



Your Activities

Wellbeing

Joined Up Care Derbyshire

3rd January to 31st March 2023

Monday

**Resistance Band
Strength Exercise**
07:30-08:00
Virtual

**Ankle & Calf
Health**
10:00-10:20
Virtual

Sleep Workshop
11:00-12:00
30 Jan
Virtual

Walk & Talk
12:00-12:40
KHD

**Mens Mental
Health: Pit Stop**
12:00-13:00
Virtual

Laughtercise
12:45-13:15
6 Feb
Virtual

Book Club
13:00-13:45
2 Jan, 27 Feb
Virtual

**Couch to 5k
Get Fit after
Christmas**
17:00-18:00
CRH

Doodle Club
17:00-18:00
9 Jan, 6 Feb,
6 Mar
RDH & Virtual

Salsa Dancing
17:15-18:00
Starts Feb
KW

Boxing Circuit
17:30-18:15
RDH

**Vocal Tapas
Singing Workshop**
18:00-18:20
Virtual

Pilates
18:00-19:00
CRH

Tuesday

Morning Boost
07:30-08:00
RHD / Virtual

**Desk Based
Stretches**
11:00-11:20
Virtual

**Wellbeing
Champion
Support**
14:00-15:00
Virtual

**Mens Mental
Health: Pit Stop
Walk & Talk**
12:30-1:00
CRH

Menopause Café
14:00-15:00
17 Jan, 21 Feb
& 21 Mar
Virtual

Table Tennis
17:00-19:00
RDH

**Beginners
Running Club**
17:30-18:15
RDH

**Vocal Tapas
Singing
Workshop**
18:00-18:20
Virtual

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

Hatha Yoga
19:00-20:15
Virtual

Air Arts Choir
19:00-20:30
Fortnightly RDH

Wednesday

**Bodyweight
Toning**
07:00-07:30
Virtual

Yoga
11:00-11:30
Virtual

Book Club
12:30-13:30
18 Jan
CRH

Walk and Talk
13:00-14:00
8 Feb
Darley Park

Poetry Club
14:30-15:30
25 Jan, 22 Feb,
22 Mar
Virtual

**Bereavement
Support Group**
14:30-16:00
25 Jan, 22 Feb,
29 Mar
Virtual

Zumba & Tone
16:45-17:30
RH

Zumba
17:00-17:45
QHB

Zumba
17:15-18:00
RDH

Running Club
17:30-18:30
RDH

Love Your Back
17:30-18:00
Virtual

**Vocal Tapas
Singing
Workshop**
18:00-18:20
Virtual

Thursday

Kettlebells
07:00-07:30
Virtual

**Stress Reduction
Techniques**
07:30-08:00
Virtual

**Virtual School
Gate**
26 Jan, 16 Feb,
30 Mar
09:30-10:30
Virtual

Seated Fitness
12:00-12:30
Virtual

**Press Pause
Meditation**
12:30-12:45
9 Feb, 16 Feb,
16 Mar, 30 Mar
Virtual

**Thoughtful
Thursday Mental
Wellbeing**
26 Jan, 9 Feb,
23 Feb,
9 Mar, 23 Mar
13:30-14:00
Virtual

**Returning from
Maternity Leave**
14:00-15:00
26 Jan, 23 Feb,
30 Mar
Virtual

Zumba & Tone
16:30-17:00
SJCH

Royal Runners
17:00-18:00
CRH

**Mens Mental
Health: Pit Stop**
17:00-18:00-
RDH

**New Year
Bootcamp**
17:00-17:30
SO

Hatha Yoga
17:15-18:15
CRH

Friday

Tai Chi
08:30-09:00
FNCH

Shoulder Health
11:00-11:20
Virtual

Walk and Talk
12:00-12:30
IH

Running Club
12:00-12:30
RDH

Sleep Workshop
17th March
Virtual

**Vocal Tapas
Singing
Workshop**
18:00-18:20
Virtual

Saturday

**Dog Walk
& Social**
10:00-14:00
February

Cycling Club

Road Ride
18-30 miles

21 Jan
18 Feb
18 March



Key

- Physical Activity
- Info & Support
- Arts & Culture
- Mind & Body

Activity Locations

- CRH** Chesterfield Royal Hospital
- DHU** Derbyshire Healthcare United
- FNCH** Florence Nightingale Community Hospital
- IH** Ilkeston Hospital
- KHD** Kingsway Hospital Derby
- MPS** Murray Park School
- QHB** Queens Hospital Burton
- RDH** Royal Derby Hospital
- RH** Ripley Hospital
- SJCH** Samuel Johnson Community Hospital
- SO** St. Oswalds Hospital
- SRP** Sir Robert Peel Community Hospital

Book via: bookwhen.com/jucdwellbeing



Weight Management Workshop
18:30-19:00
Virtual

Zumba
18:30-19:00
Virtual

New Year Bootcamp!
18:30-19:00
RDH

*Please read your organisations Infection Prevention and Control guidelines before attending any face-to-face activity. This timetable may be subject to change.

Self-Care Club
18:15-18:35
Virtual

Group Exercise
18:30-19:00
SRP

Choir at The Royal
19:15-21:15
CRH

Beginners Exercise
18:00-18:30
Virtual

Board Games
18:00-19:00
RDH

Tummy Toner
18:00-18:20
Virtual

Women's Football
18:15-19:15
MPS

vimeo

**Times not good?
View our recorded activities here:**

vimeo.com/showcase/8854943

Password: Wellbeing

Your Activities Timetable is delivered by highly qualified professionals who are able to adapt movements to ensure the safety and comfort of participants. Please click on individual activities via our booking platform for additional information on accessibility modifications or contact your Wellbeing Team.

All activities must be booked in advance, please book your place and look out for new and exciting additions which may be added throughout this quarter.

www.bookwhen.com/jucdwellbeing



Car parking information is available within the booking information

Book Your Activities Here:

Weight Management Workshops
Financial Wellbeing Presentation
Mental Wellbeing Workshop
Eating on a Budget Presentation
Hydration Workshop
Relaxation Workshop
Seasonal Eating 'Beetroot'
Let's Talk about Burnout
Royal Book Club
No to NY Resolutions & Yes to New Habits
Self-Care Workshop
Pre-retirement Course
Sleep Workshop
Posture Awareness
Spaces for Listening
Laughterise
Tinnitus Support by Tinnitus UK
Seasonal Eating 'Leeks'
Wellbeing Conversations Training
Follow up Habit Tracker
Scalp Health & Hair Loss Myth Busting
Mindfulness Workshop
Positivity Workshop
Pre-retirement Course
Managing Stressful Situations and Resilience
REACT Mental Health Conversation Training
Menopause and Nutrition Workshop
Seasonal Eating 'Cauliflower'
Food and Mood Workshop
Importance of Sleep on your Mental Health
Stress Reduction Workshop
Menopause and Hair loss
Line Managers Workshop on Mental Health

- Mondays 18:30-19:00 Online
- Monday 9th Jan, Thursday 9th Feb, Thursday 9th Mar 12:00-13:00 Online
- Tuesday 10th Jan, Friday 10th Feb, Friday 10th Mar 12:00-13:00 Online
- Monday 16th January 14:00-15:00, Wednesday 8th February 10:00-11:00 Online
- Thursday 12th January 11:00-12:00 Online
- Thursday 12th January 12:00-13:30 Chesterfield Royal Hospital
- Tuesday 17th January 13:30-14:00 Online
- Wednesday 18th January 12:00-13:00 Online
- Wednesday 18th January 12:30-13:30 Chesterfield Royal Hospital
- Wednesday 18th January 13:30-15:00 Online
- Thursday 19th January 12:00-13:30 Chesterfield Royal Hospital
- Thursday 19th Jan 13:00-15:30 Online
- Monday 30th January 11:00-12:00, Friday 17th March 10:00-11:00 Online
- Thursday 2nd February 11:00-12:00 Online
- Thursday 2nd Feb 15:00-16:00 Online
- Monday 6th February 12:45-13:15 Online
- Wednesday 8th Feb 14:00-15:00 Online
- Tuesday 14th February 13:30-14:00 Online
- Wednesday 15th February 13:30-15:00, Thursday 16th March 09:30-12:00
- Thursday 16th February 11:00-12:00 Online
- Thursday 16th February 16:00-17:00 Online
- Friday 17th February 12:00-13:30 Chesterfield Royal Hospital
- Friday 17th February 12:00-13:00 Online
- Tuesday 21st Feb 09:30-12:00 Online
- Friday 24th February 12:00-13:30 Chesterfield
- Friday 3rd March 11:00-12:30 Online
- Wednesday 8th March 13:00-14:00 Online
- Tuesday 14th March 13:00-14:00 Online
- Tuesday 14th March 14:00-15:00 Online
- Wednesday 15th March 12:00-13:00 Online
- Thursday 16th March 12:00-13:00 Online
- Thursday 16th March 16:00-17:00 Online
- Wednesday 22nd March 11:00-12:00 Online

Self-Care



Proud to Support all our Health and Social Care colleagues across Derbyshire and East Staffordshire with their Wellbeing

For more information contact us on: **01332 787 703**

UHDB.GetHealthyStayHealthy@NHS.net

Joined Up Care
Derbyshire