

# Primary Care Wellbeing Derbyshire



**Welcome to our April wellbeing newsletter!** This month, we're embracing the theme of spring and exploring how you can cultivate a blooming sense of wellbeing. With stress Awareness Month approaching, we'll be sharing strategies to manage stress and prioritise self-care. Additionally, don't miss our top picks from the JUCD wellbeing activities timetable, offering something for everyone!

# BLOOMING WELLBEING

## VITAMIN D



In many parts of the world, April marks the beginning of spring, when days start to get longer and sun exposure increases. This is important for health because sunlight is a natural source of vitamin D, which is essential for bone health, immune function, and overall wellbeing.

APRIL

MAY

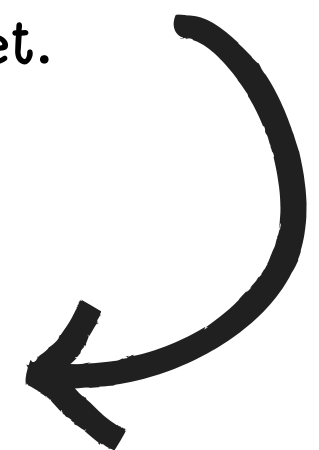
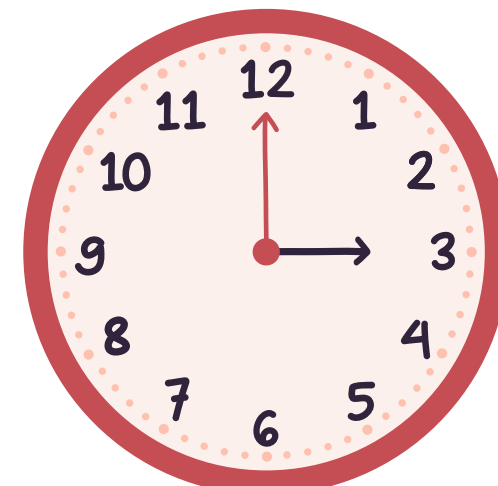
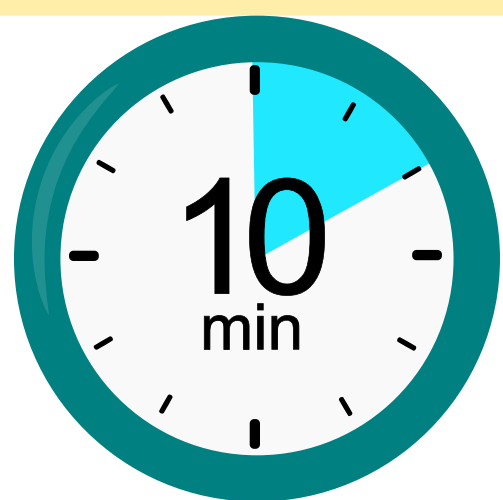
JUNE

JULY

AUG

SEPT

Between late March/early April to the end of September, most people can make all the vitamin D they need through sunlight on their skin and from a balanced diet.



To make sure you get the amount you need, let the sun shine on your face or arms for about 10 minutes between 11am and 3pm, but take care not to burn. Ultraviolet rays from the sun produce vitamin D on cloudy days but it can take a little longer.

### DO YOU WORK FROM HOME OR AN OFFICE?

Many of us working in primary care do not get enough sunlight. This could also be the case for workers that are outside, but often wear a lot of PPE – for safety reasons, for example.

**1 IN 6 ADULTS HAVE LOW VITAMIN-D**

Oily fish – such as salmon, sardines, herring and mackerel

Egg yolks

Fortified foods – such as some fat spreads and breakfast cereals



Vegetables- such as Spinach & Kale

vitamin D supplements

Drinks- such as orange juice or cows milk

# STRESS AWARENESS MONTH APRIL

Prolonged stress can significantly impact our wellbeing. Multiple factors can influence our stress levels including financial uncertainty, big changes in our lives and the workplace.

**17  
MILLION**

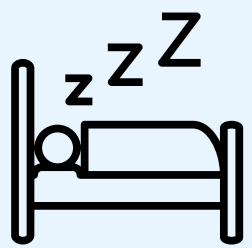


17 million sick days are lost annually due to work-related stress, depression, or anxiety. Additionally, the average working adult experiences stress for almost a third of their working day.

## Top tips for managing stress in the workplace

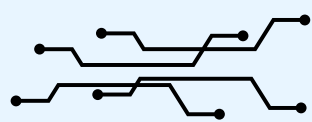
### Sleep well

Try to pay attention to your sleep hygiene, such as daily routines and a comfortable environment to aid better sleep. Getting good sleep when you will help you feel refreshed, alert and healthy



### Reduce screen time

Improve your sense of digital wellbeing. Set yourself boundaries, take breaks between screen time or pause notifications to help reduce fatigue and give your eyes a break.



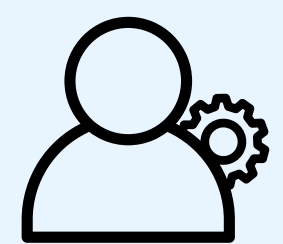
### Regular breaks

Build breaks into your work schedule. Stepping back allows you to better process and retain information and can help you cultivate healthy habits such as making time for exercise, however you can



### Learn a new skill

Learning is exciting and rewarding. Try something new at work or in your personal life. It can help keep your mind engaged and boost your confidence as you develop a new skill.



Visit our website to find more self-care tools and handouts!





# Workshops and activities

## April

**07:30- 08:00**  
**Tuesday**  
**9th April**

### **Morning Boost**

Start your day the best way with this light intensity workout designed to strengthen your upper and lower body and boost your fitness!

**10:00- 10:45**  
**Wednesday**  
**17th April**

### **Returning to Work following ill Health**

Here you will find a supportive group designed to promote your health and wellbeing returning to work following sickness or absence.

**10:00- 11:00**  
**Thursday**  
**11th April**

### **Manager & Leader Menopause Workforce Support**

A group for Managers and Leaders to learn or share ideas and examples on supporting their teams through Perimenopause and Menopause.

**17:00- 17:35**  
**Thursday**  
**18th April**

### **Funky Disco**

Join us for a dance based workout to keep you fit and leave you feeling more energised.

**14:00- 15:00**  
**Monday**  
**15th April**

### **Neurodiverse Cafe**

No two brains are the same". We welcome to this friendly and safe space our colleagues who identify themselves as neurodivergent to be able to connect, chat, share advice and support each other.

**12:00- 12:45**  
**Friday 19th**  
**April**

### **Headache Soothing Techniques**

Learn some helpful ways to soothe headaches with small lifestyle changes and gentle techniques.

**11:00- 11:20**  
**Tuesday 16th**  
**April**

### **Desk Stretches for Neck Health**

Unlock tension and tight muscles by performing simple desk-based stretches helping to reduce symptoms of stress or poor posture.

**10:00- 11:30**  
**Wednesday**  
**24th April**

### **React Mental Health Conversation Training**

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 our workforce.

## **Looking for something different?**

visit the JUCD Staff Health and Wellbeing Activities  
and wellbeing calendar

[JUCD Wellbeing timetable](#)



# 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](#)



## 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.



**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.

## Find out more

**Email:** [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net)

**Website:** <https://www.thehubplus.co.uk>

**Follow us on X (twitter)** @thehubplus

**Facebook:** <https://www.facebook.com>

**LinkedIn:** <https://www.linkedin.com>

**YouTube:** The Hub Plus Derbyshire

## 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](mailto:ddlmc.thehubplus@nhs.net)