



Your Wellbeing Timetable



Wellbeing

2nd Jan - 31st Mar

M	T	W	Th	F
Bodyweight Exercise 07:30-08:00 Virtual	Kettlebells 07:15-07:45 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Meta-Fit 07:15-07:45 Virtual	Hip Health 07:30-08:00 Virtual
General Fitness: Getting Started for Beginners 08:30-09:00 <i>6 Jan, 3 Feb, 3 Mar</i> Virtual	Seated Yoga & Mindfulness 10:30-11:00 Virtual	Mobilise and Stretch 12:00-12:30 Virtual	Menopause Yoga 08:00-08:30 Virtual	Full Body Workout 08:30-9:00 Virtual
Back Strength & Stretch 12:15-12:45 Virtual	Working with a Health Condition Support Café 10:30-11:30 <i>28 Jan, 25 Feb, 25 Mar</i> Virtual	Kettlebells 12:15-12:45 Virtual	Manager & Leader Supporting your Team's Wellbeing Drop-in 10:00-11:00 <i>2 Jan, 6 Feb, 6 Mar</i> Virtual	Emotional Freedom Techniques Weekly Tapping 10:00-10:20 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual	Desk Stretches for Neck and Posture Health 11:00-11:20 Virtual	Mental Health Support & Awareness 12:00-12:30 <i>23 Jan, 7 Feb, 13 Mar</i> Virtual	Seated Mobility 12:00-12:20 Virtual	Returning to Work Following ill Health 10:00-10:45 Virtual
Book Club 13:00-13:45 <i>13 Jan</i> Virtual	The Breathing Room 12:00-12:15 Virtual	Understanding Post Traumatic Stress Disorder <i>15 Jan 12:00-13:00 26 Feb 14:00-15:00 26 Mar 12:00-13:00</i> Virtual	Yoga 12:30-13:00 Virtual	Shoulder Health 11:00-11:20 Virtual
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Bodyweight Circuits 13:00-13:30 Virtual	Doctors in Distress 12:30-13:30 Virtual	Back Care Pilates 13:00-13:30 Virtual	Grief Kind Space 11:00-13:00 RDH
Doodle Club 17:00-18:30 <i>6 Jan, 3 Feb, 3 Mar</i> RDH & Virtual	Menopause Café 14:00-15:00 <i>21 Jan, 18 Feb, 18 Mar</i> Virtual	Hormone & Reproductive Health Group 13:30-14:15 <i>Bi-Weekly</i> Virtual	Book Club 13:00-13:45 <i>13 Mar</i> Virtual	Run Club 12:00-12:30 RDH
Zumba 18:30-19:00 Virtual	Menopause Practitioner Q&A 14:00-15:00 <i>7 Jan, 4 Feb, 4 Mar</i> Virtual	Bereavement Support Group 14:30-16:00 <i>29 Jan, 26 Feb, 26 Mar</i> Virtual	Returning from Parental Leave Support Group 14:00-15:00 <i>30 Jan, 27 Feb, 27 Mar</i> Virtual	Cancer Support Group 13:00-14:00 <i>31 Jan, 28 Feb, 28 Mar</i> Virtual
Table Tennis 17:00-19:00 RDH	Pilates 17:00-17:30 Virtual	Pilates 17:00-17:30 Virtual	Beginners Exercise 17:30-17:50 Virtual	
Legs, Bums & Tums 18:30-19:00 Virtual	Zumba 17:15-18:00 RDH	Zumba 17:15-18:00 RDH	Core Strength 18:00-18:20 Virtual	
	See you at the Barre 17:30-18:00 Virtual	See you at the Barre 17:30-18:00 Virtual	Women's Football 18:00-19:00 Murray Park School	

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



Your Wellbeing Timetable



Wellbeing

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.

January

REACT Mental Health Conversation Training	Wednesday 8th January	10:00-11:30
Supporting Yourself Following Trauma	Friday 10th January	12:00-13:00
Air Arts - Made in the NHS: Sculpture (QHB)	Saturday 11th January	10:30-15:30
Suicide Prevention Awareness Training	Monday 13th January	14:00-15:00
Understanding Post Traumatic Stress Disorder	Wednesday 15th January	12:00-13:00
The Power of Positivity	Friday 17th January	12:00-12:45
Getting Career Ready: Neurodivergent Strengths	Wednesday 22nd January	12:00-13:00
Handling Difficult Situations with Care and Compassion	Wednesday 22nd January	14:00-16:00
Wellbeing Conversations Training	Thursday 23rd January	13:00-16:00
Managing Your Own Mental Health as a Manager	Friday 24th January	13:00-13:45
Why does my elbow hurt and what can I do about it?*	Monday 27th January	13:00-13:30
Self-Massage Techniques Follow Along	Thursday 30th January	14:00-14:30
Aging is Optional - Workshop*	Friday 31st January	11:00-11:45

February

Breast Cancer Awareness CoppaFeel Talk	Thursday 6th February	11:00-12:00
REACT Mental Health Conversation Training	Thursday 6th February	13:00-14:30
Living with and Understanding Anxiety and Depression*	Thursday 6th February	14:00-15:00
Introduction to Neurodivergence for Managers	Friday 7th February	10:00-10:45
Back Pain Myth Busters*	Monday 10th February	12:30-13:00
Handling Difficult Situations with Care and Compassion	Wednesday 12th February	13:00-15:00
Getting Career Ready: Assistive Tech for Neurodiversity	Wednesday 19th February	12:00-13:00
Dyslexia in Your 50s and Beyond	Thursday 20th February	12:00-13:00
Stress Reduction Skills Practice – Mindfulness	Friday 21st February	10:00-10:30
Self-Massage Techniques	Friday 21st February	13:00-13:30
Understanding Post Traumatic Stress Disorder	Wednesday 26th February	14:00-15:00
Wellbeing Conversations Training	Wednesday 26th February	14:00-16:30
Suicide Prevention Awareness Training	Thursday 27th February	10:00-11:00
Looking After Our Veterans*	Friday 28th February	11:00-11:45
Air Arts - Made in the NHS 'Headstrong' (RDH)	Thurs 27th Feb to 20th Mar	18:00-20:00

March

Osteoarthritis and Joint Pain - What can help?*	Tuesday 4th March	13:00-13:30
International Women's Day- Hormones	Friday 7th March	12:00-13:00
REACT Mental Health Conversation Training	Tuesday 11th March	10:00-11:30
Sleep Workshop*	Friday 14th March	12:00-13:00
Self-Massage Techniques*	Tuesday 18th March	15:00-15:30
Coping with Change Workshop*	Thursday 20th March	10:00-11:00
Handling Difficult Situations with Care and Compassion	Thursday 20th March	10:00-12:00
Neurodivergence & Mental Health for Managers	Friday 21st March	13:00-13:45
Financial Wellbeing with Affinity UK	Monday 24th March	13:00-14:30
Understanding Post Traumatic Stress Disorder	Wednesday 26th March	10:00-11:00
Wellbeing Conversations Training	Wednesday 26th March	14:00-16:30
Suicide Prevention Awareness Training	Friday 28th March	10:00-11:00

Sessions marked with a * offer recordings to all booked on

" I wanted to let you know how much I enjoy the sessions and how they are helping with my anxiety management. "

" Welcoming and supportive class with tools I can use everyday. "

" This is all very new to me so I was a little nervous beforehand, but I was made to feel very welcome & put at ease. The session was very informal which helped me to relax & I learned a lot. I plan to attend again. "

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