

1 July - 30 September

M

Wellbeing Overview for New & Emerging Leaders
11:00-12:00
6 Jul, 3 Aug, 7 Sept
Virtual

Origami Time-Out
12:00-12:20
20 Jul, 17 Aug, 21 Sept
Virtual

Importance of Vitamin D & Sun Safety
12:00-12:30
6 Jul
Virtual

Mum's Space
12:00-12:40
27 Jul, 17 Aug, 28 Sept
Virtual

Back Strength & Stretch
12:15-12:45
Virtual

Legs, Bums and Tums
13:00-13:30
Virtual

NEW Menopause Café In-person
13:00-14:00
24 Aug
QHB

Salsa Dancing
Beginners
16:45-17:15
Regulars
17:15-18:00
KHD

Doodle Club
17:00-18:00
6 Jul, 7 Sept
RDH & Virtual

Zumba
18:30-19:00
Virtual

T

Morning Energizer
07:30-07:50
Virtual

Manager & Leader Support Your Team's Wellbeing Drop-in
10:00-11:00
14 Jul, 11 Aug, 8 Sept
Virtual

Working with a Health Condition Support Café
10:30-11:30
28 Jul, 25 Aug, 29 Sept
Virtual

Desk Stretches for Neck and Posture Health
11:00-11:20
Virtual

Self-Care: Making Yourself a Priority
11:00-11:45
29 Sep
Virtual

Childless Without Choice Support Group
14:00-15:00
14 Jul, 11 Aug, 8 Sept
Virtual

Menopause Practitioner Q&A
14:00-15:00
7 Jul, 4 Aug, 1 Sept
Virtual

Menopause Café
14:00-15:00
21 Jul, 18 Aug, 15 Sept
Virtual

Legs, Bums and Tums
18:30-19:00
Virtual

Wellbeing Choir
19:30-21:00
RDH

W

Christian Network Morning Reflection & Prayers
08:30-09:00
Virtual

Chair Yoga and Breathwork
10:30-11:00
Virtual

Returning to Work following ill health Support Group
11:00-11:40
Virtual

Self-Massage Follow Along
11:30-12:10
22 Jul
Virtual

Film Club
12:00-12:30
15 Jul, 19 Aug, 16 Sept
Virtual

Mobilise and Stretch
12:00-12:30
Virtual

Pre-Natal Exercise
12:15-13:00
Virtual

Men's Group Getting Over the Hump
12:30-14:00
15 Jul, 5 Aug, 2 Sept
Virtual

Doctors in Distress
12:30-13:30
Virtual

Hormone & Reproductive Health Group
13:30-14:15
Bi-weekly
Virtual

NEW Resistance Band Exercise
17:00-17:20
Virtual

Zumba
17:15-18:00
RDH

Th

Menopause Yoga
08:00-08:40
Virtual

Ankle & Calf Health
09:30-09:50
Virtual

Returning from Parental Leave Support Group
10:30-11:00
30 Jul, 27 Aug, 24 Sept
Virtual

Desk Mobility
12:00-12:20
Virtual

Anxiety Support Group
12:00-12:45
16 Jul, 20 Aug, 17 Sept
Virtual

Yoga
12:30-13:00
Virtual

Book Club
13:00-13:45
13 Aug
Virtual

Neurodiverse Café
14:00-15:00
16 Jul, 20 Aug, 17 Sept
Virtual

De-stress Yoga
17:00-17:30
Virtual

Circuit Training
17:15-18:00
RDH

Women's Football
18:00-19:00
MPS

Derby Hospitals Band
19:00-21:00
GH

F

Hip Health
07:30-08:00
Virtual

Full Body Workout
08:30-09:00
Virtual

Emotional Freedom Technique
10:00-10:20
Virtual

Shoulder Health
11:00-11:20
Virtual

Cooling the Body & Mind Summer Workshop
11:30-12:15
Virtual

Cancer Support Group
13:00-14:00
31 Jul, 28 Aug, 25 Sept
Virtual

Sa

Dancing in the Park
12:30-15:30
22 Aug
Derby



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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.

July

Importance of Vitamin D and Sun Safety*	Monday 6 July	12:00-12:30
Supporting People to Support Themselves	Tuesday 7 July	13:15-16:30
Handling Difficult Conversations with Care & Compassion	Wednesday 8 July	14:30-17:00
Having Better Mental Health Conversations	Tuesday 14 July	09:15-12:30
REACT Mental Health Conversation Training	Thursday 16 July	10:00-11:00
Fraud Awareness with HSBC	Thursday 16 July	15:30-16:30
What To Expect When Calling Health Assured	Friday 17 July	12:30-13:00
Supporting Yourself Following Trauma	Monday 20 July	14:00-15:00
Self-Massage Follow Along - Summer Reset	Wednesday 22 July	11:30-12:10
Wellbeing Conversation Training	Thursday 23 July	09:30-12:00
Introduction to Nature Connection & Forest Bathing*	Thursday 23 July	10:00-10:45

August

Hydration for Health*	Monday 3 August	13:00-13:30
Quality Conversation Training for Leaders	Tuesday 4 August	09:15-12:30
Self-Massage Follow Along - Recharge Without Going Away*	Wednesday 5 August	13:00-13:40
Handling Difficult Conversations with Care & Compassion	Thursday 6 August	09:30-12:00
Having Behaviour Change Conversations Training	Thursday 6 August	13:15-16:30
REACT Mental Health Conversation Training	Friday 7 August	11:00-12:00
Introduction to Unpaid Carers*	Monday 17 August	10:00-11:00
The Effects of Stress on Persistent Pain*	Wednesday 19 August	14:00-15:00
Dancing in the Park	Saturday 22 August	12:30-15:30
Menopause Café at QHB	Monday 24 August	13:00-14:00
Planning for Retirement Course (Local Government)	Tuesday 25 August	09:30-12:00
Cooling the Body & Mind - Summer Workshop*	Friday 28 August	11:30-12:15

September

Your Financial Future (Local Government)	Thursday 3 September	09:30-11:30
Master Your Sleep Workshop*	Thursday 3 September	11:00-12:00
Having Better Mental Health Conversations	Wednesday 9 September	09:15-12:30
Childless without Choice Awareness Workshop	Wednesday 9 September	11:00-12:00
REACT Mental Health Conversation Training	Wednesday 9 September	13:00-14:00
Suicide Awareness & Prevention Training	Friday 11 September	10:00-11:00
Building Healthy Habits Workshop*	Monday 14 September	15:00-15:45
Supporting People to Support Themselves	Tuesday 15 September	13:15-16:30
Discipline - When Motivation Eludes You*	Monday 21 September	13:00-13:40
Managing and Growing Your Wealth with HSBC	Thursday 24 September	14:00-15:00
Self-Massage Follow Along - Ground and Refocus	Friday 25 September	12:00-12:40
Self-Care - Making Yourself a Priority	Tuesday 29 September	11:00-11:45

Sessions marked with a * offer recordings to all booked on

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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



Questions about the Wellbeing Timetable?

Email:

UHDB.GetHealthyStayHealthy@nhs.net



"I wanted to say a big thank you to the team for the wellbeing sessions. They've genuinely made a difference to how I feel, both physically and mentally, helping me feel calmer and better able to manage everyday stresses."

"This is a valuable programme that is making a difference. It is greatly appreciated by my team, and by myself as I observe the benefit they take from it. Thank you for making this happen."