



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 IH
12:00-12:30
RDH

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

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



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

Do you know the importance of Vitamin D?



Manage your finances



Menopause Cafe

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



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