



# Your Self-Care

January to March 2024

**Wellbeing**  
Joined Up Care Derbyshire

*A dedicated pack containing services, resources, handy discounts  
and apps to support your wellbeing*

## Self-Care Top Tips

- Spend time outdoors
- Have regular breaks
- Practice mindfulness
- Learn something new
- Become a Wellbeing Champion
- Take part in your FREE Wellbeing Timetable
- Speak to the Wellbeing Team if you need help with your wellbeing
- Get good quality sleep
- Drink plenty of water

To talk more about your Wellbeing and find out how your Wellbeing Team can help,  
contact us on **01332 787703**



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## Welcome to Your Self-Care Pack provided by your Wellbeing Team

This pack allows you to browse through a list of services, discounts and apps that offer colleagues across Joined Up Care Derbyshire support with their wellbeing.

If you require any assistance with Your Self-Care Pack, please contact us on 01332 787703 or visit our website [www.joinedupcarederbyshire.co.uk/wellbeing](http://www.joinedupcarederbyshire.co.uk/wellbeing)



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The screenshot shows a table titled 'Employee Assistance Programme' with columns for Resource, Information, Cost, and Provider. The table lists three services: Health Assured, Resolve, and Westfield Health.

Resource	Information	Cost	Provider
University Hospitals of Derby and Burton Chesterfield Royal Hospital Derbyshire Healthcare Foundation Trust Integrated Care Board Derbyshire County Council	Health Assured 08000280199 Download the Wisdom App or view on the online portal here: <a href="http://wisdom.healthassured.org">wisdom.healthassured.org</a> (ref MHA257729 )	FREE 24/7	Health Assured
Derbyshire Community Health Services Derbyshire Healthcare Foundation Trust	Resolve 01246 525951 or <a href="mailto:resolve@nhs.net">resolve@nhs.net</a> Derbyshire Mental Health Helpline and Support Service on 0800 028 0077 (24/7)	FREE	Resolve Local Authority
DHU Healthcare	Westfield Health (ref 71718) <a href="mailto:enquiries@westfieldhealth.com">enquiries@westfieldhealth.com</a> 0114 250 2000	FREE	Westfield Health

## NEW Employee Assistance Programme!



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## Financial Support

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Resource	Information	Format	Cost / Discount	Provider
<b>Car Parking</b>	Car parking guidance for the NHS: The <a href="#">NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts</a> states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	Guidance PDF	FREE guidance	NHS
<b>Money Advice</b>	<a href="#">MoneyHelper's website</a> provides information on a range of topics, such as benefits, money troubles, savings and pensions. They also offer a free <a href="#">Couch to Financial Fitness programme</a> . You can contact them for free, impartial advice via the <a href="#">NHS telephone support line</a> on 0800 448 0826 or using the details on their <a href="#">contact us page</a> . Find out more on their <a href="#">Talk Money Week page</a> . <a href="http://www.moneyhelper.org.uk">www.moneyhelper.org.uk</a>	Website and Phone Advice	FREE	Money Helper
<b>Fuel Costs</b>	The following tools can help you find the cheapest petrol and diesel prices near you: <a href="#">PetrolPrices app</a> <a href="#">Confused.com petrol prices finder</a> <a href="#">GoCompare petrol and diesel prices finder</a> . <a href="#">Blue Light Card</a> members can also apply for a <a href="#">free Esso fuel card</a> to access discounted fuel at Esso stations across the UK, and collect <a href="#">Nectar loyalty points</a> when filling up	App and Websites	FREE	Various



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## Financial Support

Resource	Information	Format	Cost / Discount	Provider
<b>The Money Course</b>	Discover lots of practical, real-life money skills which you will be able to apply to your own situation and which will help you manage your money day-to-day <a href="http://www.themoneycourse.org/join">www.themoneycourse.org/join</a>	Online	FREE	Crosslight Advice
<b>GamCHAT</b>	Support people in Derbyshire who are affected by someone else's gambling problem. call 07506 692873 or email <a href="mailto:gamchat@daas.uk.com">gamchat@daas.uk.com</a>	Phone Online	FREE	DAAS
<b>The National Gambling Helpline</b>	The National Gambling Helpline: 08088020133	Phone	FREE	
<b>The Money Advice Service</b>	Free impartial money advice Free and impartial help with money, backed by the government   <a href="http://www.moneyhelper.org.uk">www.moneyhelper.org.uk</a>	Website	FREE	<a href="http://www.moneyhelper.org.uk">The Money Advice Service</a>
<b>Cost of Living Support</b>	From advice around <a href="#">welfare rights and benefits</a> , to support for families, people with <a href="#">long-term health conditions</a> and carers. We've also got advice on how to become more energy efficient, <a href="#">reduce food waste</a> and information about <a href="#">local food support projects</a> . <a href="http://www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx">www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx</a>	Website	FREE	<a href="http://www.derbyshire.gov.uk">Derbyshire County Council</a>



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**Financial Support**

Resource	Information	Format	Cost / Discount	Provider
<b>Money Saving Expert</b>	Financial Wellbeing support and advice, specifically for NHS employees	Online - <a href="#">HERE</a>	FREE	The Money Saving Expert
<b>Uber Medic 25% Discount</b>	Transport <a href="https://www.uber.com/en-GB/blog/uber-medics/">https://www.uber.com/en-GB/blog/uber-medics/</a>	Click <a href="#">here</a> (Online or via app)	25% discount	Uber
<b>AA Breakdown</b>	Up to 40% off breakdown cover for all NHS employees <a href="http://www.theaa.com/breakdown-cover/keyworker">www.theaa.com/breakdown-cover/keyworker</a>	40% off Online	40% off	AA Breakdown
<b>Relationship Advice and Support</b>	Relationship advice and support <a href="https://hub.relate.org.uk/nhs">https://hub.relate.org.uk/nhs</a> or call 0300 303 4477	Website Phone	FREE	<a href="#">Relate</a>
<b>Pet Advice</b>	RSPCA: Their <a href="http://www.rspca.org.uk">website www.rspca.org.uk</a> provides advice on how you can look after your pet's health whilst keeping costs down.	Website	FREE	RSPCA
<b>Debt Advice</b>	StepChange Debt Charity: Offers <a href="#">free debt advice</a> to help you deal with debt and set up a solution, along with <a href="#">guides on the rising cost of living</a> . <a href="http://www.stepchange.org.uk">www.stepchange.org.uk</a>	Website	FREE	Step Change
<b>Debt Advice</b>	Angel Advance: Provides free expert debt advice to help individuals manage their debts. Their <a href="#">website</a> has a specific <a href="#">cost of living page</a> . <a href="http://www.angeladvance.co.uk">www.angeladvance.co.uk</a>	Website	FREE	Angel Advance



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Resource	Information	Format	Cost / Discount	Provider
<b>Christians Against Poverty</b>	Debt counselling charity for people of all faiths. <a href="http://www.capu.org.uk">www.capu.org.uk</a>	Website	FREE	<a href="#">Christians Against Poverty</a>
<b>National Debt line</b>	Free confidential and independent debt advice <a href="http://www.nationaldebtline.org">www.nationaldebtline.org</a>	Website	FREE	<a href="#">The Government</a>
<b>StepChange</b>	Advice from debt experts <a href="http://www.stepchange.org">www.stepchange.org</a>	Website	FREE	StepChange
<b>Stop Loan Sharks</b>	Supporting victims of illegal vending <a href="http://www.stoploansharks.co.uk">www.stoploansharks.co.uk</a> 0300 555 2222	Website, Helpline	FREE	<a href="#">The Government</a>
<b>Food Banks</b>	Derbyshire - <a href="http://www.ruralactionderbyshire.org.uk/foodbanks">www.ruralactionderbyshire.org.uk/foodbanks</a> Derby - <a href="https://derbycitylifelinks.org.uk/food-banks-derby/">https://derbycitylifelinks.org.uk/food-banks-derby/</a> Staffordshire - <a href="https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times">https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times</a>	Website	FREE	Local Council



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## Mental and Psychological Wellbeing

Resource	Information	Cost	Provider
<b>Employee Assistance Programme</b>			
University Hospitals of Derby and Burton Chesterfield Royal Hospital Derbyshire Healthcare Foundation Trust Integrated Care Board Derbyshire County Council	Health Assured 08000280199  Download the Wisdom App or view on the online portal here:  <a href="http://wisdom.healthassured.org">wisdom.healthassured.org</a>  (ref MHA257729 )	FREE 24/7	Health Assured
Derbyshire Community Health Services Derbyshire Healthcare Foundation Trust	Resolve 01246 525951 or <a href="mailto:resolve@nhs.net">resolve@nhs.net</a>  Derbyshire Mental Health Helpline and Support Service on 0800 028 0077 (24/7)	FREE	Resolve  Local Authority
DHU Healthcare	Westfield Health (ref 71718) <a href="mailto:enquiries@westfieldhealth.com">enquiries@westfieldhealth.com</a>  0114 250 2000	FREE	Westfield Health





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Resource	Information	Format	Cost / Discount	Provider
<b>Sustaining Resilience at Work (StRaW)</b>	StRaW is a structured conversational approach to providing peer support for mental health issues, affected by the workplace. Email <a href="mailto:ddicb.wellbeing@nhs.net">ddicb.wellbeing@nhs.net</a> or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing
<b>Trauma Risk Management (TRiM)</b>	TRiM is a peer support conversation that aims to help people who have experienced traumatic or potentially traumatic events. Email <a href="mailto:ddicb.wellbeing@nhs.net">ddicb.wellbeing@nhs.net</a> or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing
<b>REACT Mental Health Conversation Training</b>	The REACTMH® session provides staff with skills and knowledge to have effective and supportive conversations with their colleagues about mental health Email <a href="mailto:ddicb.wellbeing@nhs.net">ddicb.wellbeing@nhs.net</a> or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing
<b>Reflective Practice</b>	A valuable opportunity for teams to reflect on their actions, gain a better understanding of their experiences, and are a powerful tool for learning, growth, and supporting a positive work environment. Email <a href="mailto:ddicb.wellbeing@nhs.net">ddicb.wellbeing@nhs.net</a> or call 01332 787 703	In-person Phone Online	FREE	JUCD Wellbeing



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Resource	Information	Format	Cost / Discount	Provider
<b>Psychological Therapy</b>	Self-refer counselling and psychological therapy service <a href="http://www.trentpts.co.uk/self-referral">www.trentpts.co.uk/self-referral</a>	Website Self-Referral	FREE	<a href="#">Trent PTS</a>
<b>Time to Talk</b>	Mental Health support and awareness campaign <a href="http://www.livelifebetterderbyshire.org.uk">www.livelifebetterderbyshire.org.uk</a>	Website	FREE	<a href="#">Live Life Better</a>
<b>Stay Alive – Suicide Support</b>	The Stay Alive app is a suicide prevention resource packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide	App	FREE	<a href="#">NHS People</a>
<b>Climate Cafes</b>	A climate café is a simple, hospitable, empathetic space where fears & uncertainties about our climate & ecological crisis can be safely expressed. <a href="http://www.climatepsychologyalliance.org">www.climatepsychologyalliance.org</a>	Online	FREE	<a href="#">Climate Psychology Alliance</a>
<b>Calm Harm</b>	Helps regulate emotions and urge to self harm for teenagers	App	FREE	<a href="#">NHS</a>



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Resource	Information	Format	Cost / Discount	Provider
<b>Pzizz</b>	Helps calm your mind fall asleep, stay asleep & wake refreshed	App	FREE	<a href="#">PZIZZ</a>
<b>Sleepstation</b>	Connect with sleep experts to help fall or stay asleep throughout the night	App	FREE (GP referral)	<a href="#">NHS</a>
<b>Headspace</b>	Meditation session to support stress, anxiety and sleep. <a href="http://www.headspace.com">www.headspace.com</a>	Website App	FREE	<a href="#">Headspace</a>
<b>Every Mind Matters</b>	Supporting good mental health <a href="http://www.nhs.uk/every-mind-matters/">www.nhs.uk/every-mind-matters/</a>	Website	FREE	<a href="#">NHS</a>
<b>Hub of Hope</b>	Directory of local mental health services <a href="http://www.hubofhope.co.uk">www.hubofhope.co.uk</a>	Website	FREE	<a href="#">Hub of Hope</a>
<b>Practitioners Health Programme</b>	Confidential self-referral service for doctors and dentists struggling with mental health wellbeing <a href="http://www.practionerhealth.nhs.uk">www.practionerhealth.nhs.uk</a> 0300 0303 300	Appointment Helpline Website	FREE	<a href="#">NHS</a>
<b>Lets chat Derbyshire Podcast</b>	Hosted by Derbyshire's mental health and suicide prevention team <a href="http://www.linktree/dccmhsp">www.linktree/dccmhsp</a>	Podcast available on spotify and apple	FREE	<a href="#">Derbyshire Mental Health and Suicide Prevention Team</a>



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Resource	Information	Format	Cost / Discount	Provider
<b>Shiny Mind</b>	Shiny Mind is an evidence-based, proven mental health and wellbeing app, co-created with the NHS	APP	FREE	<a href="#">Shiny Mind</a>
<b>Brightsky</b>	Bright Sky is a confidential mobile app providing support and information for anyone who may be in an abusive relationship or those concerned about someone they know.	APP	FREE	<a href="#">Brightsky</a>
<b>My Possible Self</b>	Learn to manage, fear, anxiety, stress and unhelpful thinking	App	FREE	<a href="#">NHS</a>
<b>UNMIND</b>	Unmind is a mental health platform that empowers staff to proactively improve their mental wellbeing.	APP	FREE	<a href="#">UNMIND</a>
<b>Student Health App</b>	Reduces worry and gives confidence for students	App	FREE	<a href="#">NHS</a>
<b>Work Life Central</b>	The WorkLife Central programme consists of a curated collection of expertise, information and inspiration available through video, live event and written format, covering five principal topic areas – Careers, Families, Inclusion, Wellbeing and Workplace. <a href="https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/worklife-central/">https://www.england.nhs.uk/supporting-our-nhs-people/support-now/wellbeing-apps/worklife-central/</a>	Website	FREE	<a href="#">Work Life Central</a>



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## Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
<b>Domestic Abuse</b>	Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting Derbyshire Domestic Abuse Helpline. It's available 24 hours per day, 7 days per week and is a single point of contact to get the help you need. 08000 198 668 – <a href="mailto:derbyshiredahelpline@theelmfoundation.org.uk">derbyshiredahelpline@theelmfoundation.org.uk</a> 24/7 helpline - 0808 2000 247 <a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>	Phone / Text	FREE	Derbyshire County Council
<b>Bottled up Blokes</b>	Peer support groups for men to help raise awareness on male mental health, increase activity and socialise. <a href="https://bottledupblokes.com/">https://bottledupblokes.com/</a>	Website Football Peer Support	FREE	<a href="#">Bottled Up Blokes</a>
<b>Mentell</b>	Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement. <a href="https://www.mentell.org.uk/">https://www.mentell.org.uk/</a>	Online Groups Local Groups	FREE	<a href="#">Mentell</a>
<b>Talk to Frank</b>	Honest Information on Drugs 0300 1236600 <a href="https://www.talktofrank.com/">https://www.talktofrank.com/</a>	Website Phone	FREE	<a href="#">Talk to Frank</a>



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## Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
<b>Papyrus</b>	Support for young people (and friends and family) struggling with suicidal thoughts <a href="https://www.papyrus-uk.org/wellbeing-apps/">https://www.papyrus-uk.org/wellbeing-apps/</a>	Website	FREE	<a href="#">Papyrus</a>
<b>Samaritans</b>	Listening service for those who are struggling with mental health or thoughts of self harm/suicide	Helpline 116123 Or email: jo@samaritans.org	FREE	<a href="#">Samaritans</a>
<b>Sands</b>	Stillbirths and neonatal deaths charity <a href="http://www.sands.org">www.sands.org</a> or helpline 0808 164 3332	Website	FREE	<a href="#">Sands</a>
<b>National Bereavement Support</b>	Practical bereavement support 01207 268681	Website	FREE	<a href="#">National Bereavement Service</a>
<b>Body Image Support</b>	Support with those struggling with body image perception <a href="https://firststepsed.co.uk/resources/body-image-and-perception/">https://firststepsed.co.uk/resources/body-image-and-perception/</a>	Website Group Support	FREE	<a href="#">First Steps</a>
<b>SHOUT 8528</b>	Trained volunteers are available 24/7 to offer support you getting to a safe space. Connect. Chat. Calm. Plan.	Text SHOUT to 8528 (Wont appear on your phone bill)	FREE	Mental Health Innovations
<b>PIT Stop – Men’s Mental Health</b>	Men’s mental health support sessions Email <a href="mailto:ddicb.wellbeing@nhs.net">ddicb.wellbeing@nhs.net</a> or call 01332 787 703	In-person Online	FREE	JUCD Wellbeing



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Resource	Information	Format	Cost / Discount	Provider
<b>NHS in MIND</b>	Exercises that can be done to help anxiety and stress, specifically for NHS during Covid-19 <a href="http://www.nhsinmind.co.uk">www.nhsinmind.co.uk</a>	Website	FREE	<a href="#">NHS</a>
<b>Place2be</b>	Childrens Mental Health Charity - support for parents/carers and keyworkers. <a href="https://www.place2be.org.uk/">https://www.place2be.org.uk/</a> or contact 020 7923 5500	Website	FREE	<a href="#">Place2be</a>
<b>Alcohol Support</b>	People come to AA through many different means... choose the path that best suits you. If you prefer e-mail as a means of contact then feel free to email us at <a href="mailto:help@aamail.org">help@aamail.org</a> or 0800 9177650	Website Phone Email	FREE	<a href="#">Alcoholics Anonymous</a>
<b>Mental Health Toolkits</b>	Resources on mental health (Please click link in provider box)	Website	FREE	<a href="#">Derbyshire County Council</a>
<b>Text Support Service</b>	A confidential text support service you can access by texting FRONTLINE to 85258 for support 24/7. This service is available to all our NHS colleagues who have had a tough day, who are feeling worried or overwhelmed, or who have a lot on their mind and need to talk it through.	Text	FREE	<a href="#">NHS People</a>



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## Mental and Psychological Wellbeing

Resource	Information	Format	Cost / Discount	Provider
<b>Dad's Space</b>	<p>Dad's space is a men's mental health initiative aimed at new, experienced and expecting dads to discuss their journey through fatherhood. Sessions take place 1st and 3rd Thursday of every month 7:30pm till 9:00pm Community corner, pride park, DE24 8XL For any questions, please contact Lucas Carter lucas.carter@dcct.co.uk or 01332 41614</p>	In Person	FREE	Derby County Community Trust
<b>SupportLine</b>	<p>SupportLine is able to offer support on a wide range of issues including relationships, child abuse, anger, bullying, eating disorders, exam stress, self harm, domestic violence, rape and sexual assault, health concerns, homelessness, racial harassment, loneliness Helpline: 01708 765200 Email <a href="mailto:info@supportline.org.uk">info@supportline.org.uk</a> <a href="http://www.supportline.org.uk/problems">www.supportline.org.uk/problems</a></p>	<p>Website Phone</p>	FREE	Supportline
<b>Derby Safe Haven</b>	<p>The Service delivers a responsive programme of evidence-based intervention support to the people who access the Service, including: Self-help information and guided self-help, psychoeducation support, signposting and navigating to relevant resources or services for further support and peer support. Contact 0800280077</p>	Phone	FREE	Derby Safe Haven





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## Physical Wellbeing

Resource	Information	Format	Cost	Provider
<b>JUCD Wellbeing Timetable</b>	An exclusive timetable of activities and classes held in person and online for all workforces within Joined Up Care Derbyshire	Book online here <a href="http://www.bookwhen.com/jucdwellbeing">www.bookwhen.com/jucdwellbeing</a>	FREE	JUCD Wellbeing
<b>Lifestyle and Wellbeing Programme</b>	A tailored support plan to assist you in achieving a goal to improve your health. Contact us at <a href="mailto:ddicd.wellbeing@nhs.net">ddicd.wellbeing@nhs.net</a> or call 01332 787 703	Online In person	FREE	JUCD Wellbeing
<b>Health and Fitness Assessments</b>	A detailed analysis of the health of your body utilising three types of assessment: - Body MOT (30mins) - Health and Wellbeing Assessment (60mins) - Health, Wellbeing and Fitness Assessment (90mins) Enquire here: <a href="mailto:ddicb.wellbeing@nhs.net">ddicb.wellbeing@nhs.net</a> or call 01332 787 703	In-person	FREE	JUCD Wellbeing
<b>Class Recordings</b>	View Your Wellbeing Teams on-demand channel of recorded classes – <a href="http://www.vimeo.com/jucdwellbeing">www.vimeo.com/jucdwellbeing</a> password Wellbeing	Website	FREE	<a href="#">JUCD Wellbeing</a>



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**Physical Wellbeing**

Resource	Information	Format	Cost / Discount	Provider
<b>Squeezy for Men</b>	Companion for pelvic floor exercises	App	£2.99	<a href="#">NHS</a>
<b>Live Well</b>	Advice, tips and tools to support health and wellbeing <a href="https://www.livewellderby.co.uk/">https://www.livewellderby.co.uk/</a> or contact 01332 641254	Website	FREE	<a href="#">Derby City Council</a>
<b>Couch to 5k</b>	9 week running programme	App	FREE	<a href="#">NHS</a>
<b>Park Run</b>	Weekly community 5k running groups <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a>	Community	FREE	<a href="#">Park Run</a>
<b>Get You Better</b>	The getUBetter app provides evidence-based advice for all common muscle, bone, and joint problems, including back, back and leg, neck, shoulder, hip, knee, ankle pain, and soft tissue injury.	App	FREE	<a href="#">Getubetter</a>
<b>Doing our bit</b>	Home exercise videos <a href="https://doingourbit.org.uk/">https://doingourbit.org.uk/</a>	Online	FREE	<a href="#">NHS</a>



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## Physical Wellbeing

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Resource	Information	Format	Cost / Discount	Provider
<b>Self-Care Forum</b>	Supporting self-care for health and wellbeing <a href="https://www.selfcareforum.org/">https://www.selfcareforum.org/</a> or contact us 020 7421 9318	Website	FREE	<a href="#">Self-care forum</a>
<b>Health Unlocked</b>	Connect with other people with similar health conditions <a href="https://healthunlocked.com/">https://healthunlocked.com/</a>	Website	FREE	<a href="#">NHS</a>
<b>Oviva</b>	Specialist Dietician Support	App	FREE – GP referral	<a href="#">NHS</a>
<b>Pathway through pain</b>	Online course to help manage musculoskeletal pain	App	FREE	<a href="#">NHS</a>
<b>Squeezy</b>	Companion for pelvic floor exercises	App	£2.99	<a href="#">NHS</a>
<b>Changing Health</b>	Lifestyle coaching to help loose weight and eat well	App	FREE	<a href="#">NHS</a>
<b>Better Health</b>	Support better health choices <a href="https://www.nhs.uk/better-health/get-active/">https://www.nhs.uk/better-health/get-active/</a>	Website	FREE	<a href="#">NHS</a>



# Your Self-Care

## Lifestyle and Family

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Resource	Information	Format	Cost / Discount	Provider
<b>Car Parking</b>	Car parking guidance for the NHS: The <a href="#">NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts</a> states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	Guidance PDF	FREE guidance	NHS
<b>Pregnancy Infertility Support</b>	<p><a href="tel:01708765200">Helpline: 01708 765200</a></p> <p><a href="mailto:info@supportline.org.uk">Email: info@supportline.org.uk</a></p> <p><a href="http://www.supportline.org.uk/problems/pregnancy-and-infertility-support/">www.supportline.org.uk/problems/pregnancy-and-infertility-support/</a></p>	Phone Email Website	FREE	SupportLine
<b>Sanitary Support</b>	<p>For support with accessing sanitary products, please contact your Occupational Health team for stock availability or visit your local food bank where these can be supplied:</p> <p>Derbyshire - <a href="http://www.ruralactionderbyshire.org.uk/foodbanks">www.ruralactionderbyshire.org.uk/foodbanks</a></p> <p>Derby - <a href="https://derbycitylifelinks.org.uk/food-banks-derby/">https://derbycitylifelinks.org.uk/food-banks-derby/</a></p> <p>Staffordshire - <a href="https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times">https://www.staffordbc.gov.uk/local-food-banks-information-and-opening-times</a></p>	Website	FREE	Local Authority
<b>The Autism Information and Advice Centre</b>	<p>The Autism Information and Advice Service are dedicated to enhancing the lives of individuals with autism and their families in ways such as drop in sessions, monthly alliance meetings, face to face training sessions and awareness sessions.</p> <p><a href="https://www.autisminformationservice.org.uk/">https://www.autisminformationservice.org.uk/</a> or <a href="mailto:autismservice@citizensadvicemidmercia.org.uk">autismservice@citizensadvicemidmercia.org.uk</a></p>	Website	FREE	The Autism Information and Advice Centre



# Your Self-Care

## Lifestyle and Family

January to March 2024

Resource	Information	Format	Cost / Discount	Provider
<b>Change4Life Smart Recipes</b>	Healthy recipes for the whole family	Online App	FREE	<a href="#">Public Health England</a>
<b>Relationship Advice and Support</b>	Relationship advice and support <a href="https://hub.relate.org.uk/nhs">https://hub.relate.org.uk/nhs</a> or call 0300 303 4477	Website Phone	FREE	<a href="#">Relate</a>
<b>Weight management</b>	A 12-week weight management programme which is designed to be personally tailored to support you on your journey to a healthier lifestyle. As a digital programme, it can be used anywhere, allowing you to complete the programme in your own time, at a pace that works for you.	Online	FREE	<a href="#">NHS People</a>
<b>Family Lives</b>	Family Lives offers a confidential and free* helpline service for families in England and Wales (previously known as Parentline). Please call us on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. If you don't get an answer first time please do try again.	Phone Website	FREE	



# Your Self-Care

January to March 2024

## Lifestyle and Family

Resource	Information	Format	Cost / Discount	Provider
<b>Smokefree</b>	4 Week programme for those wanting to stop smoking <a href="http://www.smokefree.org">www.smokefree.org</a>	Online	FREE	<a href="#">Public Health England</a>
<b>Stoptober</b>	4 Week programme for those wanting to stop smoking	App Website	FREE	<a href="#">Public Health England</a>
<b>Drinkaware</b>	Charity working to reduce alcohol misuse in the UK <a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a> or contact 0300 123 1110	Website App	FREE	<a href="#">Drinkaware</a>
<b>Drink Free Days</b>	Supports tracking and cutting down on alcohol <a href="https://www.nhs.uk/better-health/drink-less">https://www.nhs.uk/better-health/drink-less</a>	App	FREE	<a href="#">Public Health England</a>
<b>Family and Cost of Living</b>	If you are struggling during the cost of living crisis, check what benefits and financial support you may be able to get to support you and your family. Below you'll find a list of benefits from childcare to maternity support. <a href="http://www.communityactionderby.org.uk">www.communityactionderby.org.uk</a>	Website	FREE	Community Action
<b>Pet Advice</b>	RSPCA: Their <a href="#">website</a> provides advice on how you can look after your pet's health whilst keeping costs down. <a href="http://www.rspca.org">www.rspca.org</a>	Website	FREE	RSPCA



# Your Self-Care

January to March 2024  
**Menopause**

Resource	Information	Format	Cost / Discount	Provider
<b>Menopause Café</b>	Support group and ongoing chat for colleagues experiencing menopause symptoms or wanting to learn more – Third Tuesday of the month at 2pm	Online	FREE	<a href="#">JUCD Wellbeing</a>
<b>Menopause Practitioner Q&amp;A</b>	Ask a menopause practitioner questions about your symptoms or treatment advice – First Tuesday of the month at 2pm	Online	FREE	<a href="#">JUCD Wellbeing</a>
<b>Manager and Leader Support</b>	Are you a manager or leader and wanting to learn more about how you can support your team, join us on a Thursday morning to discuss options and get advice	Online	FREE	<a href="#">JUCD Wellbeing</a>
<b>Balance App Subscription</b>	Download a supportive app filled with helpful content and resources to help you with Menopausal symptoms – register here for free access code: <a href="http://eepurl.com/ie93Ur">http://eepurl.com/ie93Ur</a>	APP	FREE	<a href="#">Balance</a>
<b>Menopause Awareness Training</b>	An overview of what menopause is, common symptoms associated with it, and scenarios which will help our people better understand the ways in which they can help support themselves and each other. <a href="https://www.e-lfh.org.uk/programmes/menopause-awareness/">https://www.e-lfh.org.uk/programmes/menopause-awareness/</a>	Online	FREE	<a href="#">NHS England</a>
<b>Menopause Webinar Recordings</b>	Watch a series of popular menopause topics being discussed and advised by leading menopause professionals	Online	FREE	<a href="#">Vimeo</a> (Password Wellbeing)



# Your Self-Care

January to March 2024

## Food and Drink Discounts

Food/Drink Company	Discount Available
<a href="#"><u>Alphabet Brewing</u></a>	25% off on all webshop orders <a href="https://www.alphabetbrewing.co.uk/pages/offers">https://www.alphabetbrewing.co.uk/pages/offers</a>
<a href="#"><u>Great Wine</u></a>	25% off for NHS staff <a href="https://greatwine.co.uk/nhs/">https://greatwine.co.uk/nhs/</a>
<a href="#"><u>Huel</u></a>	10% discount <a href="https://uk.huel.com/pages/nhs-discount?utm_source=NHS&amp;utm_medium=Discount&amp;utm_campaign=NHS_Discount">https://uk.huel.com/pages/nhs-discount?utm_source=NHS&amp;utm_medium=Discount&amp;utm_campaign=NHS_Discount</a>
<a href="#"><u>Shake that Weight</u></a>	8% discount to all staff <a href="https://www.shakethatweight.co.uk/nhs-emergency-services-discount/">https://www.shakethatweight.co.uk/nhs-emergency-services-discount/</a>
<a href="#"><u>Happy Parents. Happy Baby. Antenatal Courses</u></a>	10% off specialist-led antenatal courses <a href="https://happyparentshappybaby.com/">https://happyparentshappybaby.com/</a>
<a href="#"><u>Kids Pass</u></a>	40% off a Kids Pass membership offering deals for family days out across the UK <a href="https://www.kidspass.co.uk/nhs">https://www.kidspass.co.uk/nhs</a>
<b>Marie's Luxury Beauty and Massage</b>	Reduced rates for NHS colleagues. Qualified Swedish Massage, Facials and Wellbeing promotion. <a href="mailto:mariej@aim.com">mariej@aim.com</a>





# Your Self-Care

January to March 2024

## Generic and Miscellaneous Discounts

Company	Discount	Type
<a href="#"><u>Yoga Impact Charity</u></a>	Free virtual Yoga for healthcare workers every Tuesday and Friday mornings 9:30-10:30am British Summer Time. <a href="https://www.yogaimpactcharity.com/covid">https://www.yogaimpactcharity.com/covid</a>	Health and Fitness
<a href="#"><u>YogaDownload.com</u></a>	50% off a 3-month Membership to YogaDownload <a href="https://join.yogadownload.com/nhs-offer/">https://join.yogadownload.com/nhs-offer/</a>	Health and Fitness
<a href="#"><u>Echoes and Shadows</u></a>	15% off all fine art photographic prints, mounted prints, framed prints and greeting cards with FREE UK Delivery. <a href="https://www.echoesandshadows.com/offers">https://www.echoesandshadows.com/offers</a>	Homeware
<a href="#"><u>Cycleplan</u></a>	35% off specialist cycling insurance. Protect your bike against theft, loss or damage. Public liability insurance is also available. <a href="https://www.cycleplan.co.uk/?ref=NHSWEB">https://www.cycleplan.co.uk/?ref=NHSWEB</a>	Leisure
<a href="#"><u>Financial Times</u></a>	50% off a standard subscription <a href="https://subs.ft.com/products-2?reason=expired&amp;segmentId=7f4b8d47-a7c5-8495-0e0d-3cc9d8c20730">https://subs.ft.com/products-2?reason=expired&amp;segmentId=7f4b8d47-a7c5-8495-0e0d-3cc9d8c20730</a>	Leisure



# Your Self-Care

## Generic and Miscellaneous Discounts

January to March 2024

Company	Discount	Type
<a href="#"><u>Game Exchange</u></a>	15% Discount on all Preowned Games and Funko POPs for NHS Staff. <a href="https://www.gameexchange.co.uk/nhs-staff-bonus">https://www.gameexchange.co.uk/nhs-staff-bonus</a>	Leisure
<a href="#"><u>Goldkey Media</u></a>	Free access to a specially curated selection of newspapers and magazines. <a href="https://nhs.media/">https://nhs.media/</a>	Leisure
<a href="#"><u>999 Wills</u></a>	Free (basic) Wills to all front-line workers. <a href="https://activewills.com/page/free-will-key-workers">https://activewills.com/page/free-will-key-workers</a>	Miscellaneous
<a href="#"><u>Fiat Chrysler Automobiles UK</u></a>	Savings on its range of new cars and commercial vehicles. <a href="https://fiatregister.co.uk/c/nhs">https://fiatregister.co.uk/c/nhs</a>	Motor
<a href="#"><u>Virtuo</u></a>	£30 discount on your first car rental <a href="https://www.govirtuo.com/uk/partnerships/nhs-virtuo">https://www.govirtuo.com/uk/partnerships/nhs-virtuo</a>	
<a href="#"><u>Herbal Happiness</u></a>	I'd like to please take this opportunity to confirm our web team have created a code for all NHS staff to receive a 10% discount if they purchase from our website <a href="http://www.herbalhappiness.co.uk">www.herbalhappiness.co.uk</a>	Herbal Therapy
<a href="#"><u>Laughtercise</u></a>	The discount code is NHS22 and can be applied at the end of the check out stage. Staff wellbeing and team building activities and videos <a href="https://laughtercise.co.uk/blog/wellbeing-health-tips/nhs-staff-wellbeing/">https://laughtercise.co.uk/blog/wellbeing-health-tips/nhs-staff-wellbeing/</a>	Team Building