



Your Wellbeing Timetable

Workshop and Webinar List

July - September 2024

Endometriosis Focus Group	Wednesday 3 rd July	18:00-19:30
Air Arts Made in the NHS: Glass (Royal Derby Hospital)	Wednesday 3 rd - 24 th July	19:00-21:00
Air Arts Made in the NHS: Ceramics (Queens Hospital Burton)	Thursday 4 th July	12:00-13:00
Suicide Prevention Training	Monday 8 th July	11:00-12:00
Weight Management Series - Setting Goals*	Monday 8 th July	12:00-12:30
Neurodiversity in the Workplace	Monday 15 th July	11:00-12:00
Emotional Freedom Techniques - A Beginners Guide*	Thursday 18 th July	14:00-14:30
Weight Management Series - Energy Balance and Portions*	Friday 19 th July	09:00-09:30
Gambling Awareness and Where to Find Support	Friday 19 th July	13:00-13:40
Coping with Shiftwork: A Sleep Survival Guide*	Monday 22 nd July	14:00-15:00
Managing Fatigue and Persistent Pain*	Tuesday 23 rd July	14:00-14:30
Climate Café	Tuesday 23 rd July	19:00-20:30
Looking after your Team's Wellbeing*	Wednesday 24 th July	10:00-11:00
REACT Mental Health Conversation Training	Thursday 25 th July	10:00-11:30
Self-Massage Techniques*	Thursday 25 th July	12:00-12:30
Fraud, Scams & Financial Safety with Money Helper UK*	Friday 26 th July	11:00-11:45
How to keep Hydrated Workshop*	Thursday 1 st August	14:00-14:30
Reasonable Adjustments for Neurodivergence	Friday 2 nd August	13:00-13:45
Suicide Prevention Training	Tuesday 6 th August	10:00-11:00
Handling Difficult Situations with Compassion Training	Thursday 8 th August	10:00-12:00
Neurodiversity Awareness*	Thursday 8 th August	15:00-16:00
Weight Management Series - Sugar and Snacks*	Wednesday 14 th August	10:00-10:30
REACT Mental Health Conversation Training	Wednesday 14 th August	13:00-14:30
Wellbeing - A Psychotherapist's Perspective	Friday 16 th August	12:00-12:45
Supporting Yourself Following Trauma*	Monday 19 th August	10:30-11:15
Weight Management Series - Proteins and Fat Loss*	Monday 26 th August	09:00-09:30
Your Physical Health and When to Ask for Support*	Tuesday 27 th August	13:00-13:30



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Coping with Change: Self-Care Toolbox*	Wednesday 28th August	10:00-10:45
Air Arts: Made in the NHS: Ceramics (Royal Derby Hospital)	Wednesday 4 th - 25 th September	19:00-21:00
Leave Work at Work: Self-Care Toolbox*	Thursday 5 th September	14:00-14:45
Suicide Prevention Training	Tuesday 10 th September	13:00-14:00
Neurodiversity in the Workplace	Wednesday 11 th September	11:00-12:00
Recharge your Life: The Power of Sleep*	Thursday 12 th September	12:30-13:30
Managing Workplace Stress & Burnout for Managers	Friday 13 th September	10:00-10:45
Weight Management Series - Fat and Fat Loss*	Friday 13 th September	11:30-12:00
Using Rest to Reduce Stress*	Tuesday 17 th September	16:00-16:45
Credit Health and Improving Your Score*	Wednesday 18 th September	12:00-12:40
Air Arts Made in the NHS: Textiles (Queens Hospital Burton)	Thursday 19 th September	12:00-13:00
Air Arts: Made in the NHS Sculpture (Queens Hospital Burton)	Saturday 21 st September	10:30-15:30
Reasonable Adjustments for Long-Term Health Conditions*	Tuesday 24 th September	12:30-13:00
REACT Mental Health Conversation Training	Friday 27 th September	11:00-12:30
Weight Management Series - Carbohydrates and Fat Loss*	Monday 30 th September	13:00-13:30

Time not convenient?

Sessions marked with a * offer recordings for all who are booked on.

Have you seen our On-Demand Channel?

We offer a selection of previous webinar recordings in our OnDemand channel [HERE](#):



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