

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](#)

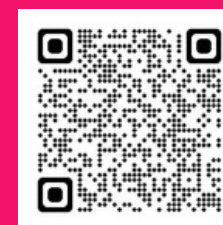
Kickstart your health!

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

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