

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our August wellbeing newsletter!

As we move through the heart of summer, August offers a valuable opportunity to pause, reflect, and prioritise our wellbeing. In this month's newsletter, we're focusing on practical ways to stay well and make the most of the season; whether you're on shift or taking a well-earned break. We'll explore how to care for your skin and stay hydrated during warmer days, how to truly switch off and recharge during time off, and how to engage with national awareness days like Cycle to Work day and National Relaxation Day.

People Promise



Derbyshire GP
Provider Board



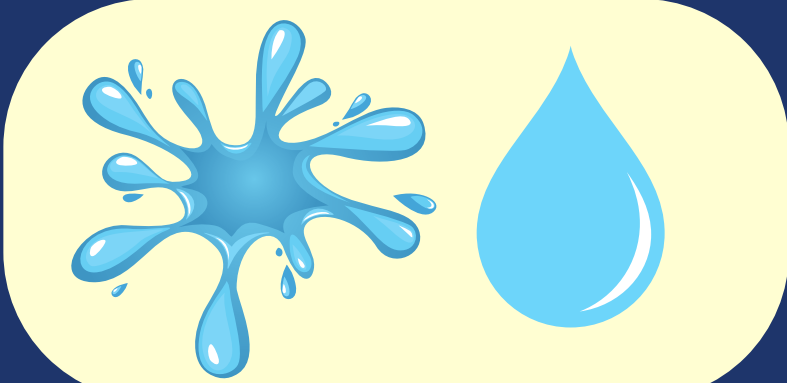
SKIN & HYDRATION: CARING FOR YOURSELF IN THE SUMMER



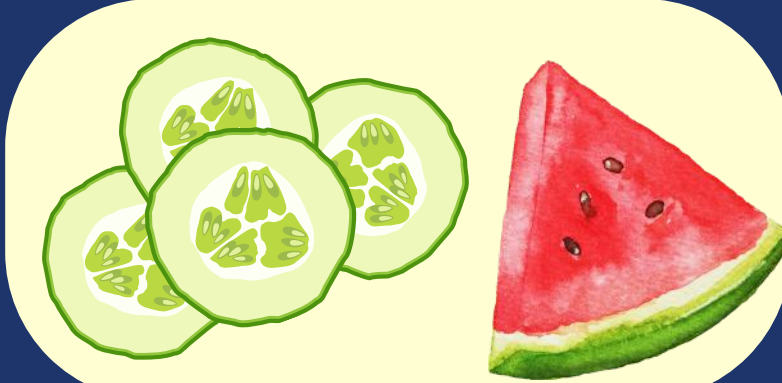
Why It Matters

Summer brings longer days and warmer temperatures, but it also increases the risk of dehydration and skin damage.

Hydration Tips



Aim for 6 to 8 glasses of water daily. Keep a refillable bottle nearby during shifts.



Include hydrating foods like watermelon, cucumber, and leafy greens in your meals.



Limit caffeine and sugary drinks, which can contribute to dehydration.

Skin Care Essentials



- Apply SPF 30 or higher sunscreen daily, even on cloudy days.
- Use moisturisers with sun protection and reapply if working outdoors.
- Consider barrier creams if you're frequently washing hands or using sanitiser.

Quick Cool-Down Ideas

- Use a damp cloth on your neck or wrists during breaks.
- Keep facial mist or cooling wipes in your bag.
- Take short walks in shaded areas to reset and refresh.



Taking care of your skin and hydration isn't just about comfort, it's about sustaining your energy and wellbeing.

HOLIDAY MODE: MAKING TIME OFF COUNT

The Importance of Rest

Time off is more than a break. It's a chance to recharge mentally, emotionally, and physically.

OUT OF OFFICE

Tips for a Restorative Break

- Set boundaries: Avoid checking work emails or messages during your leave.
- Plan activities that bring joy: reading, walking, exploring, or simply resting.
- Reconnect with loved ones and spend quality time together.
- Reflect on what helps you feel most relaxed and prioritise those things.

Returning Refreshed

- Ease back into work with a clear plan.
- Share positive moments from your break with colleagues.
- Consider what habits or routines you can carry forward for ongoing wellbeing.

For NHS staff, taking leave can sometimes feel difficult, but it's essential for long-term wellbeing. Make use of your annual leave entitlement and encourage colleagues to do the same.

Make the Most of August: Wellbeing Days Out & NHS Discounts

As summer shines on, it's the perfect time to recharge, reconnect with loved ones, and explore the beautiful outdoors of Derbyshire. Here are some fantastic events and tips to help NHS staff make the most of August!

Chatsworth Country Fair

29th – 31st August 2025

Enjoy hot air balloons, vintage rides, cookery demos, and family fun in the stunning Chatsworth Park.

Please [click here](#) for more information

Dog Lovers Festival

1st - 3rd August 2025

A relaxed, family-friendly festival with tribute bands, dog shows, and food stalls.

Please [click here](#) for more information

Cromford Steam Rally

2nd – 3rd August

Celebrate vintage steam engines, classic vehicles, and countryside crafts.

Please [click here](#) for more information

Park Run

Every Saturday at 9:00am

A free, fun, and friendly weekly 5k community event. Walk, jog, run, volunteer or spectate – it's up to you!

Please [click here](#) for more information

Summer Saturdays at Peak Village

2 August 2025, 9 August 2025, 16 August 2025, 23 August 2025

Live music, crafts, and family activities in a relaxed shopping village.

Please [click here](#) for more information

NHS Discounts to Use This Summer:

Blue Light Card: Save on theme parks, restaurants, cinemas, and more. Visit: www.bluelightcard.co.uk



Health Service Discounts: Offers on family days out, travel, and shopping. Visit: www.healthservicediscounts.com



Tip: Use your discounts to plan a low-cost, high-reward day out with family or friends. Whether it's a picnic in the Peaks or a discounted trip to a local attraction, every moment counts.

Take time for YOU this August. You deserve it.

August Awareness Days 2025

As we move through the summer season, August brings with it awareness days that highlight importance of health and wellbeing issues relevant to our communities. Check out two of the upcoming days.

Cycle to Work Day 1st August 2025

[Click here](#) to find out more



Celebrate National Relaxation Day! 15th August 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 August, September and October!



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 | Zumba 17:15-18:00 RDH | 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 |
| 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 |

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."

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



VIDEOS ON DEMAND

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and use the password:

Wellbeing

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**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

ONLINE

Summer Skincare Ritual Workshop* - Online Monday 4th August 18:00-19:30 - In this expertly guided facial ritual follow-along, you will learn mindful, rhythmical application method, to restore your skin's vitality and that natural healthy glow.

Quality Conversations Training - Tuesday 5th August 09:15-12:30 - Core Quality Conversations training is an innovative approach to improving communication skills. We aim to provide a fun safe place to enhance learning and practice new skills.

React Mental Health Conversation Training - Thursday 14th August 13:00-14:00 - 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.

Hydration Workshop* - Wednesday 20th August 11:00-11:40 - 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.

Coping With Change Workshop* - Thursday 28th August 15:00-16:00 - Learn how to keep hydrated this summer. The benefits of proper hydration, and the symptoms of dehydration.

Connect To Nature - Introduction to Wilderness Therapy* - Friday 29th August 13:00-13:30 - Learn of the many benefits that wilderness can bring to your wellbeing to encourage you to spend more time connecting with nature this summer.

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)