



Your Wellbeing Timetable

Wellbeing

Joined Up Care Derbyshire

2nd Jan to 29th March 2024

Monday

Resistance Band Exercise
07:30-07:50
Virtual

Exercise Snack "Strength"
10:00-10:10
Virtual

Long Covid Facilitated Peer Support
22 Jan, 26 Feb, 25 Mar
10:00-11:00
Virtual

Suicide Awareness Training
29 Jan 11:00-12:00
Virtual

Leg Strength Exercises
11:00-11:20
Virtual

Headache Soothing Workshop
22 Jan 12:00-12:45
Virtual

Improve Your Respiratory Health
5 Feb 12:00-12:45
Virtual

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

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

Book Club
29 Jan, 25 Mar
13:00-13:45
Virtual

Neurodiverse Café
15 Jan, 19 Feb, 18 Mar
14:00-15:00
Virtual

Coping with Loss: Bereavement Support
29 Jan 16:00-16:45
Virtual

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

Matt's Doodle Club
17:00-18:00
8 Jan, 5 Feb, 4 Mar
RDH & Virtual

Pilates
18:00-19:00
CRH

Tuesday

Fitness Boost
07:30-08:00
Virtual

Seated Yoga
10:30-11:00
Virtual

Working with a Health Condition Support Café
23 Jan, 27 Feb, 26 Mar
10:30-11:30
Virtual

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

The Breathing Room
12:00-12:15
Virtual

Nutrition and Pregnancy
19 Mar 13:00-13:45
Virtual

Bodyweight Circuits
13:00-13:30
Virtual

Wellbeing Champion Support
14:00-15:00
Virtual

Menopause Café
16 Jan, 20 Feb, 19 Mar
14:00-15:00
Virtual

Sleep Workshop
30 Jan
14:00-15:00
Virtual

Menopause Practitioner Q&A
2 Jan, 6 Feb, 5 Mar
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

Wednesday

Menopause Yoga
08:00-08:30
Virtual

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

Hydration Workshop
17 Jan 10:00-10:45
Virtual

Mobilise and Stretch
12:00-12:30
Virtual

Doctors in Distress
12:30-13:30
Virtual

Remote Workers Support Network
10 Jan, 14 Feb, 13 Mar
12:30-13:00
Virtual

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

Exercise Snack "Step Count"
14:00-14:10
Virtual

Bereavement Support Group
24 Jan, 28 Feb, 27 Mar
14:30-16:00
Virtual

Dyslexia Awareness
13 Mar 15:00-16:00
Virtual

Zumba
17:00-17:45
QHB

Pilates
17:00-17:30
Virtual

Zumba
17:15-18:00
RDH

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

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

GO FOR IT!

Thursday

Kettlebells
07:30-08:00
Virtual

Virtual School Gate
4 Jan, 1 Feb, 7 Mar
09:30-10:30
Virtual

Returning to Work Following ill Health
10:00-10:45
Virtual

Manager & Leader Menopause Workforce Support
11 Jan, 8 Feb, 14 Mar
10:00-11:00
Virtual

Supporting Your Team with a Health Condition or Disability
18 Jan, 15 Feb, 21 Mar
11:00-11:45
Virtual

Weight Management Group
12:00-12:30
Virtual

Seated Fitness
12:00-12:30
Virtual

Mental Health First Aiders: Meet & Support
18 Jan, 15 Feb, 21 Mar
12:00-12:30
Virtual

Yoga
12:30-13:00
Virtual

Menstrual Health Collective
25 Jan, 29 Feb, 28 Mar
12:30-13:30
Virtual

Back Care Pilates
13:00-13:30
Virtual

Returning from Maternity Leave Peer Support Group
25 Jan, 22 Feb, 28 Mar
14:00-14:45
Virtual

Hatha Yoga
17:15-18:15
CRH

Body Conditioning
18:00-18:20
Virtual

Women's Football
18:00-19:00
Littleover School

Dad's Space
19:30-21:00 Fortnightly
Pride Park

Friday

Hip Health
07:30-08:00
Virtual

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

Emotional Freedom Techniques "Tapping"
23 Feb 09:30-10:00
Virtual

REACT Mental Health Conversation Training
22 Mar 10:30-12:00
Virtual

Shoulder Health
11:00-11:20
Virtual

Running Club
12:00-12:30
RDH

ADHD Awareness
23 Feb 13:00-14:00
Virtual

Psychological Wellbeing
Primary Care
13:30-14:00
Virtual

Coping with Stress
16 Feb 14:00-15:00
Virtual

Salsa Social
9 Feb 18:30-21:30
Darley Abbey

Key

Physical Activity

Info & Support

Arts & Culture

Mind & Body



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.



Book via:
bookwhen.com/jucdwellbeing

Activity Locations

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

**Air Arts
Medical Museum**
18:00-20:00
29 Jan - 19 Feb

RDH

Zumba
18:30-19:00
Virtual

Climate Café
11 Mar 19:00-20:30
Virtual

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

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

Climate Café
9 Jan 19:00-20:30
Virtual



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Wellbeing

**vimeo.com/
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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.

Look out for new and exciting sessions & support which may be added throughout this quarter.

Webinars, Groups & Workshops to Support Your Health

HEALTH & LIFESTYLE SUPPORT

Returning to the workplace?



**Weight
Management**



**Energy
Saving**

**INCREASE
ENERGY**



**Improve
your fitness**



**Improve
your sleep**



**Menopause
Cafe**

**Scan Here
for more info**



PSYCHOLOGICAL HEALTH

Not feeling yourself?

**Scan Here
for more info**



Long Covid support

Anxious or Worried?

Concerned about a colleague?

Need support
with bereavement?

Feeling Stressed
or Overwhelmed?



MSK & HEALTH CONDITIONS

Do you need help with:



Headaches
Aches & Pains



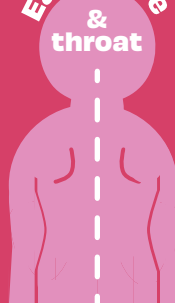
Back Pain



**Improving your
mobility**

POSTURE

**Ears, nose
& throat**



**Scan Here
for more info**



Your

Wellbeing Timetable

BROUGHT TO YOU BY



Wellbeing

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