

M	T	W	Th	F
<b>Bodyweight Exercise</b> 07:30-08:00 Virtual	<b>Kettlebells</b> 07:15-07:45 Virtual	<b>Christian Network Morning Reflection &amp; Prayers</b> 08:30-09:00 Virtual	<b>Meta-Fit</b> 07:15-07:45 Virtual	<b>Hip Health</b> 07:30-08:00 Virtual
<b>Back Strength &amp; Stretch</b> 12:15-12:45 Virtual	<b>Working with a Health Condition Support Café</b> 10:30-11:30 Virtual <small>29 Jul, 26 Aug, 30 Sept</small>	<b>Returning to Work Following ill Health</b> 10:00-10:40 Virtual	<b>Menopause Yoga</b> 08:00-08:30 Virtual	<b>Full Body Workout</b> 08:30-09:00 Virtual
<b>Legs, Bums &amp; Tums</b> 13:00-13:30 Virtual	<b>Mum's Space</b> 11:00-11:40 Virtual	<b>NEW Chair Yoga &amp; Breathwork</b> 10:00-10:30 Virtual	<b>Manager &amp; Leader Supporting your Team's Wellbeing Drop-in</b> 10:00-11:00 Virtual <small>3 Jul, 7 Aug, 4 Sept</small>	<b>Emotional Freedom Techniques</b> 10:00-10:20 Virtual
<b>Book Club</b> 13:00-13:45 Virtual <small>14 July, 15 Sept</small>	<b>NEW Desk Stretches for Neck &amp; Posture Health</b> 11:00-11:20 Virtual	<b>NEW Men's Group Getting Over the Hump</b> 12:00-13:30 Virtual <small>2 Jul, 6 Aug, 3 Sept</small>	<b>Desk Mobility</b> 12:00-12:20 Virtual	<b>Shoulder Health</b> 11:00-11:20 Virtual
<b>Supporting Yourself Following Trauma</b> 13:00-14:00 Virtual <small>28 July</small>	<b>Menopause Café</b> 14:00-15:00 Virtual <small>15 Jul, 19 Aug, 16 Sept</small>	<b>Mobilise &amp; Stretch</b> 12:00-12:30 Virtual	<b>Yoga</b> 12:30-13:00 Virtual	<b>Grief Kind Space</b> 11:00-13:00 RDH
<b>Sacred Change Navigating Menopause with Soul</b> 14:00-15:00 Virtual <small>14 July</small>	<b>Menopause Practitioner Q&amp;A</b> 14:00-15:00 Virtual <small>1 Jul, 5 Aug, 2 Sept</small>	<b>Kettlebells</b> 12:15-12:45 Virtual	<b>Returning from Parental Leave Support Group</b> 14:00-15:00 Virtual <small>31 Jul, 28 Aug, 25 Sept</small>	<b>NEW Wilderness Therapy</b> 13:00-13:30 Virtual <small>29 Aug</small>
<b>Salsa Dancing</b> Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	<b>Table Tennis</b> 17:00-19:00 RDH	<b>Doctors in Distress</b> 12:30-13:30 Virtual	<b>Neurodiverse Café</b> 14:00-15:00 Virtual <small>17 Jul, 21 Aug, 18 Sept</small>	<b>NEW Green Exercise at Badger Wood</b> 13:00-13:30 Virtual <small>Sept Only</small> QHB
<b>Legs, Bums &amp; Tums</b> 18:30-19:00 Virtual	<b>Hormone &amp; Reproductive Health Group</b> 13:30-14:15 Virtual <small>Bi-Weekly</small>	<b>NEW De-stress Yoga</b> 17:30-18:00 Virtual	<b>Dancing In the Park</b> 12:30-15:30 Virtual <small>12 Jul, 16 Aug</small> Darley Park	<b>Cancer Support Group</b> 13:00-14:00 Virtual <small>25 Jul, 29 Aug, 26 Sept</small>
<b>Wellbeing Choir</b> 19:30-21:00 RDH	<b>Bereavement Support Group</b> 14:30-16:00 Virtual <small>23 Jul, 20 Aug, 24 Sept</small>	<b>Core Strength</b> 18:00-18:20 Virtual	<b>Women's Football</b> 18:00-19:00 MPS	<b>NEW Sa</b>
<b>Doodle Club</b> 17:00-18:30 Virtual <small>7 July</small> RDH & Virtual	<b>Pilates</b> 17:00-17:30 Virtual	<b>Derby Hospitals Band</b> 19:00-21:00 GH	<b>Dad's Space</b> 19:30-21:00 Virtual <small>Bi weekly</small> Pride Park	
<b>Zumba</b> 18:30-19:00 Virtual	<b>Zumba</b> 17:15-18:00 RDH			
<b>Summer Skincare Ritual</b> 18:00-19:30 Virtual <small>4 Aug</small>	<b>See you at the Barre</b> 17:30-18:00 Virtual			



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<b>Physical Activities</b>	<b>Info &amp; Support</b>
<b>Arts &amp; Culture</b>	<b>Mind &amp; Body</b>
<b>Activity Locations</b>	
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

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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



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## 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

No Two Brains Are The Same. What Is Neurodiversity?	Wednesday 9th July	10:00-12:00
Supporting Your Posture, Muscle And Bone Health*	Friday 11th July	13:00-14:00
Sacred Change - Navigating Menopause With Soul*	Monday 14th July	14:00-15:00
Wellbeing Conversation Training	Wednesday 16th July	13:00-15:30
How To Have Better Conversations Around Mental Health	Wednesday 16th July	13:15-16:30
Coping With Stress Workshop*	Wednesday 16th July	14:00-15:00
Supporting People To Support Themselves	Thursday 17th July	13:15-16:30
Looking After Your Pelvic Floor, Bladder And Bowel*	Friday 18th July	13:00-13:45
Managing Employees With Autism With Pamc	Friday 18th July	13:00-13:45
Woodland Walk & Weaving Art	Saturday 19th July	10:00-12:00
Woodland Walk & 'Wild Wellbeing' Nature Booklet Making	Saturday 19th July	13:30-15:30
Self-Massage Techniques*	Wednesday 23rd July	12:00-12:30
Handling Difficult Conversations With Care & Compassion	Wednesday 23rd July	14:30-16:30
React Mental Health Conversation Training	Friday 25th July	10:00-11:00
Woodland Walk & Weaving Art	Saturday 26th July	10:00-12:00
Woodland Walk & 'Wild Wellbeing' Nature Booklet Making	Saturday 26th July	13:30-15:30
Supporting Yourself Following Trauma	Monday 28th July	13:00-14:00

August

Summer Skincare Ritual Workshop* Online	Monday 4th August	18:00-19:30
Quality Conversations Training	Tuesday 5th August	09:15-12:30
Quality Conversations For Leaders	Wednesday 13th August	13:15-16:30
React Mental Health Conversation Training	Thursday 14th August	13:00-14:00
Skincare Ritual In-Person Event (£)	Monday 18th August	17:00-18:30
Hydration Workshop*	Wednesday 20th August	11:00-11:40
How To Have Better Conversations Around Mental Health	Thursday 28th August	09:15-12:30
Coping With Change Workshop*	Thursday 28th August	15:00-16:00
Connect To Nature - Introduction To Wilderness Therapy*	Friday 29th August	13:00-13:30

September

Self-Massage Techniques*	Thursday 4th September	14:00-14:30
Supporting Employees Who Are Suicidal With Pamc	Friday 5th September	13:00-13:45
Headache Soothing Techniques*	Tuesday 9th September	12:00-12:30
Suicide Awareness And Prevention Training	Wednesday 10th September	14:00-15:00
Positivity & Mindfulness - Overcome Holiday Blues*	Thursday 11th September	12:30-13:15
Sleep Workshop*	Monday 15th September	11:00-12:00
Supporting Behaviour Change	Wednesday 17th September	13:15-16:30
National Fitness Day - Get More Active, Ask The Trainer	Thursday 18th September	12:00-12:30
React Mental Health Conversation Training	Friday 19th September	11:00-12:00
How To Have Better Conversations Around Mental Health	Tuesday 23rd September	13:15-16:30
Quality Conversations Training	Wednesday 24th September	09:15-16:30
Your Financial Wellbeing Course	Wednesday 24th September	10:00-11:30
Tell Me About Shoulders - Workshop*	Thursday 25th September	14:00-14:30
Neurodiversity In The Workplace	Friday 26th September	11:00-12:00
Supporting People To Support Themselves	Monday 29th September	09:15-12:30

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

"These classes have reinspired my love of physical activity and have gone toward my 2.5 stone weight loss. I feel so much better for it and it boosts my mood."

"The classes have been a revelation to me and I enjoy them so much"

"I really love the Hip Health class and it has made a real difference to my joint pain. It has taught me stretches I can do outside of class as well."



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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](mailto:UHDB.GetHealthyStayHealthy@nhs.net)

