



**Wellbeing**  
Joined Up Care Derbyshire

# Primary Care Wellbeing

**Wellbeing Services Overview** An overview of all of the support available to colleagues through the Health and Wellbeing Services- covering all aspects of what's available. Including the current timetable of opportunities and workshops.

**Menopause Awareness and Support available** We can pop in and chat to individuals, teams / managers to offer advice and guidance around the support available to colleagues going through this phase of life, or those who are wanting to understand more about it and support those around them.

**Stress Awareness** Our stress awareness talk will educate you on what causes stress and the ways we can overcome it. We will take you through some useful tools you can use to help overcome the symptoms of stress. Option to add a short 10 min relaxation available.

**Peer Psychological support Overview** Our Peer Support Lead can come and present an overview of peer support available to colleagues including TRiM, StRaW and Reflective Practice available to colleagues as well.

**Reflective Practice** 1 hour Sessions aim to provide a safe, honest and enlightening environment where colleagues can talk about morally and practically challenging topics they may have faced. These sessions are delivered by peers and provides an opportunity for teams that have been undertaking challenging work to reflect on what they and their colleagues have been doing and the psychological and emotional impact on them individually, and the team as a whole.

**Exercise-based taster** We can offer a range of physical activity sessions ranging from Zumba, salsa, stretch, relaxation, seated exercise

**Team Huddles** We can join your team huddle and share the key Wellbeing information you feel appropriate that your team can benefit from whether it be psychological health, physical health, or general wellbeing support. We can adapt our talk to meet the need of your team.

**Wellbeing Information Stand** Members of the Health and Wellbeing team will come to your department and have a stand of useful information and will be able to answer any questions and offer advice to colleagues.

**Health and Wellbeing Assessments** 15-90mins Our fabulous range of comprehensive health assessments aim to give you a clear picture of your overall health, fitness and wellbeing, help you identify any key future health risks and offer individual lifestyle advice to encourage positive behaviour change that could lead towards a healthier, fitter you.

**Relaxation / Mind-Body** A session dedicated to helping you feel relaxed where we will take you through a guided relaxation and show you ways that you can implement calming techniques to promote a more relaxed mind

**Sleep Workshop** A presentation where you can learn about the importance of quality sleep, the things that can impact it and useful ways to improve yours.

**Positivity Workshop** We will provide an overview of how positive thinking can help benefit your overall health and wellbeing and explore mindfulness

**Posture Awareness** – 45mins. Keeping a good posture plays a big part in our physical health as well as our everyday comfort and injury prevention. Here we can explore our posture and how to overcome things that may be detrimental to it. We will also share useful movements and stretches that promote a good posture that you can do daily

**Self-care workshop** A time just for you. 30-40minute session to explore different self-care tools and relaxation techniques.

**Sustaining Resilience at Work Straw** One to One conversation with a trained practitioner lasting 1hour.

**[To book a session CLICK HERE](#)**