



# Your Wellbeing Timetable

## Wellbeing

Joined Up Care Derbyshire

2nd Oct to 29th Dec 2023

### Monday

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

**Myzone Support**  
08:00-09:00  
**Virtual**

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

**Pit Stop**  
Men's Mental Health  
12:00-13:00  
**Virtual**

**Headache Soothing Techniques**  
23 Oct  
12:00-12:45  
**Virtual**

**Emotional Freedom Techniques "Tapping"**  
16 Oct  
12:00-12:30  
**Virtual**

**Breathing for Ear Nose and Throat**  
6 Nov  
12:00-12:30  
**Virtual**

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

**Book Club**  
9 Oct, 4 Dec  
13:00-13:45  
**Virtual**

**Neurodiverse Café**  
16 Oct, 20 Nov, 18 Dec  
14:00-14:45  
**Virtual**

**Weight Management Group**  
23 Oct, 20 Nov, 18 Dec  
14:00-14:30  
**Virtual**

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

**Matt's Doodle Club**  
17:00-18:00  
2 Oct, 16 Oct  
6 Nov, 4 Dec  
**RDH & Virtual**  
9 Oct, 13 Nov, 11 Dec  
**QHB**

### Tuesday

**Fitness Boost**  
07:30-08:00  
**Virtual**

**Sleep Workshop**  
24 Oct  
10:00-11:00  
**Virtual**

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

**The Importance of Vitamin D**  
7 Nov 11:00-11:40  
**Virtual**

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

**Bodyweight Circuits**  
13:00-13:30  
**Virtual**

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

**Menopause Café**  
17 Oct, 21 Nov, 19 Dec  
14:00-15:00  
**Virtual**

**Menopause Practitioner Q&A**  
3 Oct, 7 Nov, 5 Dec  
14:00-15:00  
**Virtual**

**Headache Soothing Techniques**  
19 Dec 16:00-16:45  
**Virtual**

**Table Tennis**  
17:00-19:00  
**RDH**

**Help with Seasonal Affective Disorder**  
7 Nov 18:00-19:00  
**Virtual**

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

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

### Wednesday

**Menopause Yoga**  
08:00-08:30  
**Virtual**

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

**BAME Menopause Café**  
25 Oct, 29 Nov, 20 Dec  
12:00-12:45  
**Virtual**

**LGBTQIA+ Menopause Café**  
11 Oct, 8 Nov, 13 Dec  
12:00-12:45  
**Virtual**

**Financial Wellbeing with Money Helper UK**  
8 Nov  
12:00-12:45  
**Virtual**

**Mobilise and Stretch**  
12:00-12:30  
**Virtual**

**Remote Workers Support Network**  
11 Oct, 8 Nov, 13 Dec  
12:30-13:00  
**Virtual**

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

**Nutrition for Gut Health**  
29 Nov 14:00-15:00  
**Virtual**

**Bereavement Support Group**  
25 Oct, 29 Nov, 27 Dec  
14:30-16:00  
**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**

**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**  
5 Oct, 7 Dec  
09:30-10:30  
**Virtual**

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

**Manager & Leader Menopause Workforce Support**  
12 Oct, 9 Nov, 14 Dec  
10:00-11:00  
**Virtual**

**Supporting Your Team with a Health Condition or Disability**  
26 Oct, 16 Nov, 14 Dec  
11:00-11:45  
**Virtual**

**Yoga**  
12:00-12:30  
**Virtual**

**Seated Fitness**  
12:00-12:30  
**Virtual**

**Mental Health First Aiders: Meet & Support**  
19 Oct, 16 Nov, 21 Dec  
12:00-12:30  
**Virtual**

**Back Care Pilates**  
13:00-13:30  
**Virtual**

**Polycystic Ovary Syndrome (PCOS) Webinar**  
9 Nov 14:00-14:45  
**Virtual**

**Returning from Maternity Leave Peer Support Group**  
26 Oct, 30 Nov, 28 Dec 14:00-15:00  
**Virtual**

**REACT Mental Health Conversation Training**  
12 Oct 15:00-16:30  
**Virtual**

**Running Club**  
17:00-18:00  
**CRH**

**Hatha Yoga**  
17:15-18:15  
**CRH**

**Women's Football**  
18:00-19:00  
**Littlelover 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**

**Working with a Health Condition Support Café**  
27 Oct, 24 Nov, 22 Dec  
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**

**Sleep Workshop**  
1 Dec 13:00-14:00  
**Virtual**

**Improve Your Respiratory Health**  
8 Dec 13:00-14:00  
**Virtual**

**Salsa Social**  
24 Nov 18:00-21:00  
**TBC**

### 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](https://bookwhen.com/jucdwellbeing)

### Activity Locations

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

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

Pilates  
18:00-19:00  
CRH

Zumba  
18:30-19:00  
Virtual

Climate Café  
4 Dec  
19:00-20:30  
Virtual

Scan here  
to book



bookwhen.com/  
JUCDwellbeing



vimeo

View our recordings here  
and use the password:  
**Wellbeing**

vimeo.com/JUCDWellbeing

**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



Improve  
your sleep



Manage your finances



Menopause  
Cafe

Do you know the  
importance of  
Vitamin D?

Scan Here  
for more info



### PSYCHOLOGICAL HEALTH

Not feeling yourself?



Anxious or Worried?

Concerned about a colleague?

Need support  
with bereavement?

Experiencing symptoms of  
Seasonal Affective Disorder??

Scan Here  
for more info



### 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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