

1 April - 30 June

M

Bodyweight Exercise
07:30-08:00
Virtual

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

NEW
Get Your Steps In!
12:20-12:30
Virtual

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

Crystal Healing Workshop
13:00-13:40
2 June
Virtual

Salsa Dancing
Beginners
16:45-17:15

Regulars
17:15-18:00
KHD

Doodle Club
17:00-18:30
7 Apr, 12 May,
2 June
RDH & Virtual

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
29 Apr, 27 May,
24 June
Virtual

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

The Breathing Room
12:00-12:15
Virtual

Book Club
13:00-13:45
13 May
Virtual

Bodyweight Circuits
13:00-13:30
Virtual

Menopause Café
14:00-15:00
15 Apr, 20 May,
17 June
Virtual

Menopause Practitioner Q&A
14:00-15:00
1 Apr, 6 May, 3 June
Virtual

Table Tennis
17:00-19:00
RDH

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

W

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

Menopause Café
09:30-11:00
23 Apr, 21 May,
18 June
BoT

Mobilise & Stretch
12:00-12:30
Virtual

Kettlebells
12:15-12:45
Virtual

REACTmh Refresh
12:00-12:30
2 Apr, 7 May, 4 June
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 Apr, 28 May,
25 June
Virtual

Pilates
17:00-17:30
Virtual

Zumba
17:15-18:00
RDH

See you at the Barre
17:30-18:00
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 Apr, 1 May, 5 June
Virtual

Desk Mobility
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
24 Apr, 22 May,
26 June
Virtual

Neurodiverse Café
14:00-15:00
17 Apr, 15 May,
19 June
Virtual

Core Strength
18:00-18:20
Virtual

Women's Football
18:00-19:00
MPS

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

F

Hip Health
07:30-08:00
Virtual

Full Body Workout
08:30-09:00
Virtual

Emotional Freedom Techniques
10:00-10:20
Virtual

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

Shoulder Health
11:00-11:20
Virtual

Grief Kind Space
11:00-13:00
RDH

Cancer Support Group
13:00-14:00
25 Apr, 30 May, 27 June
Virtual

A Kinder Space
16:00-17:30
RDH



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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

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. "

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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

