



Primary Care Wellbeing - Derbyshire

Welcome to our November wellbeing newsletter!

As the days grow shorter and the air turns crisp, November invites us to pause, reflect, and take care of ourselves and each other. This month, we're focusing on Men's Health, stress, and a timely reminder about the importance of digital wellbeing in our increasingly connected world.

People Promise



Derbyshire GP
Provider Board



Spotlight! NOVEMBER



Wellbeing

Your Wellbeing Timetable

W

Wednesday 5 Nov
18:00-19:30

Autumn Glow
Skincare Ritual

W

Wednesday 12 Nov
13:00-15:00

Your Financial Future Course

F

Friday 21 Nov
11:00-11:45

Men's Health- Promoting a
Healthy Bladder*

Th

Thursday 27 Nov
13:00-13:45

Mane Game- A Guide to
Men's Hair loss & Health*

W

Wednesday 5 Nov
11:00-12:00

Master Your Sleep Workshop*

Th

Thursday 6 Nov
12:00-12:45

Coping with Stress Workshop*

F

Friday 14 Nov
18:30-21:30

Salsa Social (in-person event)

W

Wednesday 26 Nov
11:00-12:00

Men's Mental Health:
Tools for Tough Times*

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Password: acorn



Sessions marked with a * offer recordings to all booked on.



Wellbeing Sessions

View the full Wellbeing Timetable [here](#). All sessions can be booked with password 'acorn' (lowercase)

MEN'S HEALTH: LET'S TALK ABOUT IT

Move over October – November has arrived with a bang! But just before we start to feel festive and thoughts turn to all things Christmas, let's talk about Men's Health Month this November.

Mental health in the workplace

To find out how your workplace can improve mental health, [click here](#) or scan the QR code for tools and resources to help you make positive improvements to mental wellbeing.



Need support?

Whether you're looking for immediate help, general support, or guidance around family, relationships, bereavement, substance use, or LGBTQ+ matters, [click here](#) or scan the QR code for a list of helpful contacts who can connect you with the right support.

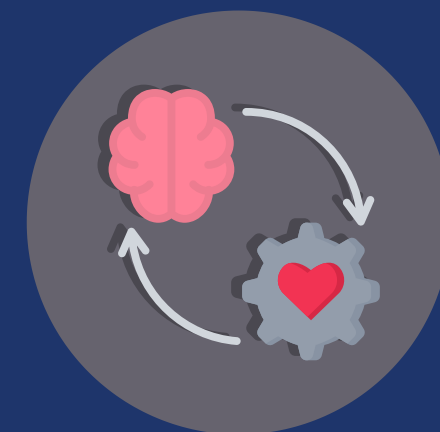
Men's physical health: lifestyle advice and support

Health and lifestyle advice encompasses a broad range of recommendations and practices aimed at promoting overall wellbeing; preventing illness, and improving the quality of life.



Stress Awareness

Taking Charge of Your Health and Wellbeing in General Practice



As an individual working within primary care, you play a vital role in ensuring the health and wellbeing of patients. However, it's essential to remember that taking care of others often means neglecting your own needs. Stress is a constant companion in the healthcare sector, and it can take a significant toll on your personal and professional life.

Understanding Stress in Your Work Environment

Every day, you face unique challenges, including patient demands, administrative tasks, complex medical cases, and long hours, leading to significant stress. This stress is not just personal; it can impact the quality of care provided to patients.

The Importance of Stress Awareness for You

Raising awareness about stress in your practice is crucial for managing your health. Recognise stress signs in yourself and seek help when necessary. It's important to foster a culture that destigmatises discussions about mental and emotional health.

The Impact of Stress on You

Stress can have far-reaching consequences for you. It can manifest as physical, emotional, and behavioural symptoms, including fatigue, burnout, anxiety, depression, and even physical health issues. When left unaddressed, stress can lead to a decrease in your work performance, reduced job satisfaction, and, ultimately, personal and professional burnout. It's crucial to understand that addressing stress is not just about you; it's also about ensuring that you can continue to provide the best care for your patients.

Open Communication: Be open with yourself and your colleagues about your stress levels. Recognise that it's okay to seek support and discuss your mental health.

Workload Management: Evaluate and manage your own workload to ensure it is reasonable and sustainable. Find ways to streamline administrative tasks and promote your own work-life balance.

Personal Resilience: Seek training and develop resilience-building strategies to manage stress more effectively and develop personal coping mechanisms.

Seek Resources: Take advantage of mental health resources available to you, such as the Wellbeing [Sustaining Resilience at Work 1:1 conversations](#).

Self-Care: Implement self-care practices, including physical fitness, mindfulness, and stress management techniques, as part of your daily routine.

Regular Breaks: Make it a point to take regular breaks and ensure that you have time to rest and recharge during your shifts.

Stress awareness is crucial for managing your health in a general practice setting. By learning to effectively manage stress, you can maintain high-quality patient care while protecting your own wellbeing.

Reach out to your fully funded [Wellbeing Team](#) and start a conversation.

TIPS TO IMPROVE DIGITAL WELLBEING

1

Restrict screen time first thing in the morning - invest in a proper alarm instead of using your phone

2

Take a 'Screen free' lunch break - maybe get outside or read a magazine

3

Make meal times device free - enjoy being present

4

Pop your phone to bed 2 hours before you plan to sleep

5

Schedule a weekly 'screen free' activity

FULLY FUNDED WELLBEING VISITS

Did you know that wellbeing visits are available to any practices within Derbyshire?

Wellbeing visits are designed to promote health and wellbeing within our general practice community and its staff working tirelessly within.

Our wellbeing visits offer a safe and supportive space for all staff working in primary care to discuss their concerns, receive guidance, ask for support and enhance overall wellbeing.

How to Book a Wellbeing Visit

1. Visit our website: Go to [The Hub Plus Wellbeing Visits](#).
2. Select your service: Browse through the available services and choose the one that best fits your needs
3. Fill out the booking form: Complete the online form with your details and preferred appointment time. [Book here](#)
4. Confirmation: Once submitted, you will receive a confirmation email with all the necessary information about your visit

Book your wellbeing visit at your practice online/ in-person in November, December and January



M	T	W	Th	F
Bodyweight Exercise 07:30-08:00 Virtual	Morning Energizer 07:30-08:00 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Menopause Yoga 08:00-08:30 Virtual	Hip Health 07:30-08:00 Virtual
Planning For Retirement Course 09:00-12:00 6 Oct Virtual	Working with a Health Condition Support Café 10:30-11:30 28 Oct, 25 Nov, 23 Dec Virtual	Returning to Work Following Ill Health Support Group 10:00-10:40 Virtual	Manager & Leader Supporting your Team's Wellbeing Drop-in 10:00-11:00 2 Oct, 6 Nov, 4 Dec Virtual	Full Body Workout 08:30-09:00 Virtual
Wellbeing Overview for New & Emerging Leaders 11:00-12:00 6 Oct, 3 Nov, 1 Dec Virtual	Wellbeing Drop-in 11:00-13:00 Virtual	Chair Yoga & Breathwork 10:00-10:30 Virtual	Returning from Parental Leave 10:30-11:00 30 Oct, 27 Nov, 18 Dec Virtual	Emotional Freedom Techniques 10:00-10:20 Virtual
Back Strength & Stretch 12:15-12:45 Virtual	Desk Stretches for Neck & Posture Health 11:00-11:20 Virtual	Men's Group Getting Over the Hump 12:30-14:00 1 Oct, 5 Nov, 3 Dec Virtual	Desk Mobility 12:00-12:20 Virtual	Shoulder Health 11:00-11:20 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual	Origami Time-Out 12:00-12:20 2 Dec Virtual	Mobilise & Stretch 12:00-12:30 Virtual	Yoga 12:30-13:00 Virtual	Bereavement Drop-in Support 11:00-13:00 RDH
Menopause Café 14:00-15:00 20 Oct RDH	Menopause Café 14:00-15:00 21 Oct, 18 Nov, 16 Dec Virtual	Doctors in Distress 12:30-13:30 Virtual	Book Club 13:00-13:45 13 Nov Virtual	Mindfulness for Winding Down 13:00-13:30 12 Dec Virtual
Supporting Yourself Following Trauma 14:00-15:00 17 Nov Virtual	Menopause Practitioner Q&A 14:00-15:00 7 Oct, 4 Nov, 2 Dec Virtual	Hormone & Reproductive Health Group 13:30-14:15 BI-Weekly Virtual	Neurodiverse Café 14:00-15:00 16 Oct, 20 Nov, 18 Dec Virtual	Cancer Support Group 13:00-14:00 31 Oct, 28 Nov, 19 Dec Virtual
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Table Tennis 17:00-19:00 RDH	Mum's Space 14:00-14:40 Virtual	De-stress Yoga 17:30-18:00 Virtual	A Kinder Space 16:00-17:30 RDH
Zumba 18:30-19:00 Virtual	Legs, Bums & Tums 18:30-19:00 Virtual	Bereavement Support Group 14:30-16:00 29 Oct, 26 Nov Virtual	Women's Football 18:00-19:00 MPS	Salsa Social 18:30-21:30 14 Nov Derby
	Wellbeing Choir 19:30-21:00 RDH	Pilates 17:00-17:30 Virtual	Derby Hospitals Band 19:00-21:00 GH	
		Zumba 17:15-18:00 RDH	Dad's Space 19:30-21:00 BI weekly Pride Park	
		See you at the Barre 17:30-18:00 Virtual	Doctors in Distress 18:30-19:30 Virtual	



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Physical Activities

Info & Support

Arts & Culture

Mind & Body

Activity Locations

KHD Kingsway Hospital Derby
RDH Royal Derby Hospital
MPS Mumay Park School
GH Grange Hall



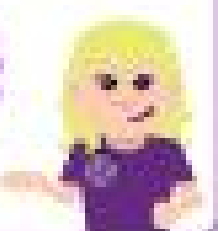
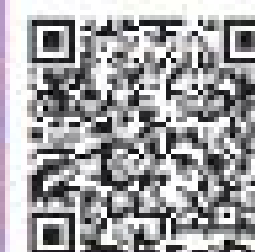
VIDEOS
ON DEMAND

View our recordings here
and use the password:
Wellbeing

video.com/showcase/8654943

Become a

Wellbeing Champion



Your Self-Care

Browse through a list of
services, helplines and apps
that offer colleagues support
with their Health & Wellbeing



Request a
Wellbeing Visit



Primary Care / Peer Psychological Support

Providing a confidential safe space for staff
to meet with trained practitioners



Download our
Wellbeing Newsletter



Webinars, Workshops and Training

Your Wellbeing Timetable is delivered by highly qualified professionals, trained to adapt content to ensure participant's safety and comfort. Please click on the activities via our booking platform for additional information on accessibility modifications or contact your Wellbeing Team.

All activities must be booked in advance.

New sessions are added regularly, please look out for new and exciting sessions & support throughout this release.

October	Handling Difficult Situations with Care and Compassion	Thursday 2nd October	10:00-12:00
	Planning for Retirement Course	Monday 6th October	09:30-12:00
	Wellbeing Overview for New Managers	Monday 6th October	11:00-12:00
	How to Have Better Conversations Around Mental Health	Tuesday 7th October	09:15-12:30
	Wellbeing Conversation Training	Thursday 9th October	10:00-12:30
	Back Care Myth Buster with Specialist Physiotherapist*	Thursday 9th October	14:00-14:40
	REACT Mental Health Conversation Training	Friday 10th October	10:00-11:00
	Quality Conversations for Leaders Training	Tuesday 14th October	13:15-16:30
	Self- Massage Follow Along - Menopause Focus*	Thursday 16th October	12:00-12:30
	Hair and Hormones - Thriving Through Menopause*	Friday 17th October	12:00-12:45
	Supporting the Menstrual Cycle Through to Menopause* (SAD) Understand Seasonal Affective Disorder*	Tuesday 21st October	12:00-13:00
	Menopause & Your Pelvic Floor*	Wednesday 22nd October	12:00-12:40
		Friday 24th October	11:00-11:45

November	Wellbeing Overview for New Managers	Monday 3rd November	11:00-12:00
	Master Your Sleep Workshop*	Wednesday 5th November	11:00-12:00
	Autumn Glow Skincare Ritual	Wednesday 5th November	18:00-19:30
	Coping with Stress Workshop*	Thursday 6th November	12:00-12:45
	Managing Workplace Stress & Burnout for Managers PMAC	Friday 7th November	10:00-10:30
	Your Financial Future Course	Wednesday 12th November	13:00-15:00
	Supporting Behaviour Change Conversation Training	Thursday 13th November	09:15-12:30
	Stress Workshop	Thursday 13th November	13:00-15:00
	REACT Mental Health Conversation Training	Friday 14th November	14:00-15:00
	Salsa Social (In-person event)	Friday 14th November	18:30-21:30
	Supporting Yourself Following Trauma	Monday 17th November	14:00-15:00
	Wellbeing Conversation Training	Wednesday 19th November	14:00-16:30
	Self- Massage Follow Along - Self-Care Focus*	Thursday 20th November	12:00-12:30
	Men's Health- Promoting a Healthy Bladder*	Friday 21st November	11:00-11:45
	Self-Care - Making Yourself a Priority*	Friday 21st November	13:00-13:45
	Men's Mental Health: Tools for Tough Times*	Wednesday 26th November	11:00-12:00
	How to Have Better Conversations Around Mental Health	Thursday 27th November	09:15-12:30
	Mane Game- A Guide to Men's Hair loss & Health*	Thursday 27th November	13:00-13:45

December	Wellbeing Overview for New Managers	Monday 1st December	11:00-12:00
	Quality Conversations for Leaders	Tuesday 2nd December	09:15-12:30
	Last Days Matter Training (In-person)	Tuesday 2nd December	09:30-12:30
	Origami Time-Out	Tuesday 2nd December	12:00-12:20
	Int'l Day of Disabilities: Supporting Our Workforce*	Wednesday 3rd December	11:00-11:45
	Suicide Awareness & Prevention Training	Thursday 4th December	11:00-12:00
	Practical Tips To Help Reduce Energy Usage & Bills*	Friday 5th December	14:00-14:45
	How to Have Better Conversations Around Mental Health	Wednesday 10th December	09:15-12:30
	Mindfulness for Winding Down*	Friday 12th December	13:00-13:30
	REACT Mental Health Conversation Training	Tuesday 16th December	10:00-11:00
	Supporting People to Support Themselves Training	Wednesday 17th December	09:15-12:30

Sessions marked with a * offer recordings to all booked on

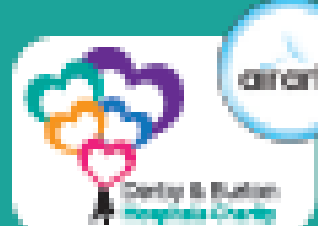
"These sessions are excellent - great and engaging that leave me feeling informed, calm, relaxed."

"The sessions were well led and I've learned new skills while mixing with colleagues in an enjoyable environment. The combination of movement, music, coordination, social interaction and connection with others really helps to boost overall wellbeing."

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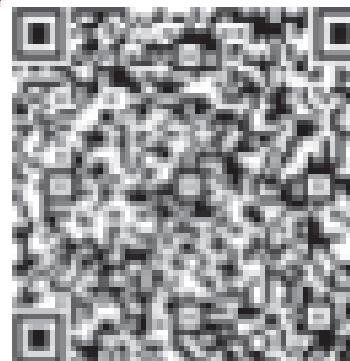


See here for workshops, including festive activities



We'd love to hear your feedback

Tell us what you want to see more of and feedback on this service



Questions about the Wellbeing Timetable?

Email: UHDB.GetHealthyStayHealthy@nhs.net



Health and Wellbeing Champions in Primary Care

Are you passionate about health and wellness? Whether you're interested in mental health, fitness, social inclusion, or simply supporting your team's wellbeing, we invite you to join our network of **Wellbeing Champions across Derby and Derbyshire**.

This voluntary role is a rewarding opportunity to promote wellness among patients, colleagues, and the wider community. You'll play a key part in sharing wellbeing messages, leading activities, and encouraging access to support while role modelling healthy practices in the workplace.

What we ask:

- ✓ Share wellbeing messages and event info
- ✓ Use your skills (e.g., fitness, group facilitation) to support others
- ✓ Champion wellbeing within your team
- ✓ Join network meetings and shape future activities

What you'll get:

- ✓ Monthly virtual meetings with fellow champions
- ✓ Early access to new wellbeing initiatives
- ✓ Networking opportunities
- ✓ A library of resources

Ready to join?

Complete our quick **5-minute sign-up form** or scan the QR code. We'll be in touch with a welcome email and learning hub access.

