



Your Wellbeing Timetable



Wellbeing

1st Oct - 30th Dec

M

Bodyweight Exercise
07:30-08:00
Virtual

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

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

Book Club
13:00-13:45
4 Nov
Virtual

Neurodiverse Café
14:00-15:00
21 Oct, 18 Nov, 16 Dec
Virtual

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

Doodle Club
17:00-18:00
7 Oct, 21 Oct, 4 Nov
RDH & Virtual
14 Oct, Thurs 24 Oct,
11 Nov
QHB

Zumba
18:30-19:00
Virtual

T

Kettlebells
07:15-07:45
Virtual

Seated Yoga & Mindfulness
10:30-11:00
Virtual

Working with a Health Condition Support Café
10:30-11:30
22 Oct, 26 Nov, 17 Dec
Virtual

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

The Breathing Room
12:00-12:15
Virtual

Bodyweight Circuits
13:00-13:30
Virtual

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

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

Table Tennis
17:00-19:00
RDH

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

Air Arts Wellbeing Choir
19:30-21:00
Virtual

W

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

Mobilise and Stretch
12:00-12:30
Virtual

Mental Health Support & Awareness
12:00-12:30
30 Oct, 22 Nov, 12 Dec
Virtual

Kettlebells
12:15-12:45
Virtual

Doctors in Distress
12:30-13:30
Virtual

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

Bereavement Support Group
14:30-16:00
30 Oct, 27 Nov, 18 Dec
Virtual

Pilates
17:00-17:30
Virtual

Zumba
17:15-18:00
RDH

See you at the Barre
17:30-18:00
RDH

Cook-a-long with SimpliciB
18:00-18:45
16 Oct Menopause Health
13 Nov Men's Health
11 Dec Food & Mood
Virtual

Th

Meta-Fit
07:15-07:45
Virtual

Menopause Yoga
08:00-08:30
Virtual

Manager & Leader Supporting your Team's Wellbeing Drop-in
10:00-11:00
3 Oct, 7 Nov, 5 Dec
Virtual

Seated Exercise
12:00-12:20
Virtual

Yoga
12:30-13:00
Virtual

Back Care Pilates
13:00-13:30
Virtual

Returning from Parental Leave Support Group
14:00-15:00
31 Oct, 28 Nov, 19 Dec
Virtual

Funky Disco
17:00-17:30
Virtual

Core Strength
18:00-18:20
RDH

Women's Football
18:00-19:00
Murray Park School

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

F

Hip Health
07:30-08:00
Virtual

Full Body Workout
08:30-9:00
Virtual

Emotional Freedom Techniques Weekly Tapping
10:00-10:15
Virtual

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

Shoulder Health
11:00-11:20
Virtual

Run Club
12:00-12:30
RDH

Staff Survey Q&A
12:30-13:00
18 Oct
Virtual

Physical Activities	Info & Support
Arts & Culture	Mind & Body

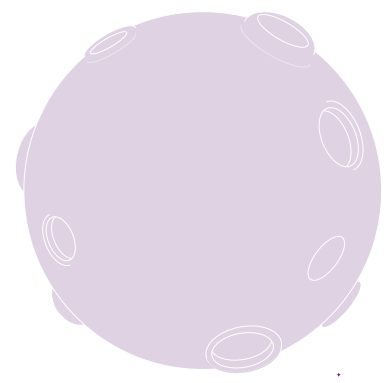
Activity Locations

KHD Kingsway Hospital Derby
QHB Queens Hospital Burton
RDH Royal Derby Hospital

Does your organisation have access to the Wellbeing Timetable?

If you are unsure, please email:

UHDB.GetHealthyStayHealthy@nhs.net



Please visit your intranet's wellbeing pages for access details and password





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.

October	Understanding Dyslexia	Monday 7th October	19:00-20:00
	Air Arts - Made In The NHS 'Textiles'	Wednesday 9th-30th Oct	18:00-20:00
	Wellbeing Conversation Training	Thursday 10th October	10:00-12:30
	How Being Cold Affects Our Physical & Mental Health*	Thursday 10th October	15:00-15:40
	Air Arts - Black History Month	Thursday 10th October	18:00-20:00
	Stress Workshop	Wednesday 16th October	11:15-13:15
	Talking About Menopause To The People In Our Lives	Wednesday 16th October	12:00-13:00
	Cook A Long - Food And Female Health*	Wednesday 16th October	18:00-18:45
	Seasonal Effective Disorder (SAD) & What Can Help*	Thursday 17th October	10:00-10:45
	Your Personal Tool-kit To Beat Procrastination	Thursday 17th October	18:00-19:30
	Menopause & Treatment Explained*	Friday 18th October	10:00-11:00
	Self-Massage Techniques - Menopause Relief*	Friday 18th October	12:00-12:30
	Managing Fatigue In & Out Of Work*	Tuesday 22nd October	14:00-14:30
	Menopause And Hair-Loss With Midland Trichology*	Thursday 24th October	11:00-11:40
Air Arts - Made In The NHS 'Wire Working'	Thursday 24th October	12:00-13:00	
React Mental Health Conversation Training	Wednesday 30th October	10:00-11:00	
Suicide Prevention Training	Wednesday 30th October	13:30-14:30	

November	Overcoming Negative Thinking Patterns*	Friday 1st November	12:00-12:40
	Looking After Your Team's Wellbeing*	Wednesday 6th November	10:00-11:00
	Air Arts - Made In The NHS 'Christmas Willow'	Wednesday 6th November	18:00-20:00
	Health Assured - What Support Is Available*	Monday 11th November	12:00-12:40
	The Effect Of Stress On Persistent Pain*	Tuesday 12th November	12:30-13:00
	Men's Health - What's The Problem With Men?*	Wednesday 13th November	14:00-15:00
	Cook-A-Long - Men's Health*	Wednesday 13th November	18:00-18:45
	Air Arts - Made In The NHS 'Christmas Glass Making'	Wednesday 13th November	19:00-21:00
	Supporting Yourself Following Trauma	Thursday 14th November	10:00-10:45
	The Importance Of Vitamin D*	Friday 15th November	12:00-12:30
	Male Hair-Loss Explained With Midland Trichology*	Wednesday 20th November	15:00-15:40
	Air Arts - Made In The NHS 'Christmas Glass Making'	Wednesday 20th November	19:00-20:00
	Wellbeing Conversation Training	Thursday 21st November	09:30-12:00
	React Mental Health Conversation Training	Friday 22nd November	14:00-15:00
Suicide Prevention Training	Monday 25th November	10:00-11:00	
Air Arts - Made In The NHS 'Wreath Making'	Wednesday 27th November	18:00-20:00	
Air Arts - Made In The NHS 'Christmas Glass Making'	Thursday 28th November	12:00-13:00	
Air Arts - Made In The NHS 'Christmas Wreath Making'	Saturday 30th November	10:30-12:30	

December	Workstation Set-Up With Occupational Therapy*	Tuesday 3rd December	13:00-13:30
	Air Arts - Made In The NHS 'Christmas Ceramics'	Wednesday 4th December	19:00-21:00
	Air Arts - Made In The NHS 'Christmas Ceramics'	Thursday 5th December	12:00-13:00
	Coping With Change: Self-Care Toolbox*	Thursday 5th December	14:00-14:45
	Air Arts - Made In The NHS 'Christmas Willow'	Saturday 7th December	10:30-12:30
	Air Arts - Made In The NHS 'Christmas Willow'	Saturday 7th December	14:00-16:00
	Dyslexia Awareness For Workplace	Tuesday 10th December	12:00-13:00
	Cook-A-Long - Foods To Improve Our Mood*	Wednesday 11th December	18:00-18:45
	Air Arts - Made In The NHS 'Christmas Ceramics'	Wednesday 11th December	19:00-21:00
	React Mental Health Conversation Training	Thursday 12th December	09:00-10:00
	Handling Difficult Situations With Care And Compassion	Thursday 12th December	10:00-12:00
	Air Arts - Made In The NHS 'Christmas Ceramics'	Thursday 12th December	12:00-13:00
	Health Assured - What Support Is Available*	Thursday 12th December	16:00-16:40
	Stress Workshop	Friday 13th December	09:30-11:30
Practical Tips To Help Reduce Energy Usage & Bills*	Friday 13th December	12:00-12:40	
Suicide Prevention Training	Friday 20th December	12:00-13:00	



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