



Your Wellbeing Timetable

Wellbeing

Joined Up Care Derbyshire

3rd July to 29th Sept 2023

Monday

**Resistance Band
Strength Exercise**
07:30-08:00
Virtual

**Leg Strength
Exercises**
11:00-11:20
Virtual

PIT STOP
Men's Mental Health
12:00-13:00
Virtual

**REACT Mental
Health Training**
24 July 12:00-13:30
Virtual

Back Strength & Stretch
12:15-12:45
Virtual

Book Club
13:00-13:45 14 Aug
Virtual

**Legs, Bums &
Tums**
13:00-13:30
Virtual

**Weight
Management Group**
10 July, 7 Aug, 4 Sept
14:00-14:45
Virtual

**Headache Soothing
Techniques**
24 July
14:00-14:45
Virtual

**Neurodiverse
Café**
14:00-14:45
17 July, 21 Aug, 18 Sept

Salsa Dancing
-Beginners-
16:45-17:15
-Regulars-
17:15-18:00
KHD

Matt's Doodle Club
17:00-18:00
3 July, 4 Sept
RDH & Virtual

Couch to 5k
17:00-18:00
CRH

Pilates
18:00-19:00
CRH

Zumba
18:30-19:00
Virtual

Tuesday

Fitness Boost
07:30-08:00
Virtual

**Imposter Syndrome
Workshop**
18 July, 8 Aug
09:30-11:00
CRH

**REACT Mental
Health Training**
25 July 10:00-11:30
Virtual

**Yoga for Long Covid
and Respiratory
Health**
10:30-11:00
Virtual

**Desk Stretches for
Neck Health**
11:00-11:20
Virtual

Interview Skills
18 July, 8 Aug
11:30-13:00
Virtual

Bodyweight Circuits
13:00-13:30
Virtual

**Wellbeing
Champion Support**
14:00-15:00
Virtual

Menopause Café
18 July, 15 Aug, 19 Sept
14:00-15:00
Virtual

**Menopause
Practitioner Q&A**
4 July, 1 Aug, 5 Sept
14:00-15:00
Virtual

Poetry Club
14:30-15:30
25 July, 22 Aug, 26 Sept
Virtual

Table Tennis
17:00-19:00
RDH

**Headache Soothing
Techniques**
5 Sept 18:00-18:45
Virtual

**Legs, Bums &
Tums**
18:30-19:00
Virtual

Air Arts Staff Choir
19:00-20:30
Fortnightly
RDH

Wednesday

**Christian Network
Morning Reflection &
Prayers**
08:30-09:00
Virtual

Mobilise and Stretch
12:00-12:30
Virtual

**Remote Workers
Support Network**
12 July, 9 Aug, 13 Sept
12:30-13:00
Virtual

**Boost Your Immunity
Workshop**
26 July, 27 Sept
13:00-14:00
Virtual

**Hormone &
Reproductive
Health Group**
13:30-14:15 Fortnightly
Virtual

**Hidden Disabilities
Awareness**
16 Aug 14:00-14:45
Virtual

**Bereavement
Support Group**
14:30-16:00
26 July, 30 Aug 27 Sept
Virtual

Zumba
17:00-17:45
QHB

Pilates
17:00-17:30
Virtual

Zumba & Tone
17:00-17:45
RH

Zumba
17:15-18:00
RDH

Back Health
18:00-18:30
Virtual

Group Exercise
17:45-18:15
SRP

**How to Alleviate
Anxiety**
6 Sept 18:30-19:30
Virtual

Choir at The Royal
19:15-21:15
CRH

Air Arts Imaging Club
19:30-21:30
Virtual

Thursday

Kettlebells
07:30-08:00
Virtual

Virtual School Gate
6 July, 3 Aug, 7 Sept
09:30-10:30
Virtual

**Returning to Work
Following Ill Health**
10:00-10:45
Virtual

**Manager & Leader
Menopause Workforce
Support**
13 July, 10 Aug, 14 Sept
10:00-11:00
Virtual

**Breathing for Ear,
Nose & Throat Health**
27 July, 21 Sept
11:00-11:30
Virtual

Yoga
(Beginners Welcome)
12:30-13:00
Virtual

Seated Fitness
12:00-12:30
Virtual

Back Care Pilates
13:00-13:30
Virtual

**Improve the Health
Of Your Shoulders**
27 July 13:30-14:00
DHU & Virtual

**What is Menopause &
What Support is
Available?**
24 Aug 13:30-14:00
DHU & Virtual

**Feel More
Positive & Relaxed**
28 Sept 13:30-14:00
DHU & Virtual

**Returning from
Maternity Leave
Peer Support Group**
27 July, 31 Aug,
28 Sept 14:00-15:00
Virtual

Running Club
17:00-18:00
CRH

PIT STOP
Men's Mental Health
17:00-18:00
RDH

Hatha Yoga
17:15-18:15
CRH

Women's Football
18:15-19:15
MPS

Friday

Hip Health
07:30-08:00
Virtual

Full-Body Workout
08:30-09:00
Virtual

**REACT Mental
Health Training**
29 Sept 10:00-11:30
Virtual

**Hydration for
Health Workshop**
11 Aug, 15 Sept
10:00-11:00
Virtual

Shoulder Health
11:00-11:20
Virtual

Wellbeing Walk
12:00-12:30
IH

Running Club
12:00-12:30
RDH

**Improve Your
Respiratory Health**
4 Aug 12:00-13:00
Virtual

Self-Care Club
12:00-12:45
Virtual

Sleep Workshop
8 Sept 12:00-13:00
Virtual

**Posture Health
Workshop**
21 July, 22 Sept
12:00-13:00
Virtual

Saturday

Dancing in the Park
12:30-15:30
15 July & 19 Aug
Darley Park

Cycling Club
15 July
12 Aug
16 Sept
Road Ride
18-30miles



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.

Key

Physical Activity

Info & Support

Arts & Culture

Mind & Body



Book via:

bookwhen.com/jucdwellbeing

Activity Locations

CRH	Chesterfield Royal Hospital
DHU	Derbyshire Healthcare United
IH	Ilkeston Hospital
KHD	Kingsway Hospital Derby
MPS	Murray Park School
QHB	Queens Hospital Burton
RDH	Royal Derby Hospital
RH	Ripley Hospital
SRP	Sir Robert Peel Community Hospital



**Scan here
to book**

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vimeo

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Wellbeing

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Your Wellbeing Timetable is delivered by highly qualified professionals who are able to adapt movements to ensure the safety and comfort of participants. Please click on individual activities via our booking platform for additional information on accessibility modifications or contact your Wellbeing Team. All activities must be booked in advance, please book your place and look out for new and exciting additions which may be added throughout this quarter.

Webinars, Groups & Workshops to Support Your Health

HEALTH & LIFESTYLE SUPPORT

Need help getting back to work?



**Weight
Management**



Gut Health



**Improve
your sleep**



**Boost your
immune system**

Feeling breathless?

Experiencing menopausal symptoms?

Want to Learn about your retirement?

**Scan Here
for more info**



PSYCHOLOGICAL HEALTH

Anxious or Worried?

Not feeling yourself?

Concerned about a colleague?

Unhappy or Depressed?



**Scan Here
for more info**



MSK & HEALTH CONDITIONS

Do you need help with:



**Aches &
Pains**



Back Pain

**INCREASE
ENERGY**



**IMPROVING YOUR
POSTURE**



**Ears, nose
& throat**

**Scan Here
for more info**



Proud to Support all our Health and Social Care colleagues
across Derbyshire and East Staffordshire with their Wellbeing

For more information contact us

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Joined Up Care
Derbyshire