

1 October - 30 December

M	T	W	Th	F
Wellbeing Overview for New & Emerging Leaders 11:00-12:00 5 Oct, 2 Nov, 7 Dec Virtual	Morning Energizer 07:30-07:50 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Menopause Yoga 08:00-08:40 Virtual	Slow Flow for Stress Release 08:00-08:30 Virtual
Origami Time-Out 12:00-12:20 19 Oct, 16 Nov, 21 Dec Virtual	Working with a Health Condition Support Café 10:30-11:30 27 Oct, 24 Nov, 29 Dec Virtual	Returning to Work following ill health Support Group 11:00-11:30 Virtual	Ankle & Calf Health 09:30-09:50 Virtual	Full Body Workout 08:30-09:00 Virtual
Mum's Space 12:00-12:40 26 Oct, 23 Nov, 28 Dec Virtual	Desk Stretches for Neck and Posture Health 11:00-11:20 Virtual	Men's Group Getting Over the Hump 12:30-14:00 21 Oct, 18 Nov, 16 Dec Virtual	Manager & Leader Wellbeing Drop-in 10:00-11:00 29 Oct, 26 Nov Virtual	Shoulder Health 11:00-11:20 Virtual
Back Strength and Stretch 12:15-12:45 Virtual	Muscle Activate 13:00-13:15 Virtual	Mobilise and Stretch 12:00-12:30 Virtual	Returning from Parental Leave Support Group 10:30-11:00 29 Oct, 26 Nov Virtual	Forestry England Ranger Guided Walk 12:30 2 Oct Dimmingsdale
Legs, Bums and Tums 13:00-13:30 Virtual	Book Club 13:00-13:45 13 Oct Virtual	Film Club 12:00-12:30 21 Oct, 18 Nov Virtual	Anxiety Support Group 12:00-12:45 15 Oct, 19 Nov, 17 Dec Virtual	Cancer Support Group 12:00-13:00 23 Oct, 20 Nov, 18 Dec Virtual
Book Club 13:00-13:45 14 Dec Virtual	Childless Without Choice Support Group 14:00-15:00 13 Oct, 10 Nov, 8 Dec Virtual	Doctors in Distress 12:30-13:30 Virtual	Yoga 12:30-13:00 Virtual	A Kinder Space 16:00-17:30 RDH
Menopause Café In-person 14:30-16:00 19 Oct QHB	Menopause Café 14:00-15:00 20 Oct, 17 Nov, 15 Dec Virtual	Pre-Natal Exercise 12:15-13:00 Virtual	Desk Mobility 13:00-13:20 Virtual	Salsa Social 18:30 - 21:30 Please email for more info
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Menopause Practitioner Q&A 14:00-15:00 6 Oct, 3 Nov, 1 Dec Virtual	Resistance Band Exercise 17:00-17:20 Virtual	Neurodiverse Café 14:00-15:00 1 Oct, 5 Nov, 3 Dec Virtual	Menopause Yoga & Support Café 17:15 - 18:30 22 Oct RDH
Doodle Club 17:00-18:00 5 Oct, 2 Nov, 7 Dec RDH & Virtual	Table Tennis 17:00-19:00 RDH	Legs, Bums and Tums 18:30-19:00 Virtual	Circuit Training 17:15-18:00 RDH	Women's Football 18:00-19:00 MPS
Yin Yang Yoga 17:30-18:15 RDH	Wellbeing Choir 19:30-21:00 RDH	Zumba 18:30-19:00 Virtual	Derby Hospitals Band 19:00-21:00 GH	



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Password: tea

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.

October

Core Quality Conversations Training	Tuesday 6 October	09:15-12:30
Handling Difficult Conversations with Care & Compassion	Thursday 8 October	09:30-12:00
Supporting Yourself Following Trauma	Thursday 8 October	13:30-14:30
Seasonal Affective Disorder Workshop*	Monday 12 October	11:00-11:45
Understanding Autism and Neurodiversity	Wednesday 14 October	10:00 -12:00
Quality Conversations for Leaders	Thursday 15 October	13:15-16:30
Coping with Change - Navigating Uncertainty*	Thursday 15 October	15:00-15:45
Budgeting Workshop by Flic	Monday 19 October	14:00-15:00
Breast Cancer Awareness with the Nipple Nurse*	Tuesday 20 October	11:30-12:15
Cook-a-long One-Pot Cooking: Simple Food for Busy Lives*	Wednesday 21 October	18:30-19:15
Preparing for a Comfortable Retirement by HSBC	Thursday 22 October	14:00-15:00
Yoga and Support Café (in-person)	Thursday 22 October	17:15-18:30
Balancing Your Work and Life Workshop*	Friday 23 October	10:00-10:45
The Beginner's Guide to Menopause*	Monday 26 October	11:00-11:45
REACT Mental Health Conversation Training	Tuesday 27 October	10:00-11:00
Female Hair loss with Midlands Trichology*	Friday 30 October	12:00-12:40

November

Coping with Stress Workshop*	Monday 2 November	10:00-10:45
PTSD & Burnout: Practical steps to support yourself & others*	Wednesday 4 November	13:00-14:00
How to have better conversations around mental health	Thursday 5 November	09:15-12:30
Suicide Awareness & Prevention Training	Friday 6 November	13:00-14:00
Cook-a-long - Feeding How We Feel*	Monday 9 November	18:30-19:15
Supporting People to Support Themselves	Tuesday 10 November	13:15-14:30
Understanding Autism and Neurodiversity	Thursday 12 November	14:00-16:00
Effective Tax Planning for Higher Earners NHS	Friday 13 November	09:30 10:45
Debt Workshop with Flic	Monday 16 November	11:00-12:00
What Matters to You? Training	Thursday 19 November	09:00-12:30
What Matters to You? Training	Thursday 19 November	13:30-17:00
Making the Most of Your Money by HSBC	Thursday 19 November	14:00-15:00
Self-Care - Overcoming Negative Thinking Patterns*	Friday 20 November	10:00-10:45
What Matters to You? Training	Wednesday 25 November	09:00-12:30
Budgeting Workshop	Friday 27 November	12:00-12:45

December

What Matters to You? Training	Wednesday 2 December	13:30-17:00
Handling Difficult Conversations with Care & Compassion	Thursday 3 December	13:30-16:00
What Matters to You? Training	Thursday 3 December	09:00-12:30
Managing a Disability at Work - Wellbeing Support*	Thursday 3 December	13:00-13:45
REACT Mental Health Conversation Training	Friday 4 December	11:00-12:00
Cook-a-long - Festive Food & Wellbeing*	Monday 7 December	18:30-19:15
Grief and Loss Webinar*	Tuesday 8 December	13:00-14:00
How to Have Better Conversations Around Mental Health	Thursday 10 December	13:15 - 16:30
NHS Pensions Workshop with Flic	Thursday 10 December	15:00-16:00
Sleep Workshop*	Friday 11 December	12:00-12:45
Self-Massage Follow Along	Friday 18 December	12:30-13:10

Sessions marked with a * offer recordings to all booked on

Password:
tea

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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



"This was a good structured class with clear demonstrations and adaptations if struggling. Friendly instructor who gave support throughout the duration of the class and made everyone feel welcome. Ideal for all levels"

"Coping with and managing burnout'. Very informative and useful. The case study example was particularly good for helping to apply to work situations. Would definitely recommend the sessions to others"

