

1 April - 30 June

M	T	W	Th	F
<b>Bodyweight Exercise</b> 07:30-07:50 Virtual	<b>Morning Energizer</b> 07:30-07:50 Virtual	<b>Christian Network Morning Reflection &amp; Prayers</b> 08:30-09:00 Virtual	<b>Menopause Yoga</b> 08:00-08:40 Virtual	<b>Hip Health</b> 07:30-08:00 Virtual
<b>Wellbeing Overview for New &amp; Emerging Leaders</b> 11:00-12:00 13 Apr, 4 May, 1 Jun Virtual	<b>Working with a Health Condition Support Café</b> 10:30-11:30 28 Apr, 26 May, 30 Jun Virtual	<b>Returning to Work following ill health Support Group</b> 10:00-10:40 Virtual	<b>Ankle &amp; Calf Health</b> 09:30-09:50 Virtual	<b>Full Body Workout</b> 08:30-09:00 Virtual
<b>Back Strength &amp; Stretch</b> 12:15-12:45 Virtual	<b>Desk Stretches for Neck and Posture Health</b> 11:00-11:20 Virtual	<b>Chair Yoga and Breathwork</b> 10:00-10:30 Virtual	<b>Manager &amp; Leader Support Your Team's Wellbeing Drop-in</b> 10:00-11:00 2 Apr, 7 May, 4 Jun Virtual	<b>Emotional Freedom Techniques</b> 10:00-10:20 Virtual
<b>Legs, Bums and Tums</b> 13:00-13:30 Virtual	<b>Wellbeing Drop-in</b> 11:00-12:00 Virtual	<b>Men's Group Getting Over the Hump</b> 12:30-14:00 1 Apr, 6 May, 3 Jun Virtual	<b>Returning from Parental Leave Support Group</b> 10:30-11:00 30 Apr, 28 May, 25 Jun Virtual	<b>Shoulder Health</b> 11:00-11:20 Virtual
<b>Origami Time-Out</b> 12:00-12:30 20 Apr, 18 May, 15 Jun Virtual	<b>NEW Childless Without Choice Support Group</b> 14:00-15:00 14 Apr, 12 May, 9 Jun Virtual	<b>Mobilise and Stretch</b> 12:00-12:30 Virtual	<b>Desk Mobility</b> 12:00-12:20 Virtual	<b>Cancer Support Group</b> 13:00-14:00 24 Apr, 29 May, 26 Jun Virtual
<b>Mum's Space</b> 12:00-12:40 27 Apr, 18 May, 22 Jun Virtual	<b>Menopause Café</b> 14:00-15:00 21 Apr, 19 May, 16 Jun Virtual	<b>NEW Film Club</b> 12:00-12:30 15 Apr, 20 May, 17 Jun Virtual	<b>NEW Anxiety Support Group</b> 12:00-12:45 16 Apr, 21 May, 18 Jun Virtual	<b>A Kinder Space</b> 16:00-17:30 RDH
<b>Book Club</b> 13:00-13:45 15 Jun Virtual	<b>Menopause Practitioner Q&amp;A</b> 14:00-15:00 7 Apr, 5 May, 2 Jun Virtual	<b>Doctors in Distress</b> 12:30-13:30 Virtual	<b>Yoga</b> 12:30-13:00 Virtual	<b>NEW Pelvic Health Masterclass</b> 12:30-13:00 26 Jun Virtual
<b>NEW Progressive Muscle Relaxation Masterclass</b> 13:00-13:30 27 Apr Virtual	<b>Table Tennis</b> 17:00-19:00 RDH	<b>NEW Pre-Natal Exercise</b> 12:15-13:00 Virtual	<b>Neurodiverse Café</b> 14:00-15:00 16 Apr, 21 May, 18 Jun Virtual	<b>Sa</b>
<b>Doodle Club</b> 17:00-18:00 13 Apr, 11 May, 1 Jun RDH & Virtual	<b>Box &amp; Burn Masterclass</b> 17:30-18:00 19 May Virtual	<b>Hormone &amp; Reproductive Health Group</b> 13:30-14:15 Bi-weekly Virtual	<b>De-stress Yoga</b> 12:30-13:00 Virtual	<b>Dancing in the Park</b> 12:30-15:30 20 Jun Derby
<b>Salsa Dancing</b> Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	<b>NEW Legs, Bums and Tums</b> 18:30-19:00 Virtual	<b>Bereavement Support Group</b> 14:30-16:00 29 Apr, 27 May, 24 Jun Virtual	<b>Women's Football</b> 18:00-19:00 MPS	
<b>Zumba</b> 18:30-19:00 Virtual	<b>Wellbeing Choir</b> 19:30-21:00 RDH	<b>Zumba</b> 17:15-18:00 RDH	<b>Derby Hospitals Band</b> 19:00-21:00 GH	
		<b>See you at the Barre</b> 17:30-18:00 Virtual	<b>Dad's Space</b> 19:30-21:00 Bi-weekly Racecourse	



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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](https://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.

April

Coping with Stress Workshop*	Tuesday 7th April	13:30-14:30
Handling Difficult Situations with Care and Compassion	Wednesday 15th April	14:30-17:00
Suicide Awareness & Prevention Training	Wednesday 15th April	13:00-14:00
Quality Conversations for Leaders	Thursday 16th April	13:15-16:30
Planning For Retirement (Gov)	Friday 17th April	09:30-12:00
Stress Reduction Techniques*	Friday 17th April	12:30-13:00
Could Adoption Be Part of Your Story?	Tuesday 21st April	18:00-19:00
Master Your Sleep Workshop*	Wednesday 22nd April	18:00-19:00
Wellbeing Conversation Training	Thursday 23rd April	10:00-12:30
Fuel poverty & Carbon Monoxide risks*	Friday 24th April	12:30-13:15
Testicular Cancer Awareness Workshop*	Monday 27th April	11:00-12:00
REACT Mental Health Conversation Training	Tuesday 28th April	11:00-12:00
Supporting Yourself Following Trauma	Wednesday 29th April	18:15-19:00
Self-Massage Follow Along - Stress Release*	Thursday 30th April	14:30-15:15

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May

Recharge Your Batteries Workshop*	Friday 1st May	12:30-13:15
How to have better conversations around mental health	Tuesday 5th May	09:15-12:30
Your Financial Future Course (Gov)	Tuesday 5th May	09:30-10:30
Healing Through Nature - Wilderness Therapy*	Wednesday 6th May	11:00-11:40
Quality Conversations Training	Wednesday 6th May	13:15-16:30
Supporting People to Support Themselves	Thursday 7th May	09:15-12:30
Handling Difficult Situations with Care and Compassion	Thursday 7th May	13:00-15:00
Back Pain Myth Busters*	Friday 8th May	10:00-10:40
Nervous System Regulation using Tapping*	Wednesday 13th May	14:30-15:15
Benefits of Being Outdoors & Explore What's Available*	Thursday 14th May	12:30-13:10
Wellbeing Conversation Training	Wednesday 20th May	14:00-16:30
Self-Massage Follow Along*	Wednesday 27th May	11:00-11:45
REACT Mental Health Conversation Training	Friday 29th May	10:00-11:00

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

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



June

"Beat the Slump" Workshop*	Monday 1st June	12:30-13:10
Handling Difficult Situations with Care and Compassion	Thursday 4th June	10:00-12:00
Leaving Work at Work*	Thursday 4th June	16:00-16:45
Basics of Healthier Eating*	Monday 8th June	12:30-13:15
Men's Mental Health - Tools for Tough Times	Wednesday 10th June	12:30-13:15
Autism & Neurodiversity- Deepening Quality Conversations	Wednesday 10th June	14:00-16:00
REACT Mental Health Conversation Training	Wednesday 17th June	14:00-15:00
Wellbeing Conversation Training	Thursday 18th June	09:30-12:00
Crystals for Summer Solstice*	Thursday 18th June	15:00-15:30
Self- Massage Follow Along*	Friday 19th June	13:00-13:45
Dancing in the Park - Derby	Saturday 20th June	12:30-15:30
Overcoming Negative Thinking Patterns*	Wednesday 24th June	11:00-11:45
Suicide Awareness & Prevention Training	Tuesday 30th June	10:00-11:00

**Questions about the Wellbeing Timetable?**

**Email:**

UHDB.GetHealthyStayHealthy@nhs.net



**Sessions marked with a \* offer recordings to all booked on**

"Self massage - very useful for tension, relaxation and will help with migraines too. Nice easy techniques and excellent for squeezing into busy lives. Delivered very well and easy to follow"

"My back problems have really improved. I was getting a lot of lower back pain before I started doing yoga, and I hardly get any now. I have also noticed a difference to my mood and anxiety levels"