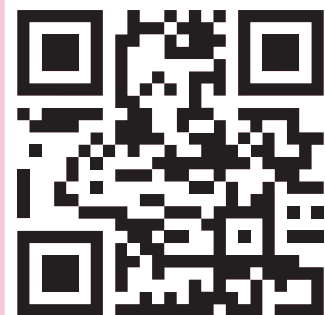


1 April - 30 June

M	T	W	Th	F
<b>Bodyweight Exercise</b> 07:30-08:00 Virtual	<b>Kettlebells</b> 07:15-07:45 Virtual	<b>Christian Network Morning Reflection &amp; Prayers</b> 08:30-09:00 Virtual	<b>Meta-Fit</b> 07:15-07:45 Virtual	<b>Hip Health</b> 07:30-08:00 Virtual
<b>Back Strength &amp; Stretch</b> 12:15-12:45 Virtual	<b>Seated Yoga &amp; Mindfulness</b> 10:30-11:00 Virtual	<b>Menopause Café</b> 09:30-11:00 23 Apr, 21 May, 18 June BoT	<b>Menopause Yoga</b> 08:00-08:30 Virtual	<b>Full Body Workout</b> 08:30-09:00 Virtual
<b>Get Your Steps In!</b> 12:20-12:30 Virtual	<b>Working with a Health Condition Support Café</b> 10:30-11:30 29 Apr, 27 May, 24 June Virtual	<b>Mobilise &amp; Stretch</b> 12:00-12:30 Virtual	<b>Manager &amp; Leader Supporting your Team's Wellbeing Drop-in</b> 10:00-11:00 3 Apr, 1 May, 5 June Virtual	<b>Emotional Freedom Techniques</b> 10:00-10:20 Virtual
<b>Legs, Bums &amp; Tums</b> 13:00-13:30 Virtual	<b>Desk Stretches for Neck &amp; Posture Health</b> 11:00-11:20 Virtual	<b>Kettlebells</b> 12:15-12:45 Virtual	<b>Desk Mobility</b> 12:00-12:20 Virtual	<b>Shoulder Health</b> 11:00-11:20 Virtual
<b>Crystal Healing Workshop</b> 13:00-13:40 2 June Virtual	<b>The Breathing Room</b> 12:00-12:15 Virtual	<b>REACTmh Refresh</b> 12:00-12:30 2 Apr, 7 May, 4 June Virtual	<b>Yoga</b> 12:30-13:00 Virtual	<b>Grief Kind Space</b> 11:00-13:00 RDH
<b>Salsa Dancing</b> Beginners 16:45-17:15  Regulars 17:15-18:00 KHD	<b>Book Club</b> 13:00-13:45 13 May Virtual	<b>Doctors in Distress</b> 12:30-13:30 Virtual	<b>Back Care Pilates</b> 13:00-13:30 Virtual	<b>Cancer Support Group</b> 13:00-14:00 25 Apr, 30 May, 27 June Virtual
<b>Doodle Club</b> 17:00-18:30 7 Apr, 12 May, 2 June RDH & Virtual	<b>Bodyweight Circuits</b> 13:00-13:30 Virtual	<b>Hormone &amp; Reproductive Health Group</b> 13:30-14:15 Bi-Weekly Virtual	<b>Returning from Parental Leave Support Group</b> 14:00-15:00 24 Apr, 22 May, 26 June Virtual	<b>A Kinder Space</b> 16:00-17:30 RDH
<b>Zumba</b> 18:30-19:00 Virtual	<b>Menopause Café</b> 14:00-15:00 15 Apr, 20 May, 17 June Virtual	<b>Bereavement Support Group</b> 14:30-16:00 30 Apr, 28 May, 25 June Virtual	<b>Neurodiverse Café</b> 14:00-15:00 17 Apr, 15 May, 19 June Virtual	
	<b>Menopause Practitioner Q&amp;A</b> 14:00-15:00 1 Apr, 6 May, 3 June Virtual	<b>Pilates</b> 17:00-17:30 Virtual	<b>Core Strength</b> 18:00-18:20 Virtual	
	<b>Table Tennis</b> 17:00-19:00 RDH	<b>Zumba</b> 17:15-18:00 RDH	<b>Women's Football</b> 18:00-19:00 MPS	
	<b>Legs, Bums &amp; Tums</b> 18:30-19:00 Virtual	<b>See you at the Barre</b> 17:30-18:00 Virtual	<b>Dad's Space</b> 19:30-21:00 Bi weekly Pride Park	



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**Password: bloom**

**Physical Activities**

**Info & Support**

**Arts & Culture**

**Mind & Body**

**Activity Locations**

**KHD** Kingsway Hospital Derby  
**RDH** Royal Derby Hospital  
**MPS** Murray Park School  
**BOT** Burton-upon-Trent



**VIDEOS ON DEMAND**

View our recordings here and use the password: Wellbeing

[vimeo.com/showcase/8854943](https://vimeo.com/showcase/8854943)

**Peer Psychological Support**

Providing a confidential safe space for staff to meet with trained practitioners



**Become a Wellbeing Champion**



**Employee Assistance Programme**

**0800 028 0199 or scan the QR**



**Your Self-Care**

Browse through a list of services, helplines and apps that offer colleagues support with their Health & Wellbeing



**Compassionate and Inclusive Leadership**

Supporting managers and leaders with key services that support the welfare of you and your colleagues



## Webinars, Workshops and Training

**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.

**New sessions are added regularly**, please look out for new and exciting sessions & support throughout this release.

April

Get Career Ready: Disclosure of Neurodivergence at Work	Wednesday 2nd April	12:00-13:00
Managing Workplace Stress & Burnout	Friday 4th April	10:00-10:45
Occupational Health Referral Support & Guidance	Tuesday 8th April	10:00-11:00
Decompress Your Stress*	Wednesday 9th April	10:30-11:15
REACT Mental Health Conversation Training	Thursday 10th April	11:00-12:00
The Power of Positivity: Part 1 – Negativity Bias	Friday 11th April	12:00-12:40
Sleep Workshop*	Monday 14th April	13:00-13:00
How to add 'Movement Snacks' to your meetings*	Tuesday 15th April	12:30-13:00
Understanding Post Traumatic Stress Disorder	Wednesday 16th April	12:30-13:30
Hormonal Cycles for Productivity and Self-Care*	Tuesday 22nd April	13:00-14:00
Looking After Your Teams Wellbeing*	Wednesday 23rd April	11:00-12:00
Wellbeing Conversations Training	Thursday 24th April	10:00-12:30
Self-Massage Techniques*	Thursday 24th April	14:00-14:30
Coping with and Managing Burnout*	Friday 25th April	10:00-11:00
Supporting yourself Following Trauma	Tuesday 29th April	14:00-15:00
Neurodiversity at Work	Wednesday 30th April	11:00-12:00
Handling Difficult Situations with Care and Compassion	Wednesday 30th April	14:30-16:30

May

The Nipple Nurse - Breast Checks	Thursday 1st May	13:00-13:45
Reasonable Adjustments for Mental Health	Friday 2nd May	13:00-13:45
Benefits of being Outdoors*	Wednesday 7th May	12:00-12:30
REACT Mental Health Conversation Training	Friday 9th May	10:00-11:00
Occupational Health Referral Support & Guidance	Tuesday 13th May	10:00-11:00
Navigating a Phased Return*	Monday 12th May	13:00-13:30
Living with and Understanding Anxiety and Depression*	Wednesday 14th May	11:00-12:00
Understanding Post Traumatic Stress Disorder	Friday 16th May	13:00-14:00
Improving your Cardiovascular Health*	Monday 19th May	13:00-13:45
Wellbeing Conversations Training	Wednesday 21st May	13:30-16:00
The Power of Positivity: Part 2 - What is Happiness*	Thursday 22nd May	11:00-11:40
Self-Massage Techniques*	Thursday 29th May	12:00-12:30

June

Crystal Healing Workshop with Harmonia	Monday 2nd June	13:00-13:40
Understanding Post Traumatic Stress Disorder	Wednesday 4th June	10:00-11:00
The Basics of Healthier Eating*	Monday 9th June	11:00-11:30
Occupational Health Referral Support & Guidance	Tuesday 10th June	10:00-11:00
Sleep Workshop*	Tuesday 10th June	11:00-12:00
Looking after our Veterans	Wednesday 11th June	11:00-11:45
REACT Mental Health Conversation Training	Thursday 12th June	13:00-14:00
Suicide Awareness and Prevention Training	Friday 13th June	11:00-12:00
Coping with and Managing Burnout*	Wednesday 18th June	12:00-13:00
Wellbeing Conversations Training	Thursday 19th June	09:30-12:00
Reasonable Adjustments for Neurodivergence	Friday 20th June	10:00-10:45
Self-Massage Techniques*	Friday 20th June	12:00-12:30
The Power of Positivity: Part 3 - Happiness Training*	Tuesday 24th June	14:00-14:40
Handling Difficult Situations with Care and Compassion	Wednesday 25th June	14:30-16:30
Coping with Change Workshop*	Thursday 26th June	10:00-11:00

Sessions marked with a \* offer recordings to all booked on

" I've done various Pilates and Yoga sessions, they've been so good I've signed up to a even more classes! "

" I totally enjoy these sessions, not only is it good for adding extra steps to your day but it is a lot of fun. "

" The sessions I attend are absolutely fabulous - the ones early in the morning, get me up! and I feel great after taking part and ready for the day. "

**Password:  
bloom**

[bookwhen.com/  
JUCDwellbeing](https://bookwhen.com/JUCDwellbeing)



### VIDEOS ON DEMAND

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**We'd love to hear  
your feedback**

Tell us what you want to  
see more of and feedback  
on this service



**Questions  
about the  
Wellbeing Timetable?**

**Email:**

UHDB.GetHealthyStayHealthy  
@nhs.net

