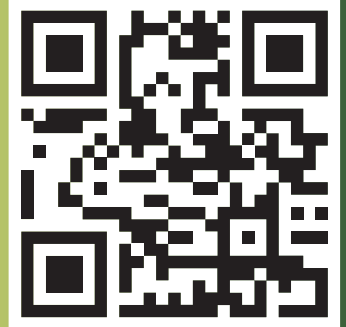


1 July - 30 September

M	T	W	Th	F
<p>Wellbeing Overview for New & Emerging Leaders 11:00-12:00 6 Jul, 3 Aug, 7 Sept Virtual</p>	<p>Morning Energizer 07:30-07:50 Virtual</p>	<p>Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual</p>	<p>Menopause Yoga 08:00-08:40 Virtual</p>	<p>Hip Health 07:30-08:00 Virtual</p>
<p>Origami Time-Out 12:00-12:20 20 Jul, 17 Aug, 21 Sept Virtual</p>	<p>Manager & Leader Support Your Team's Wellbeing Drop-in 10:00-11:00 14 Jul, 11 Aug, 8 Sept Virtual</p>	<p>Chair Yoga and Breathwork 10:30-11:00 Virtual</p>	<p>Ankle & Calf Health 09:30-09:50 Virtual</p>	<p>Full Body Workout 08:30-09:00 Virtual</p>
<p>Importance of Vitamin D & Sun Safety 12:00-12:30 6 Jul Virtual</p>	<p>Working with a Health Condition Support Café 10:30-11:30 28 Jul, 25 Aug, 29 Sept Virtual</p>	<p>Returning to Work following ill health Support Group 11:00-11:40 Virtual</p>	<p>Returning from Parental Leave Support Group 10:30-11:00 30 Jul, 27 Aug, 24 Sept Virtual</p>	<p>Emotional Freedom Technique 10:00-10:20 Virtual</p>
<p>Mum's Space 12:00-12:40 27 Jul, 17 Aug, 28 Sept Virtual</p>	<p>Desk Stretches for Neck and Posture Health 11:00-11:20 Virtual</p>	<p>Self-Massage Follow Along 11:30-12:10 22 Jul Virtual</p>	<p>Desk Mobility 12:00-12:20 Virtual</p>	<p>Shoulder Health 11:00-11:20 Virtual</p>
<p>Back Strength & Stretch 12:15-12:45 Virtual</p>	<p>Self-Care: Making Yourself a Priority 11:00-11:45 29 Sep Virtual</p>	<p>Film Club 12:00-12:30 15 Jul, 19 Aug, 16 Sept Virtual</p>	<p>Anxiety Support Group 12:00-12:45 16 Jul, 20 Aug, 17 Sept Virtual</p>	<p>Cooling the Body & Mind Summer Workshop 11:30-12:15 Virtual</p>
<p>Legs, Bums and Tums 13:00-13:30 Virtual</p>	<p>Childless Without Choice Support Group 14:00-15:00 14 Jul, 11 Aug, 8 Sept Virtual</p>	<p>Mobilise and Stretch 12:00-12:30 Virtual</p>	<p>Yoga 12:30-13:00 Virtual</p>	<p>Cancer Support Group 13:00-14:00 31 Jul, 28 Aug, 25 Sept Virtual</p>
<p>NEW Menopause Café In-person 13:00-14:00 24 Aug QHB</p>	<p>Menopause Practitioner Q&A 14:00-15:00 7 Jul, 4 Aug, 1 Sept Virtual</p>	<p>Pre-Natal Exercise 12:15-13:00 Virtual</p>	<p>Book Club 13:00-13:45 13 Aug Virtual</p>	
<p>Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD</p>	<p>Menopause Café 14:00-15:00 21 Jul, 18 Aug, 15 Sept Virtual</p>	<p>Men's Group Getting Over the Hump 12:30-14:00 15 Jul, 5 Aug, 2 Sept Virtual</p>	<p>Neurodiverse Café 14:00-15:00 16 Jul, 20 Aug, 17 Sept Virtual</p>	
<p>Doodle Club 17:00-18:00 6 Jul, 7 Sept RDH & Virtual</p>	<p>Legs, Bums and Tums 18:30-19:00 Virtual</p>	<p>Doctors in Distress 12:30-13:30 Virtual</p>	<p>De-stress Yoga 17:00-17:30 Virtual</p>	
<p>Zumba 18:30-19:00 Virtual</p>	<p>Wellbeing Choir 19:30-21:00 RDH</p>	<p>Hormone & Reproductive Health Group 13:30-14:15 Bi-weekly Virtual</p>	<p>Circuit Training 17:15-18:00 RDH</p>	<p>Dancing in the Park 12:30-15:30 22 Aug Derby</p>
		<p>NEW Resistance Band Exercise 17:00-17:20 Virtual</p>	<p>Women's Football 18:00-19:00 MPS</p>	
		<p>Zumba 17:15-18:00 RDH</p>	<p>Derby Hospitals Band 19:00-21:00 GH</p>	



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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

Become a Wellbeing Champion

Your Self-Care

Browse through a list of services, helplines and apps that offer colleagues support with their Health & Wellbeing

Request a Wellbeing Visit

Primary Care / Peer Psychological Support

Providing a confidential safe space for staff to meet with trained practitioners



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
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
Planning for Retirement Course NHS	Tuesday 28 July	09:30-12:00

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
Cooling the Body & Mind - Summer Workshop*	Friday 28 August	11:30-12:15

September

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."