



Your Wellbeing Timetable

Wellbeing

Joined Up Care Derbyshire

2nd April to 28th June 2024

Monday

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| Looking After Your Team's Wellbeing 20 May 10:00-11:00 Virtual |
| Back Strength & Stretch 12:15-12:45 Virtual |
| Weight Management Group 12:00-12:30 Virtual |
| Sleep Workshop 29 Apr 12:00-13:00 Virtual |
| Legs, Bums & Tums 13:00-13:30 Virtual |
| Dealing with Trauma 13 May 13:00-13:45 Virtual |
| Book Club 20 May 13:00-13:45 Virtual |
| Wellbeing Introduction International Staff 3 June 14:00-15:00 Virtual |
| Neurodiverse Café 15 Apr, 20 May, 17 June 14:00-15:00 Virtual |
| Climate Café 22 Apr 15:30-17:00 Virtual |
| Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD |
| Matt's Doodle Club 17:00-18:30 8 Apr, 13 May, 3 June RDH & Virtual --- 17:00-18:00 15 Apr, 20 May, 10 June QHB |
| Pilates 18:00-19:00 CRH |
| Zumba 18:30-19:00 Virtual |

Tuesday

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| Fitness Boost 07:30-08:00 Virtual |
| Seated Yoga 10:30-11:00 Virtual |
| Working with a Health Condition Support Café 23 Apr, 28 May, 25 June 10:30-11:30 Virtual |
| Desk Stretches for Neck Health 11:00-11:20 Virtual |
| The Breathing Room 12:00-12:15 Virtual |
| Bodyweight Circuits 13:00-13:30 Virtual |
| Wellbeing Champion Support 14:00-15:00 Virtual |
| Menopause Café 16 Apr, 21 May, 18 June 14:00-15:00 Virtual |
| Menopause Practitioner Q&A 2 Apr, 7 May, 4 June 14:00-15:00 Virtual |
| Table Tennis 17:00-19:00 RDH |
| Yoga & Relaxation 17:15-18:00 RDH |
| Zumba Fitness 17:15-18:00 IH |
| Beginners Yoga 18:30-19:00 Virtual |
| Legs, Bums & Tums 18:30-19:00 Virtual |
| Air Arts Wellbeing Choir 19:30-21:00 RDH |

Wednesday

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| Menopause Yoga 08:00-08:30 Virtual |
| Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual |
| Returning to Work Following ill Health 10:00-10:45 Virtual |
| Mobilise and Stretch 12:00-12:30 Virtual |
| Mental Health First Aiders: Meet & Support 24 Apr, 15 May, 26 June 12:00-12:30 Virtual |
| Air Arts Made in the NHS Metal Flower Sculptures 11 Apr, 18 Apr 12:00-13:00 QHB |
| Doctors in Distress 12:30-13:30 Virtual |
| Suicide Awareness Training 15 May 13:00-14:00 Virtual |
| Hormone & Reproductive Health 13:30-14:15 Fortnightly Virtual |
| Bereavement Support Group 24 Apr, 29 May, 26 June 14:30-16:00 Virtual |
| Pilates 17:00-17:30 Virtual |
| Zumba 17:15-18:00 RDH |
| Menopause: Talking to Important People in your Life 26 June 18:30-19:30 Virtual |
| Emotional Freedom Technique 22 May 18:30-19:00 Virtual |
| Air Arts Imaging Club 10 Apr, 8 May, 12 June 19:30-21:30 Virtual |

Thursday

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| Kettlebells 07:30-08:00 Virtual |
| Financial Wellbeing 23 May 10:00-11:30 Virtual |
| Manager & Leader Menopause Workforce Support 11 Apr, 9 May, 13 June 10:00-11:00 Virtual |
| Supporting Your Team with a Health Condition or Disability 18 Apr, 16 May, 20 June 11:00-11:45 Virtual |
| Seated Exercise 12:00-12:20 Virtual |
| Yoga 12:30-13:00 Virtual |
| Melt Away Stress 25 Apr 12:30-14:00 Virtual |
| Back Care Pilates 13:00-13:30 Virtual |
| Self Care Toolbox Coping with Stress 18 Apr 14:00-15:00 Virtual |
| Returning from Parental Leave 25 Apr, 27 June 14:00-15:00 Virtual |
| Hatha Yoga 17:15-18:15 CRH |
| Funky Disco 17:00-17:30 Virtual |
| Body Conditioning 18:00-18:20 Virtual |
| Women's Football 18:00-19:00 Murray Park |
| Dad's Space 19:30-21:00 Fortnightly Pride Park |

Friday

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| Hip Health 07:30-08:00 Virtual |
| Full-Body Workout 08:30-09:00 Virtual |
| Climate Café 10 May 10:00-11:30 Virtual |
| Shoulder Health 11:00-11:20 Virtual |
| Running Club 12:00-12:30 RDH |
| Headache Soothing Workshop 19 Apr 12:00-12:45 Virtual |
| Self Care Tool Box Leave Work at Work 17 May 12:00-13:00 Virtual |
| REACT Mental Health Conversation Training 31 May 13:00-14:30 Virtual |

Key

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| Physical Activity |
| Info & Support |
| Arts & Culture |
| Mind & Body |

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Car parking information is available within the booking information

Please read your organisations Infection Prevention and Control guidelines before attending any face-to-face activity.

This timetable may be subject to change.

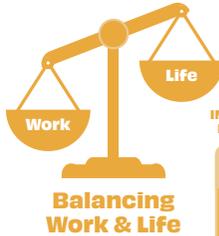
Access details can be found via your local Wellbeing service

Activity Locations

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| CRH | Chesterfield Royal Hospital |
| IH | Ilkeston Hospital |
| KHD | Kingsway Hospital Derby |
| QHB | Queens Hospital Burton |
| RDH | Royal Derby Hospital |

Webinars, Groups & Workshops to Support Your Health

HEALTH & LIFESTYLE SUPPORT



Emotional Freedom Techniques



PSYCHOLOGICAL HEALTH

Dealing with Trauma?

Need support with bereavement?



Not feeling yourself?

Anxious or Worried?

Concerned about a colleague?

Dealing with Change?

Feeling Stressed or Overwhelmed?

MSK & HEALTH CONDITIONS

Do you need help with:



POSTURE

