



# Your Self-Care

**Wellbeing**  
Joined Up Care Derbyshire

Looking after yourself has never been so important and your Wellbeing Team care about your health. Your Self Care Pack shows the different resources and services available to support you along with a list of handy discounts.

## Self-Care Top Tips

- Spend time outdoors
- Have regular breaks
- Practice mindfulness
- Take part in your FREE Activity Timetable
- Become a Wellbeing Champion
- Learn something new
- Listen to music
- Write things down that are worrying you
- Speak to the Wellbeing Team if you need help with your wellbeing
- Drink plenty of water
- Spend time with friends or family
- Get good quality sleep

To talk more about your Wellbeing and find out how your Wellbeing Team can help,  
contact us on **01332 787703**

## Mental Wellbeing

Resource	Format	Cost	Information	Organisation
CiC –Confidential in Care	Call 0800 085 1376 or 020 7938 0963 Email <a href="mailto:assist@cic-eap.co.uk">assist@cic-eap.co.uk</a> Text relay - 18001 0800 085 1376 Web – <a href="#">Here</a>	Free to all registered organisations	Free confidential information, support and counselling service available 24 hours a day 7 days a week 365 days a year. Support can include any topic and does not need to be work related to access this service.	Confidential in Care
Trent PTS – psychological therapies	<a href="#">Self Referral   Trent PTS</a>	Free	Self refer counselling/psychological therapy service available to all	Trent PTS
Psychological Peer Support	Onsite / Online – email <a href="mailto:uhdb.support@nhs.net">uhdb.support@nhs.net</a>	Free	Additional Psychological peer support available including; – TRiM – Peer support following traumatic events – StRaW – Peer support for common MH conditions or stress – Reflective practice – opportunities for group reflection – REACTmh – Helping us to have a conversation about our MH	JUCD Wellbeing
Talking Support	<a href="#">Website</a>	FREE	Mental health problems affect one in four of us but there's still a stigma attached to opening up and talking about it.	Time to Talk - Live Life Better Derbyshire

PIT Stop, Men's Mental Health -	Onsite / Online email <a href="mailto:uhdb.gethealthystayhealthy@nhs.net">uhdb.gethealthystayhealthy@nhs.net</a>	Free	Men's Mental Health support sessions	JUCD Wellbeing
Menopause Cafe	Online (MS Teams) email <a href="mailto:uhdb.menopause@nhs.net">uhdb.menopause@nhs.net</a>	Free	Support group and ongoing chat for colleagues experiencing menopause symptoms or wanting to learn more	JUCD Wellbeing
Stay Alive	App – Download <a href="#">here</a>	Free	The Stay Alive app is a suicide prevention resource for the UK, packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide	NHS People
Ten Per Cent Happier	App	Access <a href="#">Here</a>	Mindfulness	Ten Per Cent Happier
Thrive	App - <a href="#">Here</a>	Free	Mental Health Support – A clinically effective app for the prevention screening and management of anxiety depression and stress	Thrive
NHSINMIND	Online - <a href="#">HERE</a>	Free	Exercises that can be done to help anxiety and stress, specifically for NHS during Covid-19	NHS
Pzizz	App – from App store	Free (with in-app purchases)	Helps calm your mind fall asleep, stay asleep & wake refreshed	NHS
Sleepstation	App - <a href="#">Here</a>	Free (needs GP referral)	Connect with sleep experts to help fall or stay asleep through the night	NHS
Catch It	App - from App store	Free	Learn to manage negative thoughts	NHS

Cove - A hug for your mind	App - from App store	Free	Create music to reflect your emotions	NHS
eQuoo: Emotional Fitness Game	App - from App store	Free (with in-app purchases)	Emotional fitness game developed by psychologists	NHS
Every Mind Matters	Website <a href="#">Here</a>	Free	Supporting good mental health	NHS
Feeling Good: Positive Mindset	App - from App store	Free (with in-app purchases)	Use music to relax your body & mind	NHS
Headspace	App/Website - <a href="#">Here</a>	Free	Mediation session to support stress, anxiety & sleep	Headspace
Hub of Hope	Website – <a href="#">Here</a>	Free	Directory of local mental health services	Hub of Hope
Practitioners Health Programme	Appointment, Helpline Online <a href="#">here</a>	Free	Confidential, self-referral service for doctors & dentists struggling with mental wellbeing	NHS
Place2Be	<a href="#">Website</a> <a href="#">Webinar series</a>	Free programme of support for keyworker parents & carers	Childrens Mental Health Charity	Place2Be
Be Mindful	App - <a href="#">Here</a>	£30	Online mindfulness-based cognitive therapy	NHS
My Possible Self	App - from App store	Free (with in-app purchases)	Learn to manage fear, anxiety, stress & unhelpful thinking	NHS
Stress & Anxiety Companion	App - from App store	Free (with in-app purchases)	Helps calm your mind and change negative thoughts	NHS

Student Health App	App - Student Health App	Free	Reduce worries & gain confidence for students	NHS
Calm Harm	App - from App store	Free	Helps manage emotions & urge to self-harm	NHS
DistrACT	App - from App store	Free	Access advice about self-harm & suicidal thoughts	NHS
Papyrus	Website, Helpline - <a href="#">Here</a>	Free	Support & advice for young people (and friends/family) struggling with suicidal thoughts	Papyrus
Samaritans	Website, Helpline 116 123 Online <a href="#">here</a> Email <a href="mailto:jo@samaritans.org">jo@samaritans.org</a>	Free	Listening service for those struggling with mental health, or thoughts of self-harm/suicide	Samaritans
Sands	Website - <a href="#">Here</a>	Free	Stillbirths & neonatal deaths charity	Sands
National Bereavement Service	Website <a href="#">National Bereavement Service   We're here when you need us most (thenbs.org)</a>  <a href="tel:01207268681">01207 268 681</a>	Free	Practical bereavement support	National Bereavement Service
Bereavement Support	Helpline	Free	Bereavement support - Hospice UK: 0300 303 4434 Treetops: 0115 949 1264 St Giles: 01543 434 536	Bereavement Support
Body Image Support	Website and Group Support	Free	<a href="#">Body Image and Perception - First Steps ED</a>	First Steps



SHOUT 85258	Text 'SHOUT' to 85258	Free	Our trained volunteers are there for you 24/7 to listen and support you to get to a calmer and safe place. Shout is a confidential, anonymous service for anyone in the UK. It won't appear on your phone bill. Text. Connect. Chat. Plan. Calm. Conversations tend to last around 45-60 minutes.	Mental Health Innovations
Check My Wellbeing	Access online <a href="#">here</a> :	FREE	A self-assessment for Health and Social care staff with a direct link to mental health support.	Check My Wellbeing

### Physical Health

Resource	Format	Cost	Information	Organisation
JUCD Activity Timetable	Book online here <a href="http://www.bookwhen.com/jucdwellbeing">www.bookwhen.com/jucdwellbeing</a>	FREE	An exclusive timetable of activities for UHDB staff	JUCD Wellbeing
Long Covid Support	Email	FREE	Long Covid Support for Colleagues – contact <a href="mailto:uhdb.longcovidsupport@nhs.net">uhdb.longcovidsupport@nhs.net</a>	JUCD Wellbeing
Live Well	<a href="https://www.livewellderby.co.uk/">https://www.livewellderby.co.uk/</a>	Free	Advice, tips & tools to support health & wellbeing	Derby City Council
One You	<a href="https://www.nhs.uk/oneyou/">https://www.nhs.uk/oneyou/</a> , App	Free	Support better health choices	NHS

Active 10	App Store	Free	Walking tracker to support physical activity	Public Health England
Couch to 5K	App Store	Free	9 week running programme	Public Health England
iPrescribe Exercise	App Store	Free	Personalised 12 week exercise programme	NHS
Park Run	Community	Free	Weekly, community 5k running groups	Parkrun
Doing Our Bit	<a href="http://www.fit4thefight.org/nhs-members-area">www.fit4thefight.org/nhs-members-area</a>	FREE	Home Exercise Videos	NHS
Pathway through Pain	App Store		Online course to self-manage chronic musculoskeletal pain	NHS
SpineWise	App Store	£2.99	Help prevent & treat neck pain	NHS
Squeezy	App Store	£2.99	Companion for pelvic floor exercises	NHS
Squeezy for Men	App Store	£2.99	Companion for pelvic floor exercises	NHS
SmokeFree	<a href="#">Home   Smokefree</a>	Free	4 week programme for those wanting to stop smoking	Public Health England
Stoptober	App	Free	4 week programme for those wanting to stop smoking	Public Health England
Drinkaware	Website <a href="#">Drinkaware Home   Drinkaware</a>	Free	Charity working to reduce alcohol misuse in the UK	Drinkaware
Drink Free Days	App Store	Free	Supports tracking and cutting down alcohol	Public Health England

Weight management	Online, sign up <a href="#">here</a>		The programme provides online access to a 12-week weight management programme which is designed to be personally tailored to support you on your journey to a healthier lifestyle. As a digital programme, it can be used anywhere, allowing you to complete the programme in your own time, at a pace that works for you.	NHS People
Change4Life Smart Recipes	App Store	Free	Healthy recipes for the whole family	Public Health England
Changing Health	App Store	Free (needs GP referral)	Lifestyle coaching to help lose weight and eat well	NHS
Easy Meals	App Store	Free	Easy, healthy meal ideas	Public Health England
Oviva	App Store	Free (needs GP referral)	Specialist dietician support	NHS
Health Help Now	App	Free	Find the right treatment anytime anywhere	NHS
NHS Go	App	Free	Confidential health advice & information for 16-25 year olds.	NHS
Occupational Health	Appointment	Free	Local trust support for occupation health needs	NHS



Self Care Forum	Website <a href="#">Homepage - Self Care Forum</a>	Free	Supporting self-care for health & wellbeing	Self Care Forum
HealthUnlocked	<a href="#">HealthUnlocked   The social network for health</a>	Free	Connect with people with similar health conditions	NHS
Liva UK	<a href="#">Improving lives through digital health coaching   Liva Healthcare</a>	Free	Manage diabetes, heart problems & obesity	NHS
My Health Fabric	App Store	Free (with in-app purchases)	Self-help plan for long term conditions	NHS
Les Mills on Demand	Exercise Platform of online workouts <a href="http://link.lesmillsondemand.com/SH1Gq">http://link.lesmillsondemand.com/SH1Gq</a>	Free 30 day trial	30day trial of Les Mills world leading group exercise classes	Les Mills
Derby Arena	Exercise platform for online workouts. On site gym, swim, and classes.	£21.99 with £10 joining fee	Contact <a href="mailto:derbyarena@derby.co.uk">derbyarena@derby.co.uk</a> to sign up. Or drop in with work ID or recent payslip	Derby Arena
Shake that Weight				

## Arts and Culture

Book Club	Online - <a href="#">Book Club   UHDB library</a>  Book to attend here – <a href="http://www.bookwhen.com/jucdwellbeing">www.bookwhen.com/jucdwellbeing</a>	Free	Give yourself some well-earned time out to enjoy a new selection of books by joining our virtual book club – read 5 books (of your choosing from our catalogues above) at your own pace and receive a free colouring book!	JUCD Wellbeing
Art – Made in the NHS	Online and Face to face – email <a href="mailto:emma@airarts.net">emma@airarts.net</a> or see when the next one is running here: <a href="http://www.bookwhen.com/jucdwellbeing">www.bookwhen.com/jucdwellbeing</a>	Free	A project to help colleagues learn, design and create art for the NHS	JUCD Wellbeing
Scribd	App	Free – 30 days	Audiobook – ebook	Scribd
Shudder	App	Free – 30 days with 'SHUTIN' code	Movies; thriller and suspense	Shudder
Image Club	MS Teams - <a href="mailto:info@airarts.net">info@airarts.net</a> or book to attend here: <a href="http://www.bookwhen.com/jucdwellbeing">www.bookwhen.com/jucdwellbeing</a>	FREE	Last Wednesday of every month at 7pm	Air Arts

Singing Group	Virtual singing Group Book to attend here: <a href="http://www.bookwhen.com/jucdwellbeing">www.bookwhen.com/jucdwellbeing</a>	Free	Virtual singing class hosted by a professional voice coach Join here: <a href="https://vocaltapas.com/nhs-staff/">https://vocaltapas.com/nhs-staff/</a>	Vocal Tapas
---------------	---	------	--	-------------

## Lifestyle and Financial

Resource	Format	Cost	Information	Organisation
Help for Households	Website	FREE	The government's <a href="#">Help for Households</a> campaign provides information on help with your energy bills. It includes an <a href="#">online tool</a> where you can find ways to save energy in your home based on details you provide about your property.	Gov
Citizens Advice	Website	FREE	Citizens Advice: Their website has a page dedicated to <a href="#">getting help with bills</a> , with specific pages for <a href="#">energy bills</a> and <a href="#">water bills</a> .	Citizens Advice
Energy Savings	Website	FREE	Energy Saving Trust: Provides <a href="#">energy advice for your home</a> which could help you lower your bills.	Energy Saving Trust
Energy Saving	Website	FREE	Ask Bill: the website has pages dedicated to support with <a href="#">water</a> and <a href="#">energy</a> .	Ask Bill

Cheaper Broadband and Phone	Website and Phone	<b>FREE</b>	Ofcom: details <a href="#">cheaper broadband and phone packages</a> for people on low incomes.	Ofcom
Energy Saving	Website and Webinars	<b>FREE</b>	Taking Charge: This <a href="#">campaign</a> helps people working in social care, and those they support, to save money on their energy bills by offering free interactive webinars and accessible resources.	Taking Charge
Car Parking	Guidance		Car parking guidance for the NHS: The <a href="#">NHS car parking guidance 2022 for NHS trusts and NHS foundation trusts</a> states that staff working night shifts (ie with a shift starting after 7.30pm and ending before 8am) receive free parking for the duration of their shift	
Money Advice	Website, phone service	<b>FREE</b>	MoneyHelper: <a href="#">MoneyHelper's website</a> provides information on a range of topics, such as benefits, money troubles, savings and pensions. They also offer a free <a href="#">Couch to Financial Fitness programme</a> . You can contact them for free, impartial advice via the <a href="#">NHS telephone support line</a> on 0800 448 0826 or using the details on their <a href="#">contact us page</a> . The Money and Pensions Service also hosts a Talk Money Week every year to encourage money conversations in the workplace and with friends and family. Find out more on their <a href="#">Talk Money Week page</a> .	Money Helper

Fuel Costs	App and Websites	FREE	<p>The following tools can help you find the cheapest petrol and diesel prices near you:</p> <ul style="list-style-type: none"> <li>• <a href="#">PetrolPrices app</a></li> <li>• <a href="#">Confused.com petrol prices finder</a></li> <li>• <a href="#">GoCompare petrol and diesel prices finder</a>.</li> </ul> <p><a href="#">Blue Light Card</a> members can also apply for a <a href="#">free Esso fuel card</a> to access discounted fuel at Esso stations across the UK, and collect <a href="#">Nectar loyalty points</a> when filling up</p>	Various
Debt Advice	Website	FREE	<p>Angel Advance: Provides free expert debt advice to help individuals manage their debts. Their <a href="#">website</a> has a specific <a href="#">cost of living page</a>.</p>	Angel Advance
Debt Advice	Website	FREE	<p>StepChange Debt Charity: Offers <a href="#">free debt advice</a> to help you deal with debt and set up a solution, along with <a href="#">guides on the rising cost of living</a>.</p>	Step Change
Pet Advice	Website	FREE	<p>RSPCA: Their <a href="#">website</a> provides advice on how you can look after your pet's health whilst keeping costs down.</p>	RSPCA
Relationship Advice and Support	Webchat or phone call <a href="https://hub.relate.org.uk/nhs">https://hub.relate.org.uk/nhs</a> or call 0300 303 4477	FREE	Relationship support service	Relate
Money Saving Expert	Online - <a href="#">HERE</a>	Free	Financial Wellbeing support and advice, specifically for NHS employees	The Money Saving Expert
Uber Medic 25% discount	Click <a href="#">here</a>	25% discount	Transport	Uber
AA Breakdown	Click <a href="#">here</a>		Up to 40% off breakdown cover for all NHS employees	AA

Motor Point	Click <a href="#">here</a>		free home delivery to all NHS health and care workers in the UK mainland	Motor Point
Christians Against Poverty	Website <a href="#">Christians Against Poverty   Debt Counselling Charity (capuk.org)</a>	Free	Debt counselling charity for people of all faiths	Christians Against Poverty
National Debtline	Website - <a href="#">Debt advice   Free debt advice   National Debtline   National Debtline</a>	Free	Free, confidential, independent debt advice	Government
StepChange	Website <a href="#">StepChange Debt Charity - Free Expert Debt Advice.</a>	Free	Advice & support from debt experts	StepChange
Stop Loan Sharks	Website, Helpline <a href="#">Home - Stop Loan Sharks</a>	Free	Supporting victims of illegal lending	Government
The Money Advice Service	Website <a href="#">Free and impartial help with money, backed by the government   MoneyHelper</a>	Free	Free, impartial money advice	The Money Advice Service
<b>Discounts</b>				
Blue Light Card	Website <a href="#">Welcome to Blue Light Card</a>	Free	Online & in-store discounts for NHS workers	Blue Light Card
Health Service Discounts	Website <a href="#">Health Service Discounts: NHS Discounts, Offers &amp; Codes</a>	Free	Discounts & staff benefits for NHS workers	Health Service Discounts



Tickets for Good	Online - <a href="#">here</a>	Free	Free Event Tickets	Sheffield Social Enterprise
Refuge	Online - <a href="#">HERE</a>	Free	UK's largest single provider of domestic and gender-based violence services	Refuge
Carers UK	Online - <a href="#">HERE</a>	Free	Supports carers through expert advice, information and support	Carers UK
Family Assist	App	Free	Chat to healthcare professionals about pregnancy & birth	NHS
Peanut	App	Free	Online community for mothers to meet up	NHS
Women's Aid	Website, Helpline <a href="#">Home - Women's Aid (womensaid.org.uk)</a>	Free	Charity supporting victims of domestic abuse	Women's Aid
Meet My Dog	App	Free	Find & chat to dogs & dog owners nearby	Meet My Dog
Meetup	App	Free	Brings together groups of people with common interests	Meetup
Nextdoor	App	Free	Private social networks for your neighbourhood	Nextdoor
Nearify	App	Free	Find out events happening near you	Nearify
Chatter Pack	Online - <a href="#">HERE</a>	Free	Access/links to lots of resources supporting families self-isolating – See <a href="#">HERE</a>	Chatter Pack – Linked to other Services
Twinkl	Online - <a href="https://www.twinkl.co.uk">https://www.twinkl.co.uk</a>	Free	Resources for home schooling	Twinkl
Health Anxiety during a Pandemic	Webinar – YouTube - <a href="#">Here</a>	Free	Learn how to manage anxiety during a pandemic	Thrive Mental Wellbeing

Useful Apps	Apps	FREE	We've partnered with ORCHA - the Organisation for the Review of Care and Health Applications - to showcase a range of quality assured apps to help support your health and wellbeing. Website: <a href="#">ORCHA</a>	Orcha
-------------	------	------	---	-------

## List of Offers for NHS Employees

### **Beauty:**

[BeautyPro](#): 15% off your next order.

[Kooky Botanicals](#): 50% discount off range of skincare products.

### **Childcare:**

[Happy Parents. Happy Baby. Antenatal Courses](#): 10% off specialist-led antenatal courses.

### **Food and Drink:**

[Alphabet Brewing](#): 25% off on all webshop orders.

[Great Wine](#): 25% off for NHS staff.

[Huel](#): 10% discount.

[Tuk In Foods](#): 10% discount to all key workers, using the special key worker code D4I4UG6. Must order before 2pm for next day delivery, excluding weekends. Orders over £25 activate free delivery.

[Shake that Weight](#): 8% discount to all staff.

[Tastily Save](#): 20% for life at Tastily – a chef-made meal delivery service, they make eating well the default, building good food habits that are easy to maintain and saving people time in their busy schedules.

[Nutribuddy](#): 30% Discount on Meal Replacement Shakes at Nutribuddy.

[Brilliant Gin](#): 20% discount to NHS workers.

## Health and Fitness

[Jo's Online Workout Club](#): 50% discount on all monthly or annual plans. Join hundreds of others doing pilates, yoga and fitness at home.

[Yoga Impact Charity](#): free virtual Yoga for healthcare workers every Tuesday and Friday mornings 9:30-10:30am British Summer Time.

[YogaDownload.com](#): 50% off a 3-month Membership to YogaDownload

## Homeware

[Blindz Online \(OBO\)](#): 20% discount off 2 or more blinds – use code NHSSTAFF20.

[Readz Rugs](#): 20% discount off 2 or more blinds – use code NHSSTAFF20.

[Echoes and Shadows](#): 15% off all fine art photographic prints, mounted prints, framed prints and greeting cards with FREE UK Delivery.

[GeoSmart Pro](#): 20% off on all GeoSmartPro products, including smart fans. Use coupon code 'NHS20F' at checkout.

[Boiler Central](#): £110 off any new boiler, plus installation and up to 12 years warranty on selected boilers using code NHS110.

## Leisure

[Cycleplan](#): 35% off specialist cycling insurance. Protect your bike against theft, loss or damage. Public liability insurance is also available.

[Financial Times](#): 50% off a standard subscription.

[Game Exchange](#): 15% Discount on all Preowned Games and Funko POPs for NHS Staff.

[Kids Pass](#): 40% off a Kids Pass membership offering deals for family days out across the UK.

[Goldkey Media](#): Free access to a specially curated selection of newspapers and magazine

## Miscellaneous

[999 Wills](#): Free (basic) Wills to all front-line workers.

[Accord Legal Services](#): Free Will writing service

## Motoring

[Fiat Chrysler Automobiles UK](#): Savings on its range of new cars and commercial vehicles.

[Ravenol](#): 12% discount on automotive lubricants.

[Virtuo](#): £30 discount on your first car rental