



**Wellbeing**  
Joined Up Care Derbyshire

## **Your Wellbeing Timetable**

### **Workshop and Webinar List**

#### **April - June 2024**

Menopause in South Asian Communities	Thursday 4 <sup>th</sup> April	12:00-13:00
Weight Management Group - Goal Setting*	Monday 8 <sup>th</sup> April	12:00-12:30
Emotional Freedom Techniques - Tapping*	Wednesday 10 <sup>th</sup> April	12:00-12:30
Air Arts Made in the NHS: Willow Weaving QHB	Saturday 13 <sup>th</sup> April	10:30-12:30
Air Arts Made in the NHS: Willow Weaving QHB	Saturday 13 <sup>th</sup> April	14:00-16:00
Air Arts Made in the NHS - Metal Flower Sculptures QHB	Thursday 11 <sup>th</sup> + 18 <sup>th</sup> April	12:00-13:00
Weight Management Group - Energy Balance & Portions*	Monday 15 <sup>th</sup> April	12:00-12:30
Air Arts Made in the NHS - Metal Flower Sculptures RDH	Wed 17 <sup>th</sup> April 29 <sup>th</sup> May	19:00-21:00
Self-care Toolbox - Coping with Stress	Thursday 18 <sup>th</sup> April	14:00-15:00
Headache Soothing Workshop*	Friday 19 <sup>th</sup> April	12:00-12:45
Weight Management Group - Calorie Tracking*	Monday 22 <sup>nd</sup> April	12:00-12:30
Postural Awareness*	Monday 22 <sup>nd</sup> April	12:30-13:00
Climate Café	Monday 22 <sup>nd</sup> April	15:30-17:00
Reflexology for Musculoskeletal Support	Tuesday 23 <sup>rd</sup> April	11:30-12:00
REACT Mental Health Conversation Training	Wednesday 24 <sup>th</sup> April	10:00-11:30
Head, Neck and Shoulder Release	Wednesday 24 <sup>th</sup> April	13:00-13:30
Melt Away Stress	Thursday 25 <sup>th</sup> April	12:30-14:00
Air Arts Made in the NHS: Spring Wreaths QHB	Saturday 27 <sup>th</sup> April	10:30-12:30
Weight Management Group - Sugar and Snacks*	Monday 29 <sup>th</sup> April	12:00-12:30
Sleep Workshop*	Monday 29 <sup>th</sup> April	12:00-13:00
What are Hidden Disabilities and Support Available*	Tuesday 30 <sup>th</sup> April	15:00-16:00
Air Arts Made in the NHS Natural Crafts RDH	Wednesday 1 <sup>st</sup> - 22 <sup>nd</sup> May	18:00-20:00
Air Arts Made in the NHS Glass QHB	Thursday 2 <sup>nd</sup> + 9 <sup>th</sup> May	12:00-13:00
How to Rest Well Workshop*	Wednesday 8 <sup>th</sup> May	15:00-16:00
Climate Café	Friday 10 <sup>th</sup> May	10:00-11:30
Weight Management Group - Protein and Fat Loss	Monday 13 <sup>th</sup> May	12:00-12:30
Dealing with Trauma*	Monday 13 <sup>th</sup> May	13:00-13:45
Menopause in African Caribbean Communities	Tuesday 14 <sup>th</sup> May	12:00-13:00
Suicide Awareness Training	Wednesday 15 <sup>th</sup> May	13:00-14:00





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Self-Care Toolbox - Leaving Work at Work*	Friday 17 <sup>th</sup> May	12:00-13:00
Looking After Your Team's Wellbeing*	Monday 20 <sup>th</sup> May	10:00-11:00
Weight Management Group - Carbs and Fat Loss*	Monday 20 <sup>th</sup> May	12:00-12:30
Emotional Freedom Techniques - Tapping*	Wednesday 22 <sup>nd</sup> May	18:30-19:00
Financial Wellbeing with Affinity UK	Thursday 23 <sup>rd</sup> May	10:00-11:30
REACT Mental Health Conversation Training	Friday 31 <sup>st</sup> May	13:00-14:30
A Wellbeing Introduction for International Staff*	Monday 3 <sup>rd</sup> June	14:00-15:00
Coping with Loss: Bereavement Support*	Monday 3 <sup>rd</sup> June	16:00-16:45
Air Arts Made in the NHS Natural Crafts QHB	Thursday 6 <sup>th</sup> June	12:00-13:00
Air Arts Made in the NHS Silk Painting RDH	Thursday 6 <sup>th</sup> - 27 <sup>th</sup> June	18:00-20:00
Self-Care Toolbox - Coping with Change*	Friday 7 <sup>th</sup> June	12:00-12:45
Weight Management Group - Menopause*	Monday 10 <sup>th</sup> June	12:00-12:30
The Menopause as a Neurodiverse Experience	Tuesday 11 <sup>th</sup> June	12:00-13:00
Looking After Your Health & Wellbeing During Menopause	Wednesday 12 <sup>th</sup> June	12:30-13:30
Air Arts Made in the NHS Natural Crafts QHB	Thursday 13 <sup>th</sup> June	12:00-13:00
Weight Management Group - Shiftwork and Nutrition*	Monday 17 <sup>th</sup> June	12:00-12:30
Weight Management Group - Moving Forwards*	Monday 24 <sup>th</sup> June	12:00-12:30
Menopause: Talking to Important People in your Life	Wednesday 26 <sup>th</sup> June	18:30-19:30
REACT Mental Health Conversation Training	Thursday 27 <sup>th</sup> June	13:30-15:00

### ***Time not convenient?***

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