

# Primary Care Wellbeing Derbyshire



**Welcome to our March wellbeing newsletter!** As we commemorate International Women's Day and celebrate the incredible contributions of women, we also emphasise the importance of self-care, staying active, and maintaining a balanced diet. Whether it's honouring the remarkable women in our lives, incorporating regular physical activity into our routines, or nourishing our bodies with nutritious foods, this month is about empowering ourselves and prioritising our overall wellbeing.

# International Women's Day



IWD is a global day celebrating the social, economic, cultural, and political achievements of women. It is also a day to raise awareness about gender equality and women's rights. IWD has been observed since the early 1900s and is now recognized and celebrated worldwide.



## Creating Spaces Where Everyone Belongs

The video explains what international women's day means to you as individuals, how you can self-reflect on your own belonging. Inclusion is all about finding your sense of belong and developing trust with those around you.

For more videos and podcasts, visit: [IWD Videos](#)

## How can you get involved in IWD?

### Celebrate Achievements

Acknowledge and celebrate the achievements of the women around you, whether it's in the workplace, community, or personal life.

### Educate and Raise Awareness

Use this day as an opportunity to educate yourself and others about gender equality issues and women's rights.

### Express Gratitude:

Take the time to thank the women in your life for their contributions, support, and presence. A simple "thank you" can go a long way.

## FREE EVENT!

An evening dedicated for International Women's Day, showcasing impactful presentations by inspiring women. Following these talks, participate in a stimulating panel discussion designed to encourage dialogue on critical issues and advocate for gender equality.

Available to all staff within Derbyshire.

**Location:** Makeney Hall, Makeney Rd, Milford, Belper DE56 0RS

**Date:** Wednesday 27th March 2024

**Time:** 18:15 - 21:30

Booking required\*

[REGISTER HERE](#)

# NOURISHING YOUR BODY

## *one meal at a time*

Are you often stuck wondering what to eat, or find it challenging to carve out time in your busy schedule to cook a warm, nutritious meal? If so, you're not alone.

In today's fast-paced world, the demands of work, family, and daily life can sometimes leave us feeling overwhelmed and depleted, making it tempting to reach for quick, convenient food options that may not always align with our health goals.

Discover quick and easy meal prep ideas, healthy recipes, and calorie information for effortless wellness.



### *Breakfast*

Breakfast can be a great way to start your day, fuel your body and take in some macro/micronutrients. However, if you don't feel like eating first thing in the morning, or you simply don't have time, there is no reason to feel guilty.



### *Recipe idea* **OVERNIGHT OATS**

Adapt this recipe for easy overnight oats to suit your tastes. You can add dried fruit, seeds and nuts, grated apple or pear or chopped tropical fruits for the perfect healthy breakfast



### *Lunch*

The key to a healthy lunch is not necessarily about avoiding foods, the way to maximise health is through balance and variety.



### *Recipe idea* **BLT SANDWICH**

In our opinion this is the perfect balanced nutritious friendly BLT Sandwich!



### *Dinner*

In modern use dinner and supper both usually refer to the main meal of the day eaten in the evening. It is chance to cook and have a nice hot meal to end the day.



### *Recipe idea* **CREAMY BUTTER CHICKEN**

A Creamy Butter Chicken dish might seem impossible, but it is do-able! This super tasty recipe is perfect way to end the day!

# MARCH FOR MARCH

March is the perfect time to reignite our passion for movement and embrace the countless benefits it brings to our lives.



Whether it's going for a brisk walk in the crisp morning air, hitting the trails for a rejuvenating hike, or joining a local fitness class, there are endless ways to get our bodies moving and our hearts pumping.

## DID YOU KNOW?

80%

of GPs in England are unfamiliar with the national physical activity guidelines

Of disabled people are known to be inactive

37%

49%

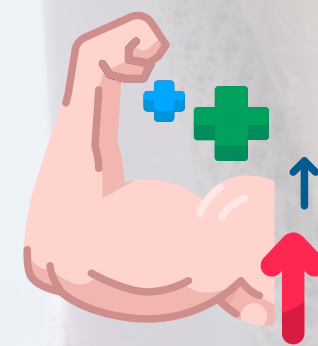
Of the East Midland's children population are physically active.

Of the adult population in the east midlands are classified as being obese.

28.5%



Physical activity isn't just about breaking a sweat; it's about feeling alive, energised, and empowered. It boosts our mood, sharpens our focus, and strengthens our bodies from the inside out. With each step we take, we're not only improving our physical health but also nurturing our mental and emotional wellbeing.



## Ways to keep active

1. **Take part in Your Wellbeing timetable** – it's free and offers over 200 sessions each month including Yoga, Zumba, Body Conditioning, Legs, Bums and Tums, Kettlebells, Stretch and Relax, Hip Health + MANY MORE - view and book here: [www.bookwhen.com/jucdwellbeing](http://www.bookwhen.com/jucdwellbeing)
2. **Do a home workout** – View our On-Demand channel here and exercise at a time convenient for you: [www.vimeo.com/jucdwellbeing](http://www.vimeo.com/jucdwellbeing) (Password Wellbeing)
3. **Get reduced rates at Movement for Modern Life:** <https://movementformodernlife.com/nhs>
4. **Get off the bus**, stop a few stops earlier.
5. **Get some music on and have a dance!** Feel your heart rate and endorphin rising and watch the health benefits start rolling in!



# Workshops and activities

## March

**10:00- 10:10**  
**Monday**  
**4th March**

### **Exercise Snack "Strength"**

We have designed our Exercise Snacking series to offer you an opportunity to improve your fitness and strength in the shortest time possible, 10minutes!

**13:00- 13:45**  
**Tuesday 19th**  
**March**

### **Nutrition and Pregnancy**

The importance of nutrition for before, during, and after pregnancy. The key nutritional considerations during pregnancy (including what foods to avoid or limit). -Practical tips on how best to support pregnant and new mums

**12:00- 13:00**  
**Thursday**  
**7th March**

### **The Importance of Ethnicity in Menopause**

The session includes case studies, explanation and completes with signposts to information sources and management tips.

**11:00- 11:45**  
**Thursday**  
**21st March**

### **Supporting your Team with a Health Condition or Disability**

A group for managers and leaders to learn and share ideas on supporting and enabling a member/s of staff with a long-term health condition or disability.

**14:00- 14:45**  
**Thursday**  
**14th March**

### **Self-care Toolbox: How to look after our Gut Health**

Looking after your gut health is the secret to optimising your overall health and wellbeing.

**13:30- 14:00**  
**Friday 22nd**  
**March**

### **Psychologist-Led Wellbeing Session**

Primary Care staff, particularly those in non-clinical roles, are invited to join us for a 30-minute wellbeing session every Friday at 1.30pm, facilitated by a clinical or counselling psychologist from Stronger Together.

**18:00- 18:20**  
**Thursday**  
**14th March**

### **Body Conditioning NEW!**

Strengthen and tighten up with this short but effective workout. You'll be instructed through a series of exercises that'll strengthen your muscles and leave you feeling leaner than ever.

**10:00- 11:30**  
**Wednesday**  
**27th March**

### **Your Financial Wellbeing**

Join financial education specialists, Affinity Connect, for a workshop designed to help you better understand your income and make informed decisions relating to your spending.

## **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](#)



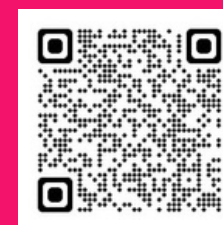
## Kickstart your health!

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.



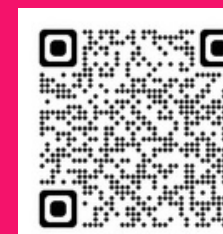
## My Activities timetable

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.



## Primary Care Coaching

A dedicated coaching programme for Primary Care colleagues, which includes access to individual coaching, team support and career support.



**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/primary-care-wellbeing>

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

## 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)