00 Virtual	A Kinder Space 16:00-17:30 RDH
Zumba 18:30-19:00 Virtual	Legs, Bums & Tums 18:30-19:00 Virtual	Bereavement Support Group 14:30-16:00 29 Oct, 26 Nov Virtual	Women's Football 18:00-19:00 MPS	NEW Salsa Social 18:30-21:30 14 Nov Derby
	Wellbeing Choir 19:30-21:00 RDH	Pilates 17:00-17:30 Virtual	Derby Hospitals Band 19:00-21:00 GH	
		Zumba 17:15-18:00 RDH	Dad's Space 19:30-21:00 Bi weekly Pride Park	
		See you at the Barre 17:30-18:00 Virtual	NEW Doctors in Distress 18:30-19:30 Virtual	



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Physical Activities

Info & Support

Arts & Culture

Mind & Body

Activity Locations

KHD	Kingsway Hospital Derby
RDH	Royal Derby Hospital
MPS	Murray Park School
GH	Grange Hall



VIDEOS ON DEMAND

View our recordings here and use the password: **Wellbeing**

vimeo.com/showcase/8854943

Wellbeing Service Request Form

Scan the QR for details



Employee Assistance Programme

0800 756 0834
or scan the QR



Suicide Awareness Training

We want to raise awareness about suicide prevention, to help reduce the stigma and highlight the support available for colleagues – helping you to look after yourselves and each other. See information and training here



Workplace Health Check

Free NHS Health Checks within the workplace, register your workplace here



HEALTHY WORKPLACES DERBYSHIRE



Webinars, Workshops and Training

Your Wellbeing Timetable is delivered by highly qualified professionals, trained to adapt content to ensure participant's safety and comfort. Please click on the activities via our booking platform for additional information on accessibility modifications or contact your Wellbeing Team.

All activities must be booked in advance.

New sessions are added regularly, please look out for new and exciting sessions & support throughout this release.

October

Handling Difficult Situations with Care and Compassion	Thursday 2nd October	10:00-12:00
Planning for Retirement Course	Monday 6th October	09:30-12:00
Wellbeing Overview for New Managers	Monday 6th October	11:00-12:00
How to Have Better Conversations Around Mental Health	Tuesday 7th October	09:15-12:30
Wellbeing Conversation Training	Thursday 9th October	10:00-12:30
Back Care Myth Buster with Specialist Physiotherapist*	Thursday 9th October	14:00-14:40
REACT Mental Health Conversation Training	Friday 10th October	10:00-11:00
Quality Conversations for Leaders Training	Tuesday 14th October	13:15-16:30
Self- Massage Follow Along - Menopause Focus*	Thursday 16th October	12:00-12:30
Hair and Hormones - Thriving Through Menopause*	Friday 17th October	12:00-12:45
Supporting the Menstrual Cycle Through to Menopause* (SAD) Understand Seasonal Affective Disorder*	Tuesday 21st October	12:00-13:00
Menopause & Your Pelvic Floor*	Wednesday 22nd October	12:00-12:40
	Friday 24th October	11:00-11:45

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November

Wellbeing Overview for New Managers	Monday 3rd November	11:00-12:00
Master Your Sleep Workshop*	Wednesday 5th November	11:00-12:00
Autumn Glow Skincare Ritual	Wednesday 5th November	18:00-19:30
Coping with Stress Workshop*	Thursday 6th November	12:00-12:45
Managing Workplace Stress & Burnout for Managers PMAC	Friday 7th November	10:00-10:30
Your Financial Future Course	Wednesday 12th November	13:00-15:00
Supporting Behaviour Change Conversation Training	Thursday 13th November	09:15-12:30
Stress Workshop	Thursday 13th November	13:00-15:00
REACT Mental Health Conversation Training	Friday 14th November	14:00-15:00
Salsa Social (in-person event)	Friday 14th November	18:30-21:30
Supporting Yourself Following Trauma	Monday 17th November	14:00-15:00
Wellbeing Conversation Training	Wednesday 19th November	14:00-16:30
Self- Massage Follow Along - Self-Care Focus*	Thursday 20th November	12:00-12:30
Men's Health- Promoting a Healthy Bladder*	Friday 21st November	11:00-11:45
Self-Care - Making Yourself a Priority*	Friday 21st November	13:00-13:45
Men's Mental Health: Tools for Tough Times*	Wednesday 26th November	11:00-12:00
How to Have Better Conversations Around Mental Health	Thursday 27th November	09:15-12:30
Mane Game- A Guide to Men's Hair loss & Health*	Thursday 27th November	13:00-13:45



See here for workshops,
including festive activities



**We'd love to hear
your feedback**

Tell us what you want to
see more of and feedback
on this service



December

Wellbeing Overview for New Managers	Monday 1st December	11:00-12:00
Quality Conversations for Leaders	Tuesday 2nd December	09:15-12:30
Last Days Matter Training (In-person)	Tuesday 2nd December	09:30-12:30
Origami Time-Out	Tuesday 2nd December	12:00-12:20
Int'l Day of Disabilities: Supporting Our Workforce*	Wednesday 3rd December	11:00-11:45
Suicide Awareness & Prevention Training	Thursday 4th December	11:00-12:00
Practical Tips To Help Reduce Energy Usage & Bills*	Friday 5th December	14:00-14:45
How to Have Better Conversations Around Mental Health	Wednesday 10th December	09:15-12:30
Mindfulness for Winding Down*	Friday 12th December	13:00-13:30
REACT Mental Health Conversation Training	Tuesday 16th December	10:00-11:00
Supporting People to Support Themselves Training	Wednesday 17th December	09:15-12:30

Sessions marked with a * offer recordings to all booked on

"These sessions are excellent - great and engaging that leave me feeling informed, calm, relaxed."

"The sessions were well led and I've learned new skills while mixing with colleagues in an enjoyable environment. The combination of movement, music, coordination, social interaction and connection with others really helps to boost overall wellbeing."

**Questions
about the
Wellbeing Timetable?**

Email:
UHDB.GetHealthyStayHealthy
@nhs.net

