

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our October wellbeing newsletter!

As the leaves turn and the days grow shorter; October invites us to slow down, reflect, and nurture our wellbeing. In primary care, where the pace rarely eases, it's more important than ever to take moments for yourself.

People Promise



Derbyshire GP
Provider Board



People Promise

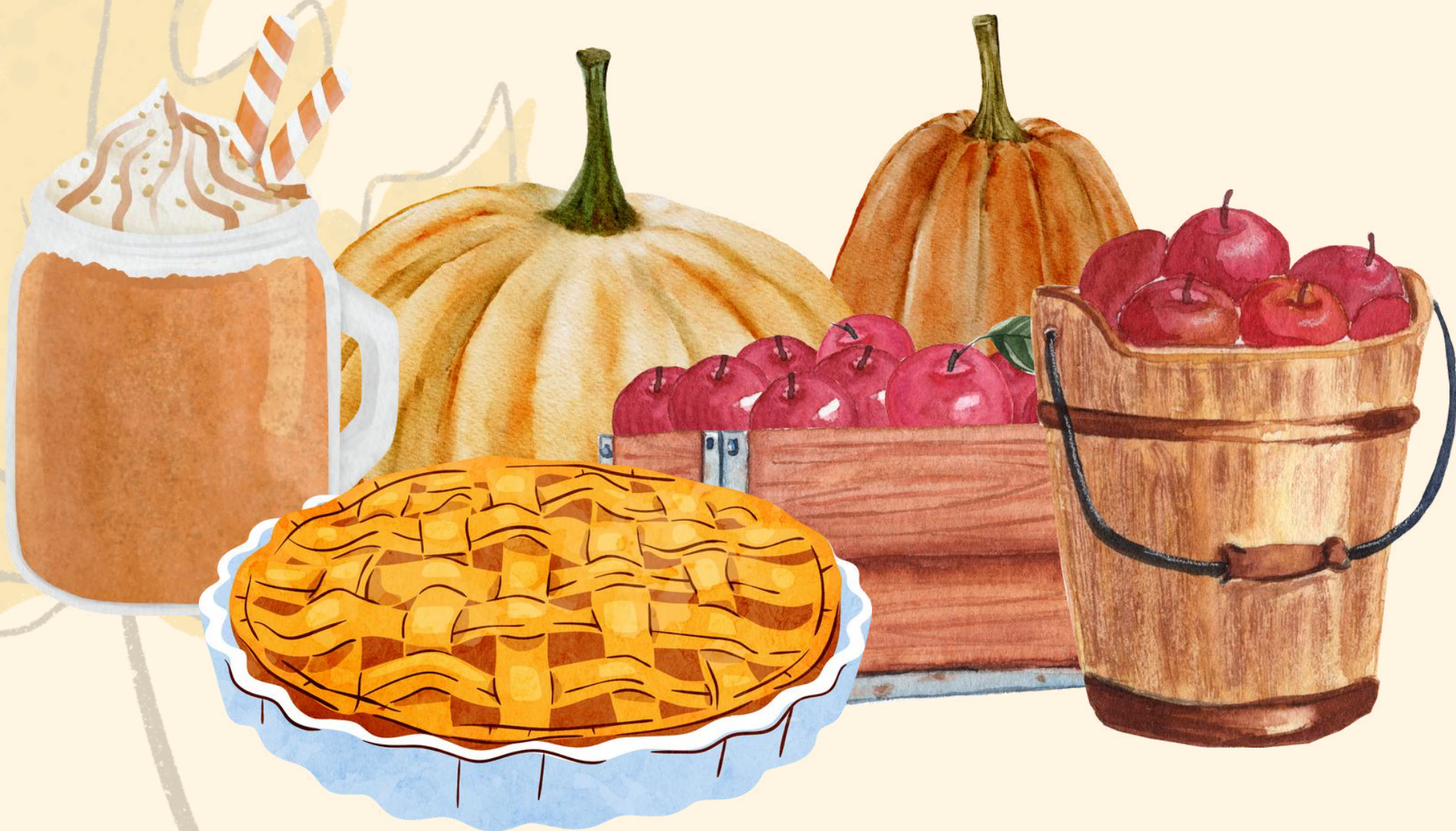
We are
safe and
healthy

Nourish to Flourish: EATING WELL IN AUTUMN

Busy shifts and colder weather can make it tempting to skip meals or reach for quick fixes. But autumn is full of nourishing options that support energy and mood.

Quick wins:

- Batch cook hearty soups or stews with seasonal veg like squash, carrots, and leeks
- Snack smart: Keep nuts, fruit, or oat bars on hand for sustained energy
- Hydrate: Warm drinks count! Herbal teas or hot water with lemon are great options



Staff tip:
"We started a 'soup swap' where everyone brings a portion to share. It's been a lovely way to connect."
- Admin Team,
Derbyshire

SPEAK-UP MONTH

That's why Freedom to Speak Up matters more than ever.

Why Speaking Up Is Powerful

As winter pressures build, it's easy to feel overwhelmed. The pace quickens, demands rise, and sometimes it feels like there's no space to breathe, let alone speak. But when we bottle things up, stress doesn't disappear; It builds, and eventually, it can explode.

Speaking up isn't about complaining, it's about protecting your wellbeing, improving patient care, and strengthening your team. Whether it's a concern about safety, a process that's not working or how you're being treated, your voice matters.



What Does a Freedom to Speak Up Guardian Do?

Freedom to Speak Up Guardians are here to listen without judgment, support you confidentially, and help you raise concerns safely. In primary care, they deal with a wide range of issues, including:

- **Workplace culture:** Feeling excluded, bullied, or unsupported
- **Patient safety:** Concerns about care quality or unsafe practices
- **Systems and processes:** Inefficiencies or risks that affect staff or patients
- **Staff wellbeing:** Stress, burnout, or lack of psychological safety

Winter Is Tough—Don't Do It Alone

Visit our website to find out more about Derbyshire's Freedom to Speak Up service:
<https://www.thehubplus.co.uk/freedom-to-speak-up>



SEASONAL SELF-CARE TIPS

1. Seek Out Natural Light

With shorter days, it's quite often we end up feeling tired and de-motivated. Try to get outside during daylight hours, even a few minutes on your lunch break can help regulate your sleep cycle and boost your mood!

2. Move Mindfully

Autumn walks can be a great way to decompress. Whether it's a stroll through fallen leaves or a brisk walk between appointments, movement helps reduce stress and improve focus.



3. Bring Autumn Indoors

Surround yourself with comforting seasonal touches. A small plant, autumn-scented candle (where safe), or a photo of nature can help create a calming workspace.

4. Connect with Colleagues

Autumn can feel isolating for some. A quick chat, shared laugh, or team check-in can boost morale and remind us, we're in this together.

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 October, November and December



M	T	W	Th	F
Bodyweight Exercise 07:30-08:00 Virtual	NEW Morning Energizer 07:30-08:00 Virtual	Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual	Menopause Yoga 08:00-08:30 Virtual	Hip Health 07:30-08:00 Virtual
Planning For Retirement Course 09:00-12:00 6 Oct Virtual	Working with a Health Condition Support Café 10:30-11:30 28 Oct, 25 Nov, 23 Dec Virtual	Returning to Work Following Ill Health Support Group 10:00-10:40 Virtual	Manager & Leader Supporting your Team's Wellbeing Drop-in 10:00-11:00 2 Oct, 6 Nov, 4 Dec Virtual	Full Body Workout 08:30-09:00 Virtual
NEW Wellbeing Overview for New & Emerging Leaders 11:00-12:00 6 Oct, 3 Nov, 1 Dec Virtual	Wellbeing Drop-in 11:00-13:00 Virtual	Chair Yoga & Breathwork 10:00-10:30 Virtual	Returning from Parental Leave 10:30-11:00 30 Oct, 27 Nov, 18 Dec Virtual	Emotional Freedom Techniques 10:00-10:20 Virtual
Back Strength & Stretch 12:15-12:45 Virtual	Desk Stretches for Neck & Posture Health 11:00-11:20 Virtual	Men's Group Getting Over the Hump 12:30-14:00 1 Oct, 5 Nov, 3 Dec Virtual	Desk Mobility 12:00-12:20 Virtual	Shoulder Health 11:00-11:20 Virtual
Legs, Bums & Tums 13:00-13:30 Virtual	NEW Origami Time-Out 12:00-12:20 2 Dec Virtual	Mobilise & Stretch 12:00-12:30 Virtual	Yoga 12:30-13:00 Virtual	Bereavement Drop-in Support 11:00-13:00 RDH
NEW Menopause Café 14:00-15:00 20 Oct RDH	Menopause Café 14:00-15:00 21 Oct, 18 Nov, 16 Dec Virtual	Doctors in Distress 12:30-13:30 Virtual	Book Club 13:00-13:45 13 Nov Virtual	Mindfulness for Winding Down 13:00-13:30 12 Dec Virtual
Supporting Yourself Following Trauma 14:00-15:00 17 Nov Virtual	Menopause Practitioner Q&A 14:00-15:00 7 Oct, 4 Nov, 2 Dec Virtual	Hormone & Reproductive Health Group 13:30-14:15 BI-Weekly Virtual	Neurodiverse Café 14:00-15:00 16 Oct, 20 Nov, 18 Dec Virtual	Cancer Support Group 13:00-14:00 31 Oct, 28 Nov, 19 Dec Virtual
Salsa Dancing Beginners 16:45-17:15 Regulars 17:15-18:00 KHD	Table Tennis 17:00-19:00 RDH	Mum's Space 14:00-14:40 Virtual	De-stress Yoga 17:30-18:00 Virtual	A Kinder Space 16:00-17:30 RDH
Zumba 18:30-19:00 Virtual	Legs, Bums & Tums 18:30-19:00 Virtual	Bereavement Support Group 14:30-16:00 29 Oct, 26 Nov Virtual	Women's Football 18:00-19:00 MPS	NEW Salsa Social 18:30-21:30 14 Nov Derby
	Wellbeing Choir 19:30-21:00 RDH	Pilates 17:00-17:30 Virtual	Derby Hospitals Band 19:00-21:00 GH	
		Zumba 17:15-18:00 RDH	Dad's Space 19:30-21:00 BI weekly Pride Park	
		See you at the Barre 17:30-18:00 Virtual	NEW Doctors in Distress 18:30-19:30 Virtual	



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Physical Activities

Info & Support

Arts & Culture

Mind & Body

Activity Locations

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



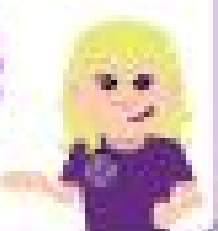
VIDEOS ON DEMAND

View our recordings here and use the password: Wellbeing

vimeo.com/showcase/8654943

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.

October

Handling Difficult Situations with Care and Compassion	Thursday 2nd October	10:00-12:00
Planning for Retirement Course	Monday 6th October	09:30-12:00
Wellbeing Overview for New Managers	Monday 6th October	11:00-12:00
How to Have Better Conversations Around Mental Health	Tuesday 7th October	09:15-12:30
Wellbeing Conversation Training	Thursday 9th October	10:00-12:30
Back Care Myth Buster with Specialist Physiotherapist*	Thursday 9th October	14:00-14:40
REACT Mental Health Conversation Training	Friday 10th October	10:00-11:00
Quality Conversations for Leaders Training	Tuesday 14th October	13:15-16:30
Self- Massage Follow Along - Menopause Focus*	Thursday 16th October	12:00-12:30
Hair and Hormones - Thriving Through Menopause*	Friday 17th October	12:00-12:45
Supporting the Menstrual Cycle Through to Menopause*	Tuesday 21st October	12:00-13:00
(SAD) Understand Seasonal Affective Disorder*	Wednesday 22nd October	12:00-12:40
Menopause & Your Pelvic Floor*	Friday 24th October	11:00-11:45

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



November

Wellbeing Overview for New Managers	Monday 3rd November	11:00-12:00
Master Your Sleep Workshop*	Wednesday 5th November	11:00-12:00
Autumn Glow Skincare Ritual	Wednesday 5th November	18:00-19:30
Coping with Stress Workshop*	Thursday 6th November	12:00-12:45
Managing Workplace Stress & Burnout for Managers PMAC	Friday 7th November	10:00-10:30
Your Financial Future Course	Wednesday 12th November	13:00-15:00
Supporting Behaviour Change Conversation Training	Thursday 13th November	09:15-12:30
Stress Workshop	Thursday 13th November	13:00-15:00
REACT Mental Health Conversation Training	Friday 14th November	14:00-15:00
Salsa Social (In-person event)	Friday 14th November	18:30-21:30
Supporting Yourself Following Trauma	Monday 17th November	14:00-15:00
Wellbeing Conversation Training	Wednesday 19th November	14:00-16:30
Self- Massage Follow Along - Self-Care Focus*	Thursday 20th November	12:00-12:30
Men's Health- Promoting a Healthy Bladder*	Friday 21st November	11:00-11:45
Self-Care - Making Yourself a Priority*	Friday 21st November	13:00-13:45
Men's Mental Health: Tools for Tough Times*	Wednesday 26th November	11:00-12:00
How to Have Better Conversations Around Mental Health	Thursday 27th November	09:15-12:30
Mane Game- A Guide to Men's Hair loss & Health*	Thursday 27th November	13:00-13:45

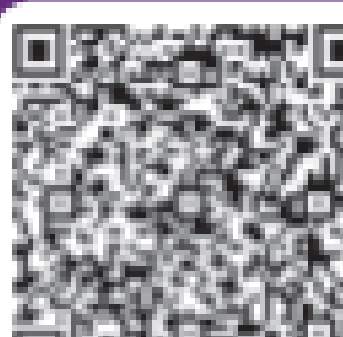


See here for workshops,
including festive activities



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

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



December

Wellbeing Overview for New Managers	Monday 1st December	11:00-12:00
Quality Conversations for Leaders	Tuesday 2nd December	09:15-12:30
Last Days Matter Training (In-person)	Tuesday 2nd December	09:30-12:30
Origami Time-Out	Tuesday 2nd December	12:00-12:20
Int'l Day of Disabilities: Supporting Our Workforce*	Wednesday 3rd December	11:00-11:45
Suicide Awareness & Prevention Training	Thursday 4th December	11:00-12:00
Practical Tips To Help Reduce Energy Usage & Bills*	Friday 5th December	14:00-14:45
How to Have Better Conversations Around Mental Health	Wednesday 10th December	09:15-12:30
Mindfulness for Winding Down*	Friday 12th December	13:00-13:30
REACT Mental Health Conversation Training	Tuesday 16th December	10:00-11:00
Supporting People to Support Themselves Training	Wednesday 17th December	09:15-12:30

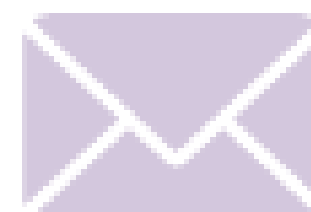
Sessions marked with a * offer recordings to all booked on

"These sessions are excellent - great and engaging that leave me feeling informed, calm, relaxed."

"The sessions were well led and I've learned new skills while mixing with colleagues in an enjoyable environment. The combination of movement, music, coordination, social interaction and connection with others really helps to boost overall wellbeing."

**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.



Spotlight! OCTOBER



Wellbeing

Your

Wellbeing Timetable

M

**Monday 6 Oct
11:00-12:00**

**Wellbeing Overview for
New & Emerging Leaders**

F

**Friday 10 Oct
10:00-11:00**

**REACT Mental Health
Conversation Training**

F

**Friday 17 Oct
12:00-12:45**

**Hair and Hormones
Thriving Through Menopause***

F

**Friday 24 Oct
11:00-11:45**

**Menopause & Your Pelvic
Floor***

M

**Monday 6 Oct
09:30-12:00**

Planning for Retirement Course

Th

**Thursday 9 Oct
14:00-14:40**

**Back Care Myth Buster with
Specialist Physiotherapist***

Th

**Thursday 16 Oct
12:00-12:30**

**Self- Massage Techniques -
Menopause Focus***

W

**Wednesday 22 Oct
12:00-12:40**

**(SAD) Understand Seasonal
Affective Disorder***

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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)

