

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our September wellbeing newsletter!

This month, we're focusing on practical ways to support both your own wellbeing and that of your team. From cultivating positivity and mindfulness to protecting heart health and building a strong wellbeing culture. We're also highlighting free activities from Joined Up Care Derbyshire to help you stay active and energised, plus key awareness days to get involved in.

People Promise



Derbyshire GP
Provider Board



People Promise

We are
safe and
healthy

POSITIVITY & MINDFULNESS

Mindfulness is the practice of being fully present and aware of your thoughts, feelings, and surroundings, without judgment. Positivity involves cultivating an optimistic mindset and focusing on strengths and solutions.

- Burnout affects **over 40%** of healthcare professionals, leading to emotional exhaustion and reduced quality of care.
- Mindfulness improves focus, empathy, and decision-making, while positivity boosts resilience and team morale.



Why It's Relevant to Primary Care Staff

- You're often the first point of contact for patients, so your emotional presence matters
- Mindfulness helps manage high workloads, complex cases, and emotional strain
- Positivity fosters better team dynamics and patient relationships

Key Statistics

- Mindfulness training can reduce burnout symptoms by **up to 30%** in healthcare settings
- Positive teams are **12% more productive** and report **23% higher job satisfaction**

FREE EVENTS FOR PRIMARY CARE STAFF:

[Emotional Freedom Technique - Weekly Tapping - Booking by Bookwhen](#)

[Chair Yoga & Breathwork \(Virtual\) - Booking by Bookwhen](#)

[De-stress Yoga - Booking by Bookwhen](#)




PREVENTION STARTS WITH US

Heart disease is one of the leading causes of death in the UK, and high blood pressure is a major contributor. But, here's the good news: most heart problems are preventable, and every member of the primary care team can help make that happen.

Whether you're a GP, nurse, receptionist, healthcare assistant, or practice manager, you play a role in helping patients and colleagues understand, monitor, and improve their heart health.

Joined Up Care Derbyshire (JUCD) offers a wide range of **FREE** wellbeing activities to help staff stay active and support their own heart health.

September	Headache Soothing Techniques*	Tuesday 9th September	12:00-12:30
	Suicide Awareness And Prevention Training	Wednesday 10th September	14:00-15:00
	Positivity & Mindfulness - Overcome Holiday Blues*	Thursday 11th September	12:30-13:15
	Sleep Workshop*	Monday 15th September	11:00-12:00
	Supporting Behaviour Change	Wednesday 17th September	13:15-16:30
	National Fitness Day - Get More Active, Ask The Trainer	Thursday 18th September	12:00-12:30
	React Mental Health Conversation Training	Friday 19th September	11:00-12:00
	How To Have Better Conversations Around Mental Health	Tuesday 23rd September	13:15-16:30
	Quality Conversations Training	Wednesday 24th September	09:15-16:30
	Your Financial Wellbeing Course	Wednesday 24th September	10:00-11:30
	Tell Me About Shoulders - Workshop*	Thursday 25th September	14:00-14:30
	Neurodiversity In The Workplace	Friday 26th September	11:00-12:00
	Supporting People To Support Themselves	Monday 29th September	09:15-12:30

 **Delivered virtually and face-to-face across Derbyshire**

 **Over 250 sessions each month**

 **Suitable for all levels and abilities**

 **Book your activity:**
www.bookwhen.com/jucdwellbeing



Building a Team Wellbeing Culture

A wellbeing culture is a shared commitment to supporting each other's physical, emotional, and social health at work.

Key Stats

- NHS teams with wellbeing strategies saw 30% fewer sick days.
- Staff in inclusive teams are 2x more likely to report job satisfaction.



Why It's Relevant to Primary Care Staff

- You work in tight-knit teams under pressure, so supporting each other is vital.
- A positive culture helps manage workload stress, conflict, and burnout.

Top Tips:

- Access wellbeing activities timetable (FREE for primary care staff) thehubplus.co.uk/activities-timetable
- Have a wellbeing champion in your practice- find out more here thehubplus.co.uk/wellbeing-champion
- Access free wellbeing resources from our website thehubplus.co.uk/training-tools-self-help-handouts

September Awareness Days 2025

As the summer season comes to an end and we move into autumn, September brings with it awareness days that highlight importance of health and wellbeing issues relevant to our communities.

World Suicide Prevention Day

10th September 2025

[Click here](#) to find out more



International Day of Sign Languages

23rd September 2025

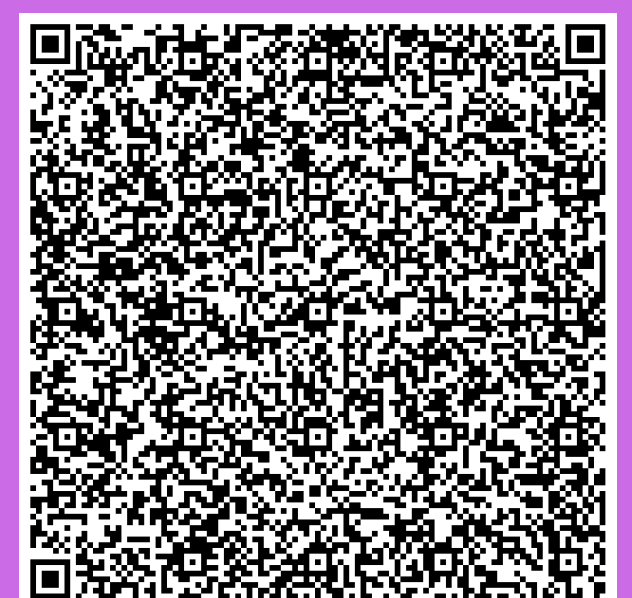
[Click here](#) to find out more



MacMillian World's Biggest Coffee Morning

26th September 2025

[Click here](#) to find out more



FREE WELLBEING VISITS

Did you know that wellbeing visits are available to any practices within Derbyshire?

Wellbeing visits are designed to promote health and wellbeing within our general practice community and its staff working tirelessly within.

Our wellbeing visits offer a safe and supportive space for all staff working in primary care to discuss their concerns, receive guidance, ask for support and enhance overall wellbeing.

How to Book a Wellbeing Visit

1. Visit our website: Go to [The Hub Plus Wellbeing Visits](#).
2. Select your service: Browse through the available services and choose the one that best fits your needs
3. Fill out the booking form: Complete the online form with your details and preferred appointment time. [Book here](#)
4. Confirmation: Once submitted, you will receive a confirmation email with all the necessary information about your visit

Book your wellbeing visit at your practice online/ in-person in September, October and November!



1 July - 30 September

M	T	W	Th	F
Bodyweight Exercise 07:30-08:00 Virtual	Kettlebells 07:15-07:45 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Meta-Fit 07:15-07:45 Virtual	Hip Health 07:30-08:00 Virtual
Back Strength & Stretch 12:15-12:45 Virtual	Working with a Health Condition Support Café 10:30-11:30 29 Jul, 26 Aug, 30 Sept Virtual	Returning to Work Following ill Health 10:00-10:40 Virtual	Menopause Yoga 08:00-08:30 Virtual	Full Body Workout 08:30-09:00 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual	Mum's Space 11:00-11:40 Virtual	Chair Yoga & Breathwork 10:00-10:30 Virtual	Manager & Leader Supporting your Team's Wellbeing Drop-in 10:00-11:00 3 Jul, 7 Aug, 4 Sept Virtual	Emotional Freedom Techniques 10:00-10:20 Virtual
Book Club 13:00-13:45 14 July, 15 Sept Virtual	Desk Stretches for Neck & Posture Health 11:00-11:20 Virtual	Men's Group Getting Over the Hump 12:00-13:30 2 Jul, 6 Aug, 3 Sept Virtual	Desk Mobility 12:00-12:20 Virtual	Grief Kind Space 11:00-13:00 RDH
Supporting Yourself Following Trauma 13:00-14:00 28 July Virtual	Menopause Café 14:00-15:00 15 Jul, 19 Aug, 16 Sept Virtual	Mobilise & Stretch 12:00-12:30 Virtual	Yoga 12:30-13:00 Virtual	Wilderness Therapy 13:00-13:30 29 Aug Virtual
Sacred Change Navigating Menopause with Soul 14:00-15:00 14 July Virtual	Menopause Practitioner Q&A 14:00-15:00 1 Jul, 5 Aug, 2 Sept Virtual	Kettlebells 12:15-12:45 Virtual	Returning from Parental Leave Support Group 14:00-15:00 31 Jul, 28 Aug, 25 Sept Virtual	Green Exercise at Badger Wood 13:00-13:30 Sept Only QHB
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Table Tennis 17:00-19:00 RDH	Doctors in Distress 12:30-13:30 Virtual	Neurodiverse Café 14:00-15:00 17 Jul, 21 Aug, 18 Sept Virtual	Cancer Support Group 13:00-14:00 25 Jul, 29 Aug, 26 Sept Virtual
Salsa Dancing Regulars 17:15-18:00 KHD	Legs, Bums & Tums 18:30-19:00 Virtual	Hormone & Reproductive Health Group 13:30-14:15 Bi-Weekly Virtual	De-stress Yoga 17:30-18:00 Virtual	Dancing In the Park 12:30-15:30 12 Jul, 16 Aug Darley Park
Doodle Club 17:00-18:30 7 July RDH & Virtual	Wellbeing Choir 19:30-21:00 RDH	Bereavement Support Group 14:30-16:00 23 Jul, 20 Aug, 24 Sep Virtual	Core Strength 18:00-18:20 Virtual	Women's Football 18:00-19:00 MPS
Zumba 18:30-19:00 Virtual	Pilates 17:00-17:30 Virtual	Derby Hospitals Band 19:00-21:00 GH	Dad's Space 19:30-21:00 Bi weekly Pride Park	
Summer Skincare Ritual 18:00-19:30 4 Aug Virtual	See you at the Barre 17:30-18:00 Virtual			



bookwhen.com/jucdwellbeing

Password: sand

Physical Activities Info & Support
Arts & Culture Mind & Body

Activity Locations

KHD Kingsway Hospital Derby
RDH Royal Derby Hospital
MPS Murray Park School
GH Grange Hall



VIDEOS ON DEMAND

View our recordings here
and use the password:
Wellbeing

vimeo.com/showcase/8854943

Become a Wellbeing Champion



Your Self-Care

Browse through a list of
services, helplines and apps
that offer colleagues support
with their Health & Wellbeing



Request a Wellbeing Visit



Primary Care / Peer Psychological Support

Providing a confidential safe space for staff
to meet with trained practitioners



Download our Wellbeing Newsletter



Webinars, Workshops and Training

Your Wellbeing Timetable is delivered by highly qualified professionals, trained to adapt content to ensure participant's safety and comfort. Please click on the activities via our booking platform for additional information on accessibility modifications or contact your Wellbeing Team.

All activities must be booked in advance.

New sessions are added regularly, please look out for new and exciting sessions & support throughout this release.

July

No Two Brains Are The Same. What Is Neurodiversity?	Wednesday 9th July	10:00-12:00
Supporting Your Posture, Muscle And Bone Health*	Friday 11th July	13:00-14:00
Sacred Change - Navigating Menopause With Soul*	Monday 14th July	14:00-15:00
Wellbeing Conversation Training	Wednesday 16th July	13:00-15:30
How To Have Better Conversations Around Mental Health	Wednesday 16th July	13:15-16:30
Coping With Stress Workshop*	Wednesday 16th July	14:00-15:00
Supporting People To Support Themselves	Thursday 17th July	13:15-16:30
Looking After Your Pelvic Floor, Bladder And Bowel*	Friday 18th July	13:00-13:45
Managing Employees With Autism With Pamc	Friday 18th July	13:00-13:45
Woodland Walk & Weaving Art	Saturday 19th July	10:00-12:00
Woodland Walk & 'Wild Wellbeing' Nature Booklet Making	Saturday 19th July	13:30-15:30
Self-Massage Techniques*	Wednesday 23rd July	12:00-12:30
Handling Difficult Conversations With Care & Compassion	Wednesday 23rd July	14:30-16:30
React Mental Health Conversation Training	Friday 25th July	10:00-11:00
Woodland Walk & Weaving Art	Saturday 26th July	10:00-12:00
Woodland Walk & 'Wild Wellbeing' Nature Booklet Making	Saturday 26th July	13:30-15:30
Supporting Yourself Following Trauma	Monday 28th July	13:00-14:00

August

Summer Skincare Ritual Workshop* Online	Monday 4th August	18:00-19:30
Quality Conversations Training	Tuesday 5th August	09:15-12:30
Quality Conversations For Leaders	Wednesday 13th August	13:15-16:30
React Mental Health Conversation Training	Thursday 14th August	13:00-14:00
Skincare Ritual In-Person Event (£)	Monday 18th August	17:00-18:30
Hydration Workshop*	Wednesday 20th August	11:00-11:40
How To Have Better Conversations Around Mental Health	Thursday 28th August	09:15-12:30
Coping With Change Workshop*	Thursday 28th August	15:00-16:00
Connect To Nature - Introduction To Wilderness Therapy*	Friday 29th August	13:00-13:30

September

Self-Massage Techniques*	Thursday 4th September	14:00-14:30
Supporting Employees Who Are Suicidal With Pamc	Friday 5th September	13:00-13:45
Headache Soothing Techniques*	Tuesday 9th September	12:00-12:30
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Sessions marked with a * offer recordings to all booked on

"These classes have re-inspired my love of physical activity and have gone toward my 2.5 stone weight loss. I feel so much better for it and it boosts my mood."

"The classes have been a revelation to me and I enjoy them so much"

"I really love the Hip Health class and it has made a real difference to my joint pain. It has taught me stretches I can do outside of class as well."

Password:
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[bookwhen.com/
JUCDwellbeing](https://bookwhen.com/JUCDwellbeing)



VIDEOS ON DEMAND

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Wellbeing

vimeo.com/showcase/8854943



**We'd love to hear
your feedback**

Tell us what you want to
see more of and feedback
on this service



**Questions ?
about the
Wellbeing Timetable?**

Email:

UHDB.GetHealthyStayHealthy
@nhs.net



Health and Wellbeing Champions in Primary Care

Are you passionate about health and wellness? Whether you're interested in mental health, fitness, social inclusion, or simply supporting your team's wellbeing, we invite you to join our network of **Wellbeing Champions across Derby and Derbyshire**.

This voluntary role is a rewarding opportunity to promote wellness among patients, colleagues, and the wider community. You'll play a key part in sharing wellbeing messages, leading activities, and encouraging access to support—while role modelling healthy practices in the workplace.

What we ask:

- ✓ Share wellbeing messages and event info
- ✓ Use your skills (e.g., fitness, group facilitation) to support others
- ✓ Champion wellbeing within your team
- ✓ Join network meetings and shape future activities

What you'll get:

- ✓ Monthly virtual meetings with fellow champions
- ✓ Early access to new wellbeing initiatives
- ✓ Networking opportunities
- ✓ A library of resources

Ready to join?

Complete our quick **5-minute sign-up form** or scan the QR code. We'll be in touch with a welcome email and learning hub access.



EVENTS 2025

WELLBEING

Suicide Awareness & Prevention Training - Online Wednesday, 10 September 2pm – 3pm - Understand the wider impact of bereavement on those exposed to or affected by suicide.

Positivity & Mindfulness - Overcome Holiday Blues* - Thursday, 11 September 12:30pm – 1:15pm - Whether you travelled far and wide or simply enjoyed some relaxing time at home, all good things come to an end eventually.

National Fitness Day - Get More Active, Ask the Trainer - Thursday, 18 September '25 12pm – 12:30pm - If you're looking to get a little bit fitter, or are a complete beginner and have no idea where to start when it comes to exercise join this judgement free space to ask about tips and tricks to make exercise a fun experience, not a chore!

React Mental Health Conversation Training - Friday, 19 September 11am – 12pm - Learn how to have helpful and supportive conversations with colleagues about their mental health and signpost to the wide range of services available to our workforce.

Taking Control of Your Finances - Wednesday, 24 September 10am – 11:30am - Informative and interactive workshop looking at how any kind of change in our life can impact us and how to cope with the impact of change.

Neurodiversity in the Workplace - Friday, 26 September 11am – 12pm - Discover how diverse minds can bring fresh perspectives and innovative ideas to organisations. Whether you're an employer, HR or Learning and Development professional or simply interested in this topic, this event is for you!

Sessions marked with a * offer recordings to all booked on.

Hub Plus Sessions

Register/sign in for the Hub Plus sessions by [clicking here](#).



JUCD Wellbeing Sessions

View the full Wellbeing Timetable [here](#). All sessions can be booked with password 'sand' (lowercase)