

Supporting our General Practice family on their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our March wellbeing newsletter!

As the days grow longer, spring bulbs bloom, and the clocks move forward, there's a renewed sense of energy and optimism in the air. This month, we celebrate International Women's Day and focus on the importance of sleep, nutrition, and overall wellbeing in primary care. With updates on wellbeing visits, new support services, and upcoming events, this newsletter is full of resources to help you feel refreshed, resilient, and supported this season.

People Promise



CELEBRATING INTERNATIONAL WOMEN'S DAY

March 8th marks International Women's Day (IWD), a global day celebrating the achievements of women and raising awareness about gender equity. In primary care, women make up a significant portion of the workforce, playing vital roles in patient care, administration, and leadership.

Throughout history, International Women's Day (IWD) has been a powerful platform for advocating gender equality and celebrating women's achievements –especially in healthcare. From ground-breaking medical discoveries to leadership advancements, women have played a crucial role in shaping the healthcare industry. This timeline highlights key moments where IWD has driven progress, recognising the contributions of women in medicine, nursing, research, and public health.



The idea of International Women's Day was first proposed

1910

Women's participation in healthcare surged during World War I, with female doctors and nurses stepping into critical frontline roles. Their contributions reinforced the need for women in medicine



1917

The World Health Organization (WHO) was established

1948

The first oral contraceptive pill was approved for use in the UK, revolutionising women's reproductive rights and giving them greater control over their healthcare choices.

1961

The Women's Health Initiative (WHI) launched one of the largest studies on women's health, leading to ground-breaking research on heart disease, breast cancer, and osteoporosis.

1975

The United Nations officially recognised International Women's Day.

1993

2010

The UN Women entity was formed, further amplifying the role of women in global health leadership and pushing for gender-inclusive policies.



2020

The COVID-19 pandemic highlighted the vital role of female healthcare workers, with women making up over 70% of the global health workforce. IWD became a platform to call for better pay, protection, and leadership opportunities for women in healthcare.

2023

IWD campaigns focused on the theme #EmbraceEquity, advocating for greater support for female healthcare workers, including mental health resources and leadership development.



The Importance of Sleep for Health and Performance

March 15th marks World Sleep Day, an opportunity to reflect on the importance of rest and its impact on our overall wellbeing. Poor sleep can lead to decreased concentration, irritability, and a higher risk of physical health issues, which is particularly concerning in high-pressure healthcare roles.

Tips for Better Sleep:

1

Maintain a Regular Sleep Schedule: Going to bed and waking up at the same time each day helps regulate your body clock.



2

Limit Screen Time Before Bed: Blue light from phones and tablets can interfere with melatonin production, making it harder to fall asleep.

3

Create a Relaxing Bedtime Routine: Activities like reading, stretching, a nice bath or lighting a candle can help your body relax before bedtime.

4

Watch Your Caffeine Intake: Avoid caffeine in the afternoon and evening to improve sleep quality. Swap to decaffeinated coffee or flavoured tea as alternatives.


5

Manage Work-Related Stress: If work stress is keeping you up, consider writing down thoughts before bed or using relaxation techniques like tapping.



Prioritising sleep isn't just about getting rest—it's about ensuring you have the energy and focus to provide the best care to your patients and yourself.

For more wellbeing resources, visit www.thehubplus.co.uk/primary-care-wellbeing or reach out to our wellbeing team for support.



Nutrition for Energy and Focus in Primary Care

Long shifts and demanding workloads can make it easy to skip meals or grab quick, less nutritious options. However, the right nutrition can significantly impact energy levels, concentration, and overall wellbeing.

Smart Nutrition Strategies

- **Stay Hydrated:** Aim for at least 6–8 glasses of water per day, as even mild dehydration can cause headaches and fatigue.
- **Balance Macronutrients:** Include a combination of protein, healthy fats, and complex carbohydrates to sustain energy levels throughout the day.
- **Healthy Snacking:** opt for nutrient-dense snacks like nuts, Greek yogurt, or fruit, which provide sustained energy without sugar crashes.
- **Meal Planning:** Preparing meals in advance helps ensure access to nutritious options, reducing reliance on processed convenience foods. [Search | Blue Light Card](#) offers discounts on many foods/ meals plans plus much more!

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.

So far since April 2024 we have

Visited:
25 Practices

Seen:
935 Staff

Delivered:
51
wellbeing
workshops

Handed out:
Over 100
menopause support
packs & over 50
men's health packs

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 March/ April/ May/ June!



EVENTS 2025

WELLBEING

International Women's Day - Understanding Hormones - Friday 7th March 12:00-13:00. Learn a little more about a few of the many hormones within our body, how they work for us, and how they work against us, as well as how to get the best of them so you can get the best out of yourself!

REACT Mental health Conversation Training - Tuesday 11th March 10:00-11:30. Have you ever noticed someone is not quite themselves? Learn how to have helpful and supportive conversations with colleagues about their mental health and signpost to the wide range of services available to your workforce.

Sleep Workshop* - Friday 14th March 12:00-13:00. Learn about how to maximize your sleep and some of the behaviours to avoid which lead to disruptive sleep patterns.

Handling Difficult Conversations with Care & Compassion - Thursday 20th March 10:00-12:00. 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

Financial Wellbeing with Affinity UK - Monday 24th March 13:00-14:30
This course is designed to provide you with information that will encourage you to take charge of your finances and achieve your financial goals!

Understanding Post Traumatic Stress Disorder - Wednesday 26th March 10:00-11:00. What is PTSD? What causes PTSD and the physiology of PTSD. Common reactions to trauma with highlight on triggers, safety, and avoidance behaviours

Suicide Prevention and Awareness Training - Friday 28th March 10:00-11:00
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



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

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

Wellbeing Timetable: January- March

Here is your NEW Wellbeing Timetable for Winter 2025!
New password 'star' ★



NEW support to this release includes...

- Cancer Peer Support Group
- Understanding Post Traumatic Stress Disorder
- Additional MSK education including Back pain, Elbows and Osteoarthritis
- The Power of Positivity... and support in bringing joy to the workplace during times of difficulty
- Starting your fitness journey - advice and support
- Looking after our Veteran workforce
- Our new bereavement support service - face to face Grief Kind Spaces

thehubplus.co.uk/activities-timetable

Launch of the New 'Your Sexual Health Matters' Website

Your Sexual Health Matters, (delivered by Derbyshire Community Health Services NHS Foundation Trust), provides sexual health information, clinical services, and practical advice and support to people living in Derby and Derbyshire. This includes free and confidential sexually transmitted infection (STI) and HIV testing, contraception, and PrEP.



Many services are free and available to access online for residents of Derby and Derbyshire.

<https://www.yoursexualhealthmatters.org.uk/sexual-health-and-wellbeing>

Staff support networks



REACH Network

The Race, Equality, and Cultural Heritage (REACH) Network is a newly established staff network designed to support ethnic minority staff and their allies working in primary care across Derby and Derbyshire.

As part of this network, we host regular training and networking opportunities throughout the year for ALL primary care staff to join. Most of our sessions are hosted online with some adhoc sessions being hosted face-to-face.

<https://www.thehubplus.co.uk/our-commitment-to-edi>

24/7 Support for NHS staff

For people that need someone to talk to, NHS England has introduced a confidential 24/7 text support service in addition to the support already available. The service can be accessed by texting SHOUT to 85258 and is available to all NHS colleagues who may have had a tough day, are feeling worried or overwhelmed, or have a lot on their mind and need to talk it through. Additional mental health resources, including wellbeing apps, can be found on the NHS England website.

To help with financial wellbeing concerns over the winter months, the MoneyHelper Service, which offers a free and impartial money advice telephone, WhatsApp, and text support line continues to be available.