



Your Wellbeing Timetable

Wellbeing

Joined Up Care Derbyshire

2nd April to 28th June 2024

Monday

Looking After Your Team's Wellbeing 20 May 10:00-11:00 Virtual
Back Strength & Stretch 12:15-12:45 Virtual
Weight Management Group 12:00-12:30 Virtual
Sleep Workshop 29 Apr 12:00-13:00 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual
Dealing with Trauma 13 May 13:00-13:45 Virtual
Book Club 20 May 13:00-13:45 Virtual
Wellbeing Introduction International Staff 3 June 14:00-15:00 Virtual
Neurodiverse Café 15 Apr, 20 May, 17 June 14:00-15:00 Virtual
Climate Café 22 Apr 15:30-17:00 Virtual
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD
Matt's Doodle Club 17:00-18:30 8 Apr, 13 May, 3 June RDH & Virtual ---- 17:00-18:00 15 Apr, 20 May, 10 June QHB
Pilates 18:00-19:00 CRH
Zumba 18:30-19:00 Virtual

Tuesday

Fitness Boost 07:30-08:00 Virtual
Seated Yoga 10:30-11:00 Virtual
Working with a Health Condition Support Café 23 Apr, 28 May, 25 June 10:30-11:30 Virtual
Desk Stretches for Neck Health 11:00-11:20 Virtual
The Breathing Room 12:00-12:15 Virtual
Bodyweight Circuits 13:00-13:30 Virtual
Wellbeing Champion Support 14:00-15:00 Virtual
Menopause Café 16 Apr, 21 May, 18 June 14:00-15:00 Virtual
Menopause Practitioner Q&A 2 Apr, 7 May, 4 June 14:00-15:00 Virtual
Table Tennis 17:00-19:00 RDH
Yoga & Relaxation 17:15-18:00 RDH
Zumba Fitness 17:15-18:00 IH
Beginners Yoga 18:30-19:00 Virtual
Legs, Bums & Tums 18:30-19:00 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
Returning to Work Following ill Health 10:00-10:45 Virtual
Mobilise and Stretch 12:00-12:30 Virtual
Mental Health First Aiders: Meet & Support 24 Apr, 15 May, 26 June 12:00-12:30 Virtual
Air Arts Made in the NHS Metal Flower Sculptures 11 Apr, 18 Apr 12:00-13:00 QHB
Doctors in Distress 12:30-13:30 Virtual
Suicide Awareness Training 15 May 13:00-14:00 Virtual
Hormone & Reproductive Health 13:30-14:15 Fortnightly Virtual
Bereavement Support Group 24 Apr, 29 May, 26 June 14:30-16:00 Virtual
Pilates 17:00-17:30 Virtual
Zumba 17:15-18:00 RDH
Menopause: Talking to Important People in your Life 26 June 18:30-19:30 Virtual
Emotional Freedom Technique 22 May 18:30-19:00 Virtual
Air Arts Imaging Club 10 Apr, 8 May, 12 June 19:30-21:30 Virtual

Thursday

Kettlebells 07:30-08:00 Virtual
Financial Wellbeing 23 May 10:00-11:30 Virtual
Manager & Leader Menopause Workforce Support 11 Apr, 9 May, 13 June 10:00-11:00 Virtual
Supporting Your Team with a Health Condition or Disability 18 Apr, 16 May, 20 June 11:00-11:45 Virtual
Seated Exercise 12:00-12:20 Virtual
Yoga 12:30-13:00 Virtual
Melt Away Stress 25 Apr 12:30-14:00 Virtual
Back Care Pilates 13:00-13:30 Virtual
Self Care Toolbox Coping with Stress 18 Apr 14:00-15:00 Virtual
Returning from Parental Leave 25 Apr, 27 June 14:00-15:00 Virtual
Hatha Yoga 17:15-18:15 CRH
Funky Disco 17:00-17:30 Virtual
Body Conditioning 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
Climate Café 10 May 10:00-11:30 Virtual
Shoulder Health 11:00-11:20 Virtual
Running Club 12:00-12:30 RDH
Headache Soothing Workshop 19 Apr 12:00-12:45 Virtual
Self Care Tool Box Leave Work at Work 17 May 12:00-13:00 Virtual
REACT Mental Health Conversation Training 31 May 13:00-14:30 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.

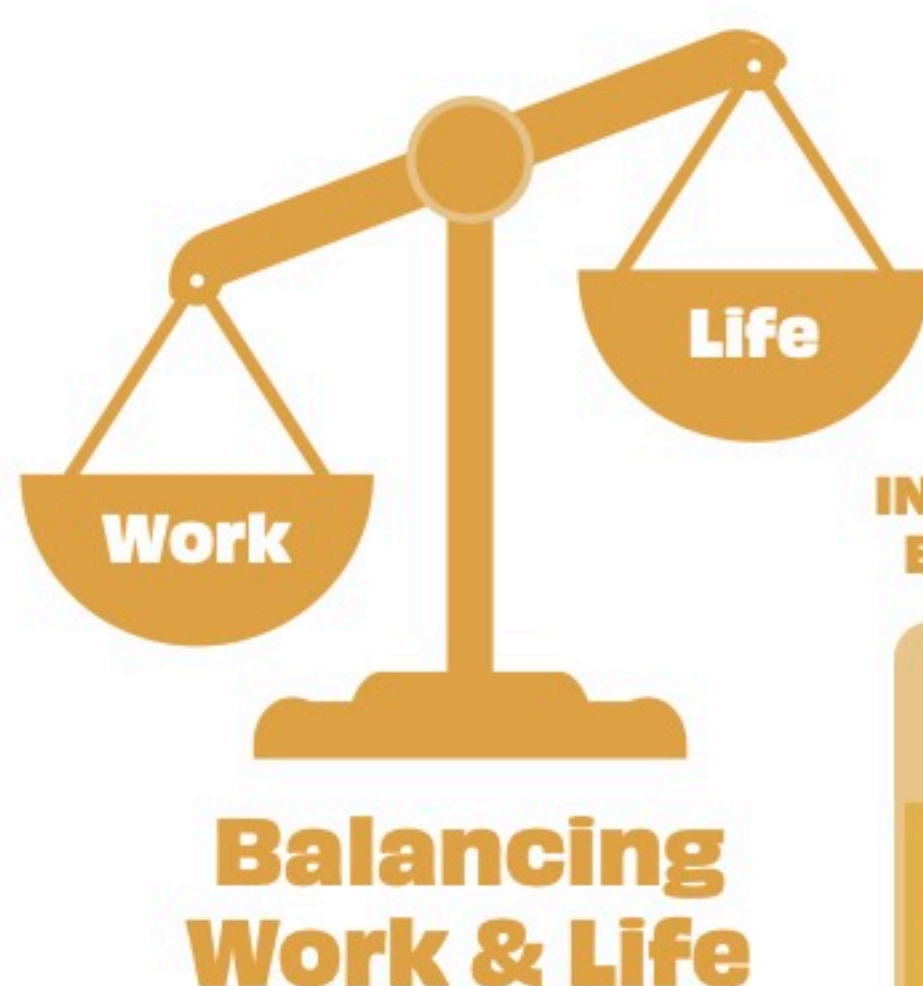
Access details can be found via your local Wellbeing service

Activity Locations

- CRH** Chesterfield Royal Hospital
- IH** Ilkeston Hospital
- KHD** Kingsway Hospital Derby
- QHB** Queens Hospital Burton
- RDH** Royal Derby Hospital

Webinars, Groups & Workshops to Support Your Health

HEALTH & LIFESTYLE SUPPORT



PSYCHOLOGICAL HEALTH

Dealing with Trauma?



Not feeling yourself?

Concerned about
a colleague?

Dealing with Change?

Need support
with bereavement?

Anxious
or
Worried?

Feeling Stressed
or Overwhelmed?

MSK & HEALTH CONDITIONS

Do you need help with:



POSTURE

