



# Your Wellbeing Timetable



Wellbeing

1st July to 30th Sept 2024

## Monday

**Kettlebells**  
07:30-08:00  
Virtual

**Protein & Fat Loss**  
26 Aug  
09:00-09:30  
Virtual

**Supporting Yourself Following Trauma**  
19 Aug 10:30-11:15  
Virtual

**Suicide Prevention Training**  
8 July 11:00-12:00  
Virtual

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

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

**Carbohydrates & Fat Loss**  
30 Sept  
13:00-13:30  
Virtual

**Book Club**  
15 July & 9 Sept  
13:00-13:45  
Virtual

**Shift Work & Sleep**  
22 July  
14:00-15:00  
Virtual

**Neurodiverse Café**  
15 July, 19 Aug, 16 Sept  
14:00-15:00  
Virtual

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

**Matt's Doodle Club**  
17:00-18:00  
1 July & 2 Sept  
RDH & Virtual  
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17:00-18:00  
8 July & 9 Sept  
QHB

**Zumba**  
18:30-19:00  
Virtual

## Tuesday

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

**Working with a Health Condition Support Café**  
23 July, 27 Aug, 24 Sept  
10:30-11:30  
Virtual

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

**The Breathing Room**  
12:00-12:15  
Virtual

**Reasonable Adjustments for Long-Term Health Conditions**  
24 Sept  
12:30-13:00  
Virtual

**Bodyweight Circuits**  
13:00-13:30  
Virtual

**Menopause Café**  
16 July, 20 Aug, 17 Sept  
14:00-15:00  
Virtual

**Menopause Practitioner Q&A**  
2 July, 6 Aug, 3 Sept  
14:00-15:00  
Virtual

**Table Tennis**  
17:00-19:00  
RDH

**Yoga & Relaxation**  
17:15-18:00  
RDH

**Beginners Yoga**  
18:30-19:00  
Virtual

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

**Climate Café**  
23 July  
19:00-20:30  
Virtual

**Air Arts Wellbeing Choir**  
19:30-21:00  
RDH

## Wednesday

**Menopause Yoga**  
08:00-08:30  
Virtual

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

**Looking After Your Team's Wellbeing**  
24 July  
10:00-11:00  
Virtual

**Coping with Change**  
28 Aug  
10:00-10:45  
Virtual

**Mobilise & Stretch**  
12:00-12:30  
Virtual

**Mental Health First Aiders Meet & Support**  
24 July, 14 Aug, 25 Sept  
12:00-12:30  
Virtual

**Doctors in Distress**  
12:30-13:30  
Virtual

**Hormone & Reproductive Health Group**  
Fortnightly  
13:30-14:15  
Virtual

**Bereavement Support Group**  
31 July, 28 Aug, 25 Sept  
14:30-16:00  
Virtual

**Pilates**  
17:00-17:30  
Virtual

**Zumba**  
17:15-18:00  
RDH

**See You at the Barre**  
Starts from Sept  
17:30-18:00  
Virtual

**Wellness Walk**  
31 July  
18:00-19:00  
Markeaton Park

## Thursday

**Manager & Leader Supporting your Team's Wellbeing Drop-in**  
4 July, 1 Aug, 5 Sept  
10:00-11:00  
Virtual

**Self Massage Techniques**  
25 July  
12:00-12:30  
Virtual

**Seated Exercise**  
12:00-12:20  
Virtual

**Air Arts Made in the NHS Textiles**  
19 Sept  
12:00-13:00  
QHB

**Yoga**  
12:30-13:00  
Virtual

**Recharge your Life: The Power of Sleep**  
12 Sept  
12:30-13:30  
Virtual

**Back Care Pilates**  
13:00-13:30  
Virtual

**Returning from Parental Leave Support Group**  
25 July, 29 Aug, 26 Sept  
14:00-15:00  
Virtual

**Leave Work at Work**  
5 Sept  
14:00-14:45  
Virtual

**Neurodiversity Awareness**  
8 Aug  
15:00-16:00  
Virtual

**Funky Disco**  
17:00-17:30  
Virtual

**Core Strength**  
18:00-18:20  
Virtual

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

**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

**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

**Running Club**  
12:00-12:30  
RDH

**Wellness Walk**  
30 Aug  
12:00-14:00  
Black Rocks

**National Fitness Day**  
20 Sept  
*End the day FITTER than you started!*  
Join in our ACTION PACKED day of classes & challenges introducing you to new activities  
Virtual

## 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.

**STAY HYDRATED**

**Access details can be found via your local Wellbeing service**



## Activity Locations

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

**ENJOY THE OUTDOORS**