

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our May wellbeing newsletter!

This month, we're focusing on the theme of mental wellness with our '*May Day, May Day*' newsletter. As mental health awareness week and mindfulness month draw near, we'll be providing guidance on connecting with mental health organisations, offering training opportunities, and exploring mindfulness practices. Furthermore, as the temperature rises, we'll be sharing essential skincare tips to ensure a healthy and safe experience under the sun!

Mental Health Awareness Week 2024 will take place from 13 to 19 May, on the theme of "Movement: Moving more for our mental health".



Why movement matters:
Even though we as NHS staff are well-versed in the benefits of physical activity, it's crucial to remember that consistently practicing what they preach not only sets a positive example for patients but also fosters their own physical and mental wellbeing.

Fact: Research shows that 56% of people found that exercising regularly helped them to alleviate stress and prevent burnout in their lives.
Overcoming barriers to movement.
There can be numerous barriers to being physically active and moving such as low energy, lack of confidence, or financial constraints. Below is a summary of most of the barriers people encounter and some of the ways they can be overcome.



Area

Barrier

Ways to overcome these barriers

Psychological and emotional

Realistic expectations

Avoid setting high expectations to prevent disappointment. Set achievable goals, be kind to yourself, and adjust activities based on how you feel.

Anxiety

Having a mental health condition like anxiety can make certain situations difficult. Knowing your comfort level is important. Begin by exercising at home, such as running upstairs, and gradually progress to smaller local classes instead of larger leisure centres.

Financial

Stretched finances during the cost-of-living crisis are likely to be a barrier for many. Whilst this might mean you can't subscribe to gym memberships or classes there may be other options to consider that cost less or are free.

Take advantage of FREE offers including the JUCD activities timetable. Your Wellbeing Timetable provides a wealth of workshops, webinars, courses, clubs, activities, and dedicated colleague-support cafés which are FREE to access for our Health and Social Care colleagues across our organisations.

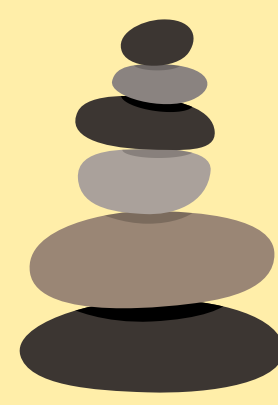
Time

As NHS staff, our lives are often filled with commitments at work, home, and elsewhere, making it tough to prioritise physical activity.

Revise your daily habits: opt for cycling instead of driving, consider getting off the bus a stop earlier, and incorporate activity into TV time by climbing stairs or practicing wall Pilates. Explore the possibility of conducting meetings while walking to encourage physical activity.

Find out more about what practices in your area are currently doing to improve wellbeing in practices here: [Derbyshire General Practice Wellbeing \(padlet.com\)](https://www.derbyshire.nhs.uk/derbyshire-general-practice-wellbeing)

Practicing mindfulness



In the fast-paced world of healthcare, where every moment counts and demands are endless, finding moments of tranquillity can feel like a luxury. However, prioritising mindfulness is not only essential for our own well-being as NHS staff but also enhances our ability to provide compassionate care to patients.

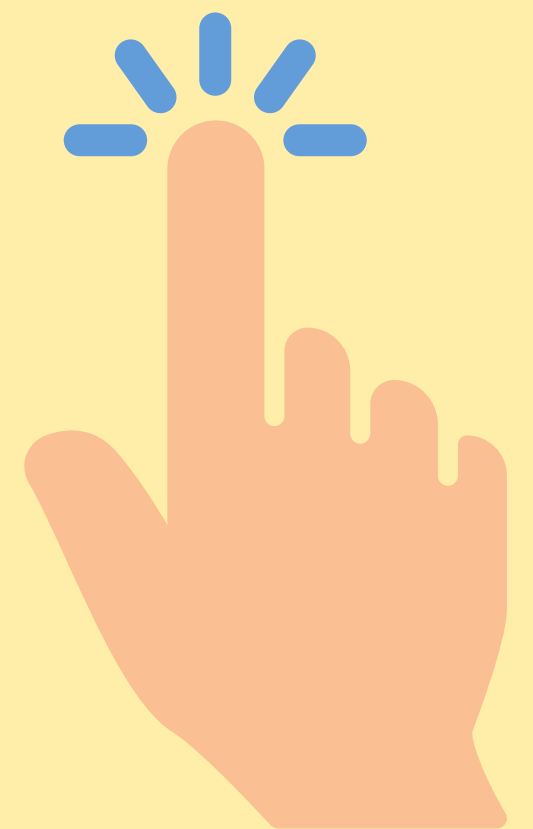
Mindfulness is the practice of bringing our attention to the present moment without judgment. It involves being fully aware of our thoughts, feelings, bodily sensations, and the environment around us.



Start with Breathing: Take a few moments throughout the day to focus on your breath. Breathing is the life force that sustains us. About 80% of our body toxins are expelled through the breath. To explore different breathing techniques, book onto one of JUCD's mind & body sessions!

[The Breathing Room - Booking by Bookwhen](#)

Emotional Freedom Technique – Tapping: Try emotional freedom technique, otherwise known as tapping. This evidence-based stress reduction technique is really easy to learn, just about anyone can do it, and the results are almost instantaneous. The EFT tapping technique involves tapping on specific “EFT Tapping Points” on the body to release blockages and stuck emotions.



[Emotional Freedom Technique - Tapping - Booking by Bookwhen](#)



Yoga: Whether you're looking to improve flexibility, reduce stress, or cultivate mindfulness, yoga offers something for everyone, making it a valuable practice for enhancing overall health and vitality.

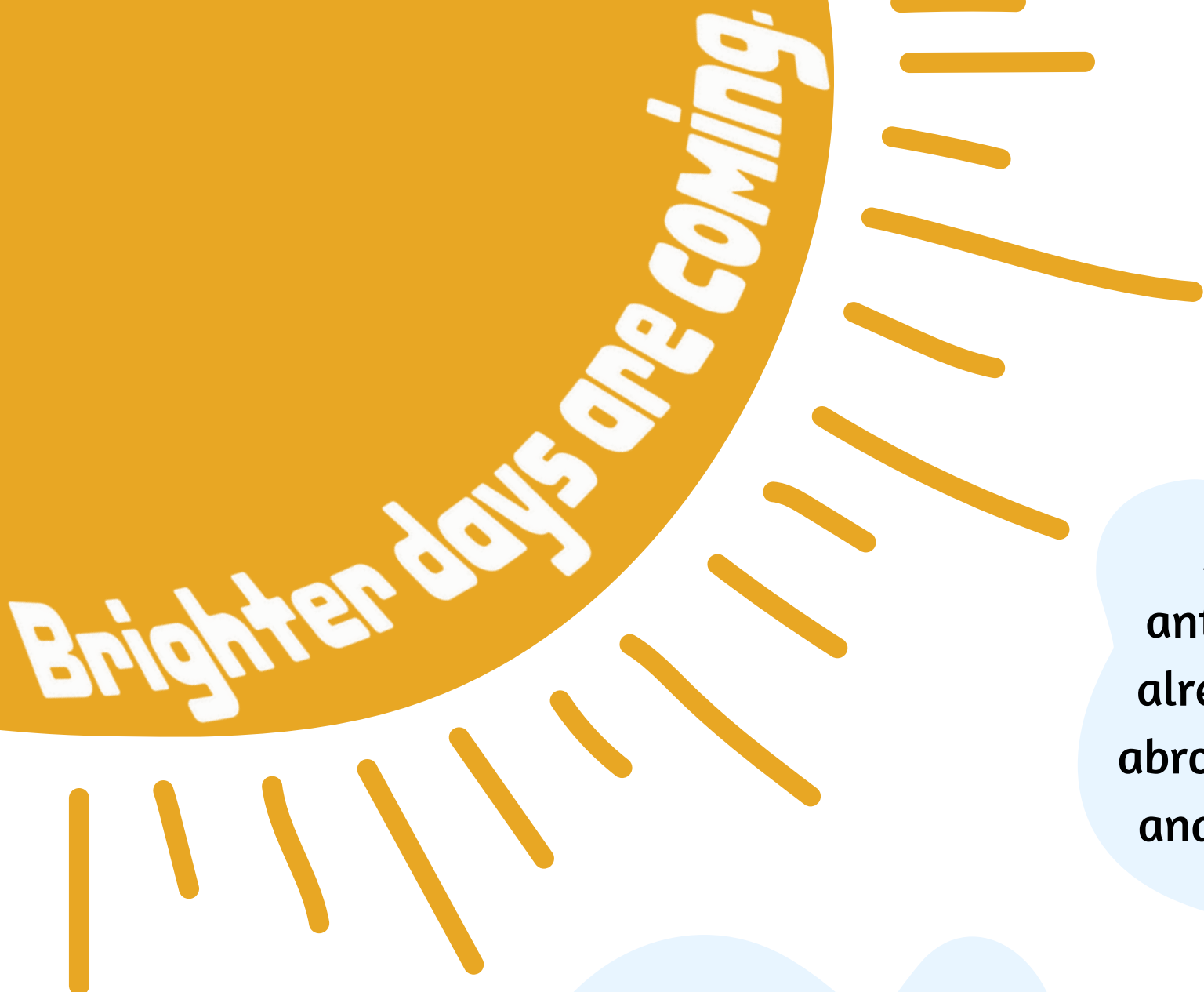
[Yoga \(Virtual\) - Booking by Bookwhen](#)

Benefits of Mindfulness

Stress Reduction: Mindfulness practices have been shown to reduce stress levels and promote emotional well-being, helping NHS staff navigate the demands of their roles more effectively.

Enhanced Resilience: Mindfulness cultivates resilience by teaching individuals to respond to challenges with equanimity and compassion. This resilience is invaluable in the face of the inevitable pressures and uncertainties of healthcare work.

Improved Focus: By training the mind to focus on the present moment, mindfulness enhances concentration and cognitive function, enabling healthcare professionals to perform their duties with greater clarity and efficiency.



As the warmer months approach, many of us eagerly anticipate the brighter, longer days ahead. While some are already counting down to guaranteed time away in the sun abroad. However, amidst the excitement of summer activities and travel plans, it's crucial to remember the importance of protecting our skin.

Sunscreen is Non-Negotiable: With increased sun exposure, sunscreen becomes your skin's best friend. Opt for a broad-spectrum sunscreen with SPF 30 or higher and apply it generously to all exposed areas of skin, including the face, neck, and hands. Reapply every two hours, especially if you're spending extended periods outdoors or sweating profusely.

Hydration is Key: Warmer weather can lead to dehydration, which can leave your skin feeling dry and dull. Stay hydrated by drinking plenty of water throughout the day, and consider using a lightweight, hydrating moisturiser to lock in moisture and keep your skin supple.

Wear Protective Clothing: When possible, cover exposed skin with lightweight, breathable clothing to provide an extra layer of protection against the sun. Wide-brimmed hats, sunglasses, and long sleeves can help shield your skin from harmful UV radiation and minimize sun damage.



For more information on how you can protect your skin and maintain healthy looking skin, please visit [Sunscreen and sun safety - NHS \(www.nhs.uk\)](https://www.nhs.uk).

Do you have a Wellbeing Champion at your site?

Wellbeing Champions are employees who volunteer to focus on improving the wellbeing of their fellow colleagues, as part of the company wellbeing initiatives. Champions focus on promoting general wellbeing within the company. Champions will be able to signpost colleagues to relevant services. They will provide information to colleagues about the local and national wellbeing services available and also support in promoting any internal wellbeing initiatives.



Join the JUCD Wellbeing Network of over 500 champions, promoting and support wellbeing for their peers!

1. Monthly drop-ins.
2. Monthly comms.
3. Training to support wellbeing conversations.
4. Support from a JUCD Wellbeing Health Improvement Advisor to shape your ideas.



Check out some wellbeing sessions!

For more information including a Wellbeing Champion job description and how to apply, [click here](#) or scan the QR code below!



JOIN NOW



Becoming a Wellbeing Champion is a voluntary role, which is open to any member of the team. All that is required is the enthusiasm and commitment to the health and wellbeing agenda and to support your organisation to improve the health and wellbeing of the workforce.

You will provide information to colleagues about the local and national wellbeing services available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role.

Join the Wellbeing Champions community!



Prefer to watch a video? [Click here](#) to watch our YouTube video on finding out about how others have adapted their role to become a Wellbeing Champion!

 [Watch Video](#)

MY WELLBEING SUPPORT

Scan the QR codes to gain access to free support for ALL primary care staff

Staff Health Improvement Advisors



The JUCD Health and Wellbeing Service delivers an equitable range of programmes & initiatives to support all health and social care colleagues across Derbyshire and Derby City - helping colleagues to remain healthy, safe and well at work.



The JUCD wellbeing team deliver a wealth of face to face and virtual wellbeing services to colleagues across our organisations, helping to support with physical, mental, and spiritual health, and social wellbeing.

Bookable appointments are available for every Primary Care site with a Health Improvement Advisor to visit in person or virtually.

[Click here to view our Staff Health Improvement Advisor Request Form](#)



Had a bad day?

Feeling worried or overwhelmed?

Need someone to talk to?

Text the NHS People Service quoting **'FRONTLINE'** to 85258 for support available 24/7.

Samaritans UK provide free 24-hour support. They can be contacted on 116 123.

Mental Health Conversations Training

ReACT mental health and wellbeing conversation training.

REACTMH is an evidence-based active training session which enhances mental health awareness by enabling managers to identify, engage with and support people in their teams who may be struggling with their mental health and wellbeing.

1:1 Sustaining Resilience at Work Conversations

StRaW is part of a wealth of colleague peer support across JUCD support services that is offered, for free, by the Wellbeing team. We are using the StRaW model within Joined Up Care Derbyshire to support staff who may be struggling with stress and resilience.

StRaw is a one to one session whereby a trained practitioner carries out a structured conversation to help identify stressors that are affecting an individual. Early signs of distress could be effected performance, behaviour changes and increase of consumption such as alcohol and smoking.

Following the assessment, there will be an understanding on what actions an individual can take to improve their mental health. This may include a referral to other support services.

Need some Reflection?

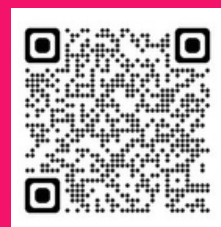
Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in.



To book a session email: ddlmc.thehubplus@nhs.net

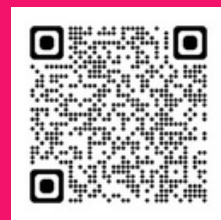
Kickstart your health!

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, NHS Better Health is here with lots of free tools and support.



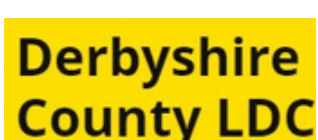
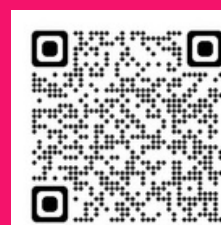
My Activities timetable

There is something for everyone from workout classes, desk stretches and talking groups.



My self-care pack

Download your self care pack today, packed full of resources, including services of support and a list of handy discounts for NHS colleagues.



Find us on:



ddlmc.thehubplus@nhs.net



www.thehubplus.co.uk



07883 328933