

1 April - 30 June



Bodyweight Exercise

07:30-08:00
Virtual

Back Strength & Stretch

12:15-12:45
Virtual

NEW

Get Your Steps In!

12:20-12:30
Virtual

Legs, Bums & Tums

13:00-13:30
Virtual

Crystal Healing Workshop

13:00-13:40
2 June
Virtual

Salsa Dancing

Beginners
16:45-17:15

Regulars
17:15-18:00
KHD

Doodle Club

17:00-18:30
7 Apr, 12 May,
2 June
RDH & Virtual

Zumba

18:30-19:00
Virtual



Kettlebells

07:15-07:45
Virtual

Seated Yoga & Mindfulness

10:30-11:00
Virtual

Working with a Health Condition Support Café

10:30-11:30
29 Apr, 27 May,
24 June
Virtual

Desk Stretches for Neck & Posture Health

11:00-11:20
Virtual

The Breathing Room

12:00-12:15
Virtual

Book Club

13:00-13:45
13 May
Virtual

Bodyweight Circuits

13:00-13:30
Virtual

Menopause Café

14:00-15:00
15 Apr, 20 May,
17 June
Virtual

Menopause Practitioner Q&A

14:00-15:00
1 Apr, 6 May, 3 June
Virtual

Table Tennis

17:00-19:00
RDH

Legs, Bums & Tums

18:30-19:00
Virtual



Christian Network Morning Reflection & Prayers

08:30-09:00
Virtual

Menopause Café

09:30-11:00
23 Apr, 21 May,
18 June
BoT

Mobilise & Stretch

12:00-12:30
Virtual

Kettlebells

12:15-12:45
Virtual

REACTmh Refresh

12:00-12:30
2 Apr, 7 May, 4 June
Virtual

Doctors in Distress

12:30-13:30
Virtual

Hormone & Reproductive Health Group

13:30-14:15
Bi-Weekly
Virtual

Bereavement Support Group

14:30-16:00
30 Apr, 28 May,
25 June
Virtual

Pilates

17:00-17:30
Virtual

Zumba

17:15-18:00
RDH

See you at the Barre

17:30-18:00
Virtual



Meta-Fit

07:15-07:45
Virtual

Menopause Yoga

08:00-08:30
Virtual

Manager & Leader Supporting your Team's Wellbeing Drop-in

10:00-11:00
3 Apr, 1 May, 5 June
Virtual

Desk Mobility

12:00-12:20
Virtual

Yoga

12:30-13:00
Virtual

Back Care Pilates

13:00-13:30
Virtual

Returning from Parental Leave Support Group

14:00-15:00
24 Apr, 22 May,
26 June
Virtual

Neurodiverse Café

14:00-15:00
17 Apr, 15 May,
19 June
Virtual

Core Strength

18:00-18:20
Virtual

Women's Football

18:00-19:00
MPS

Dad's Space

19:30-21:00
Bi weekly
Pride Park



Hip Health

07:30-08:00
Virtual

Full Body Workout

08:30-09:00
Virtual

Emotional Freedom Techniques

10:00-10:20
Virtual

Returning to Work Following ill Health

10:00-10:45
Virtual

Shoulder Health

11:00-11:20
Virtual

Grief Kind Space

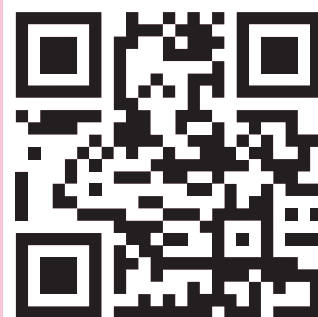
11:00-13:00
RDH

Cancer Support Group

13:00-14:00
25 Apr, 30 May, 27 June
Virtual

A Kinder Space

16:00-17:30
RDH



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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
BOT Burton-upon-Trent



VIDEOS ON DEMAND

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

vimeo.com/showcase/8854943



Wellbeing Service Request Form



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.

April

Get Career Ready: Disclosure of Neurodivergence at Work	Wednesday 2nd April	12:00-13:00
Managing Workplace Stress & Burnout	Friday 4th April	10:00-10:45
Decompress Your Stress*	Wednesday 9th April	10:30-11:15
REACT Mental Health Conversation Training	Thursday 10th April	11:00-12:00
The Power of Positivity: Part 1 – Negativity Bias	Friday 11th April	12:00-12:40
Sleep Workshop*	Monday 14th April	13:00-13:00
How to add 'Movement Snacks' to your meetings*	Tuesday 15th April	12:30-13:00
Understanding Post Traumatic Stress Disorder	Wednesday 16th April	12:30-13:30
Hormonal Cycles for Productivity and Self-Care*	Tuesday 22nd April	13:00-14:00
Looking After Your Teams Wellbeing*	Wednesday 23rd April	11:00-12:00
Wellbeing Conversations Training	Thursday 24th April	10:00-12:30
Self-Massage Techniques*	Thursday 24th April	14:00-14:30
Coping with and Managing Burnout*	Friday 25th April	10:00-11:00
Supporting yourself Following Trauma	Tuesday 29th April	14:00-15:00
Neurodiversity at Work	Wednesday 30th April	11:00-12:00
Handling Difficult Situations with Care and Compassion	Wednesday 30th April	14:30-16:30

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May

The Nipple Nurse - Breast Checks	Thursday 1st May	13:00-13:45
Reasonable Adjustments for Mental Health	Friday 2nd May	13:00-13:45
Benefits of being Outdoors*	Wednesday 7th May	12:00-12:30
REACT Mental Health Conversation Training	Friday 9th May	10:00-11:00
Navigating a Phased Return*	Monday 12th May	13:00-13:30
Living with and Understanding Anxiety and Depression*	Wednesday 14th May	11:00-12:00
Understanding Post Traumatic Stress Disorder	Friday 16th May	13:00-14:00
Improving your Cardiovascular Health*	Monday 19th May	13:00-13:45
Wellbeing Conversations Training	Wednesday 21st May	13:30-16:00
The Power of Positivity: Part 2 - What is Happiness*	Thursday 22nd May	11:00-11:40
Self-Massage Techniques*	Thursday 29th May	12:00-12:30

VIDEOS ON DEMAND

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Wellbeing

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We'd love to hear your feedback

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



June

Crystal Healing Workshop with Harmonia	Monday 2nd June	13:00-13:40
Understanding Post Traumatic Stress Disorder	Wednesday 4th June	10:00-11:00
The Basics of Healthier Eating*	Monday 9th June	11:00-11:30
Sleep Workshop*	Tuesday 10th June	11:00-12:00
Looking after our Veterans	Wednesday 11th June	11:00-11:45
REACT Mental Health Conversation Training	Thursday 12th June	13:00-14:00
Suicide Awareness and Prevention Training	Friday 13th June	11:00-12:00
Coping with and Managing Burnout*	Wednesday 18th June	12:00-13:00
Wellbeing Conversations Training	Thursday 19th June	09:30-12:00
Reasonable Adjustments for Neurodivergence	Friday 20th June	10:00-10:45
Self-Massage Techniques*	Friday 20th June	12:00-12:30
The Power of Positivity: Part 3 - Happiness Training*	Tuesday 24th June	14:00-14:40
Handling Difficult Situations with Care and Compassion	Wednesday 25th June	14:30-16:30
Coping with Change Workshop*	Thursday 26th June	10:00-11:00

Sessions marked with a * offer recordings to all booked on

" I've done various Pilates and Yoga sessions, they've been so good I've signed up to a even more classes! "

" I totally enjoy these sessions, not only is it good for adding extra steps to your day but it is a lot of fun. "

" The sessions I attend are absolutely fabulous - the ones early in the morning, get me up! and I feel great after taking part and ready for the day. "

Questions
about the
Wellbeing Timetable?

Email:

UHDB.GetHealthyStayHealthy@nhs.net

