

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our June wellbeing newsletter!

This June, we're focusing on simple steps that can make a big difference to our everyday wellbeing – from raising awareness during Men's Mental Health Week, to encouraging movement and connection through Bike Week. We're also putting the spotlight on healthy habits at work with Snack at Work Day, and continuing to offer wellbeing visits to support your teams on the ground. Whether you're looking to boost your mental health, get active, or simply take a moment for yourself, there's something this month to help you feel more supported in the busy world of primary care.

People Promise



People Promise

We are
safe and
healthy

MEN'S MENTAL HEALTH WEEK

J U N E 9 T H - 1 5 T H 2 0 2 5

“Get Ahead of the Game” - Small Steps for a Healthier Future

Men's Health Week 2025 (9th – 15th June) is focused on helping men recognise the early signs of physical and mental ill health—and encouraging them to take action before a crisis point is reached.

Did you know?

- Men are still far less likely to ask for help or speak up about how they're feeling.
- Suicide is the biggest killer of men under 50 in the UK.
- Many men are living with undiagnosed or unmanaged health conditions, particularly around heart health, stress, diabetes, and mental wellbeing.



This week is about shifting from reacting to problems to taking proactive steps. Whether it's booking a check-up, opening up to a colleague, or taking five minutes to reset, it all counts.

Host a “Check In & Chat” coffee break—just 15 minutes to encourage casual wellbeing conversations.

Promote the free [Men's Health Self-Check Toolkits \(Men's Health Week 9-15 June 2025 resources | Mates in Mind\)](#).

Top Tips for You and Your Team:

Normalise asking: “How are you, really?”—especially with quieter colleagues.

Encourage use of your practice's wellbeing support offers (like wellbeing champions) for help.



Bike Week

9th - 15th June 2025

This year's Bike Week, led by **Cycling UK**, is all about championing the power of the everyday bike ride—whether it's a short trip to work, a quick errand, or just getting out for your mental health.

You don't need to be an elite cyclist to take part. Even 10 minutes of cycling a day can improve mood, boost energy, and lower the risk of chronic disease.

National Facts (Cycling UK):

- Swapping just one car journey a week for a bike ride could save over ¼ tonne of carbon per year.
- Regular cycling reduces the risk of heart disease, type 2 diabetes, and depression.
- People who cycle to work take 1.3 fewer sick days per year on average.

Top Tips to Get You Rolling:

- Haven't cycled in a while? Try a short lunchtime loop or bring your bike for one journey this week.
- Find a bike buddy in your practice or PCN and plan a shared ride.
- Check if your workplace is enrolled in the **Cycle to Work Scheme** —you could save up to 47% on a new bike.
- Use **Cycling UK's route planner** to find safe, scenic local options.

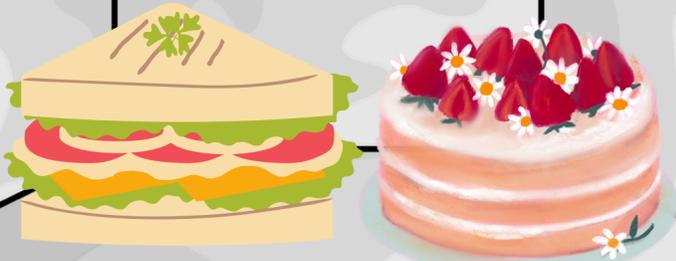
Bonus: Share your bike selfie or workplace ride on social media and tag **@TheHubPlusDerbyshire** to be featured.

Whether it's for your physical health, mental wellbeing, or the planet — every ride counts



Smart Snacking at Work: Looking After Your Energy and Wellbeing

Working in primary care can be full-on, and it's normal to reach for a quick snack during a busy day. But with biscuit tins and chocolates often close to hand, it's easy for those extra calories to add up without noticing.



A little preparation goes a long way. Packing a lunch or snack box with foods that meet your energy needs can help you avoid hunger-driven choices and support your wellbeing through the day.

There's nothing wrong with enjoying a sweet treat — just try to keep it to one or two. Being prepared with your own snacks can help you stay on track. Try bringing in options like fruit, chopped veg, a handful of nuts, or protein-rich foods like yogurt or boiled eggs to keep you feeling full and focused.



Watch out for “healthy” branded snacks and drinks — smoothies and juices can be surprisingly high in sugar. Water is best, but diluted squash or the occasional diet fizzy drink are good alternatives.

WELLBEING VISITS

Did you know that wellbeing visits are available to any practices within Derbyshire?

Wellbeing visits are designed to promote health and wellbeing within our general practice community and its staff working tirelessly within.

Our wellbeing visits offer a safe and supportive space for all staff working in primary care to discuss their concerns, receive guidance, ask for support and enhance overall wellbeing.

How to Book a Wellbeing Visit

1. Visit our website: Go to [The Hub Plus Wellbeing Visits](#).
2. Select your service: Browse through the available services and choose the one that best fits your needs
3. Fill out the booking form: Complete the online form with your details and preferred appointment time. [Book here](#)
4. Confirmation: Once submitted, you will receive a confirmation email with all the necessary information about your visit

Book your wellbeing visit at your practice online/ in-person in June, July and August!



Health and Wellbeing Champions in Primary Care

Are you passionate about health and wellness? Whether you're interested in mental health, fitness, social inclusion, or simply supporting your team's wellbeing, we invite you to join our network of **Wellbeing Champions across Derby and Derbyshire**.

This voluntary role is a rewarding opportunity to promote wellness among patients, colleagues, and the wider community. You'll play a key part in sharing wellbeing messages, leading activities, and encouraging access to support—while role modelling healthy practices in the workplace.

What we ask:

- ✓ Share wellbeing messages and event info
- ✓ Use your skills (e.g., fitness, group facilitation) to support others
- ✓ Champion wellbeing within your team
- ✓ Join network meetings and shape future activities

What you'll get:

- ✓ Monthly virtual meetings with fellow champions
- ✓ Early access to new wellbeing initiatives
- ✓ Networking opportunities
- ✓ A library of resources

Ready to join?

Get approval from your line manager and complete our quick **5-minute sign-up form** or scan the QR code. We'll be in touch with a welcome email and learning hub access.



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Bodyweight Exercise
07:30-08:00
Virtual

Kettlebells
07:15-07:45
Virtual

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

Meta-Fit
07:15-07:45
Virtual

Hip Health
07:30-08:00
Virtual

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

Seated Yoga & Mindfulness
10:30-11:00
Virtual

Menopause Café
09:30-11:00
23 Apr, 21 May, 18 June
BoT

Menopause Yoga
08:00-08:30
Virtual

Full Body Workout
08:30-09:00
Virtual

NEW

Get Your Steps In!
12:20-12:30
Virtual

Working with a Health Condition Support Café
10:30-11:30
29 Apr, 27 May, 24 June
Virtual

Mobilise & Stretch
12:00-12:30
Virtual

Manager & Leader Supporting your Team's Wellbeing Drop-in
10:00-11:00
3 Apr, 1 May, 5 June
Virtual

Emotional Freedom Techniques
10:00-10:20
Virtual

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

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

Kettlebells
12:15-12:45
Virtual

Desk Mobility
12:00-12:20
Virtual

Returning to Work Following ill Health
10:00-10:45
Virtual

Crystal Healing Workshop
13:00-13:40
2 June
Virtual

The Breathing Room
12:00-12:15
Virtual

REACTmh Refresh
12:00-12:30
2 Apr, 7 May, 4 June
Virtual

Yoga
12:30-13:00
Virtual

Shoulder Health
11:00-11:20
Virtual

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

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

Doctors in Distress
12:30-13:30
Virtual

Back Care Pilates
13:00-13:30
Virtual

Grief Kind Space
11:00-13:00
RDH

Doodle Club
17:00-18:30
7 Apr, 12 May, 2 June
RDH & Virtual

Bodyweight Circuits
13:00-13:30
Virtual

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

Returning from Parental Leave Support Group
14:00-15:00
24 Apr, 22 May, 26 June
Virtual

Cancer Support Group
13:00-14:00
25 Apr, 30 May, 27 June
Virtual

Zumba
18:30-19:00
Virtual

Menopause Café
14:00-15:00
15 Apr, 20 May, 17 June
Virtual

Bereavement Support Group
14:30-16:00
30 Apr, 28 May, 25 June
Virtual

Neurodiverse Café
14:00-15:00
17 Apr, 15 May, 19 June
Virtual

A Kinder Space
16:00-17:30
RDH

Menopause Practitioner Q&A
14:00-15:00
1 Apr, 6 May, 3 June
Virtual

Pilates
17:00-17:30
Virtual

Core Strength
18:00-18:20
Virtual

Table Tennis
17:00-19:00
RDH

Zumba
17:15-18:00
RDH

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

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

See you at the Barre
17:30-18:00
Virtual

Dad's Space
19:30-21:00
Bi weekly
Pride Park



bookwhen.com/jucdwellbeing

Password: bloom

Physical Activities	Info & Support
Arts & Culture	Mind & Body

Activity Locations

KHD Kingsway Hospital Derby
RDH Royal Derby Hospital
MPS Murray Park School
BOT Burton-upon-Trent

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



Download our Wellbeing Newsletter




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

Get Career Ready: Disclosure of Neurodivergence at Work	Wednesday 2nd April	12:00-13:00
Managing Workplace Stress & Burnout	Friday 4th April	10:00-10:45
Decompress Your Stress*	Wednesday 9th April	10:30-11:15
REACT Mental Health Conversation Training	Thursday 10th April	11:00-12:00
The Power of Positivity: Part 1 – Negativity Bias	Friday 11th April	12:00-12:40
Sleep Workshop*	Monday 14th April	13:00-13:00
How to add 'Movement Snacks' to your meetings*	Tuesday 15th April	12:30-13:00
Understanding Post Traumatic Stress Disorder	Wednesday 16th April	12:30-13:30
Hormonal Cycles for Productivity and Self-Care*	Tuesday 22nd April	13:00-14:00
Looking After Your Teams Wellbeing*	Wednesday 23rd April	11:00-12:00
Wellbeing Conversations Training	Thursday 24th April	10:00-12:30
Self-Massage Techniques*	Thursday 24th April	14:00-14:30
Coping with and Managing Burnout*	Friday 25th April	10:00-11:00
Supporting yourself Following Trauma	Tuesday 29th April	14:00-15:00
Neurodiversity at Work	Wednesday 30th April	11:00-12:00
Handling Difficult Situations with Care and Compassion	Wednesday 30th April	14:30-16:30

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[bookwhen.com/
JUCDwellbeing](https://bookwhen.com/JUCDwellbeing)



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Wellbeing
vimeo.com/showcase/8854943



May

The Nipple Nurse - Breast Checks	Thursday 1st May	13:00-13:45
Reasonable Adjustments for Mental Health	Friday 2nd May	13:00-13:45
Benefits of being Outdoors*	Wednesday 7th May	12:00-12:30
REACT Mental Health Conversation Training	Friday 9th May	10:00-11:00
Navigating a Phased Return*	Monday 12th May	13:00-13:30
Living with and Understanding Anxiety and Depression*	Wednesday 14th May	11:00-12:00
Understanding Post Traumatic Stress Disorder	Friday 16th May	13:00-14:00
Improving your Cardiovascular Health*	Monday 19th May	13:00-13:45
Wellbeing Conversations Training	Wednesday 21st May	13:30-16:00
The Power of Positivity: Part 2 - What is Happiness*	Thursday 22nd May	11:00-11:40
Self-Massage Techniques*	Thursday 29th May	12:00-12:30

We'd love to hear your feedback

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



June

Crystal Healing Workshop with Harmonia	Monday 2nd June	13:00-13:40
Understanding Post Traumatic Stress Disorder	Wednesday 4th June	10:00-11:00
The Basics of Healthier Eating*	Monday 9th June	11:00-11:30
Sleep Workshop*	Tuesday 10th June	11:00-12:00
Looking after our Veterans	Wednesday 11th June	11:00-11:45
REACT Mental Health Conversation Training	Thursday 12th June	13:00-14:00
Suicide Awareness and Prevention Training	Friday 13th June	11:00-12:00
Coping with and Managing Burnout*	Wednesday 18th June	12:00-13:00
Wellbeing Conversations Training	Thursday 19th June	09:30-12:00
Reasonable Adjustments for Neurodivergence	Friday 20th June	10:00-10:45
Self-Massage Techniques*	Friday 20th June	12:00-12:30
The Power of Positivity: Part 3 - Happiness Training*	Tuesday 24th June	14:00-14:40
Handling Difficult Situations with Care and Compassion	Wednesday 25th June	14:30-16:30
Coping with Change Workshop*	Thursday 26th June	10:00-11:00

Sessions marked with a * offer recordings to all booked on

" I've done various Pilates and Yoga sessions, they've been so good I've signed up to a even more classes! "

" I totally enjoy these sessions, not only is it good for adding extra steps to your day but it is a lot of fun. "

" The sessions I attend are absolutely fabulous - the ones early in the morning, get me up! and I feel great after taking part and ready for the day. "

Questions about the Wellbeing Timetable?

Email:
UHDB.GetHealthyStayHealthy@nhs.net



EVENTS 2025

COMMUNITY

The Basics of Healthier Eating* Monday 9th June 11:00-11:30 A
What is healthy eating? How do we do it? Learn about what is necessary to create the foundation of a healthy eating habit, and a healthy eating life!

Looking after our Veterans - Wednesday 11th June 11:00-11:45
Join this session to understand What is the Armed Forces Covenant? And what it means for our colleagues.

Suicide Awareness and Prevention Training - Friday 13th June 11:00-12:00
Understand the wider impact of bereavement on those exposed to or affected by suicide. Learn how to respond to those bereaved by suicide, and how we can help to support them. Understand Postvention: what it means and why it matters

Self-Massage Techniques* - Friday 20th June 12:00-12:30.
These wonderful massage techniques help you relax tension of the facial muscles, stimulate blood flow, encourage lymphatic drainage, all to help you achieve more glowing, radiant, healthy looking face. You don't need any equipment for this, just your clean hands, clean face, and a little bit of oil would be handy, but not essential.

Handling Difficult Situations with Care and Compassion - Wednesday 25th June 14:30-16:30
A two-hour session where you will learn skills and techniques to handle difficult situations safely and with compassion. You will also spend time considering your own health and wellbeing

Coping with Change Workshop* - Thursday 26th June 10:00-11:00
Informative and interactive workshop looking at how any kind of change in our life can impact us and how to cope with the impact of change.

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

Hub Plus Sessions

Register/sign in for the Hub Plus sessions by [clicking here](#).



JUCD Wellbeing Sessions

View the full Wellbeing Timetable [here](#). All sessions can be booked with password 'bloom' (lowercase)