



ddlmc.thehubplus@nhs.net  
 www.thehubplus.co.uk  
 07883 328933

The  
**Hub**



DERBYSHIRE



NEWSLETTER

As a not-for-profit organisation, the team at **The Hub Plus** put **YOU** first. We care about people and want to help **YOU and YOUR team** to achieve the most with your wellbeing, aspirations, career goals, and empower personal growth.

**Explore The Hub Plus website**

**The Hub Plus** – Supporting our General Practice family on their Primary Care journey.

*People Promise*



## IN THIS ISSUE:

[THE DERBYSHIRE GENERAL PRACTICE AWARDS](#)

[SOCIAL PRESCRIBERS SPOTLIGHT](#)

[OLIVER MCGOWAN MANDATORY TRAINING](#)

[PHYSIOTHERAPY IN GENERAL PRACTICE: EXPANDING PATIENT SUPPORT](#)

[NHS EDUCATOR LEVEL 5](#)

[SUPPORTING STUDENTS: WHY YOUR PLACEMENT MATTERS](#)

[SPRING 2026 WELLBEING TIMETABLE](#)

[THE HUB PLUS 10 YEAR ANNIVERSARY](#)

Coming this October to Primary Care....

# Derbyshire General Practice Awards 2026

Presented by **The Hub Plus** · Celebrating 10 Years

**This is YOUR moment.**

The moment to recognise the kindness, courage and compassion that live at the heart of Derbyshire General Practice.

Every day, across every practice and every community, you make a difference. Sometimes in big ways, sometimes in quiet ways... always in meaningful ways. And now, it's time to shine a spotlight on the people who deserve to be celebrated.

There are 10 awards up for nomination this year, honouring the very best of Derbyshire General Practice:

- **Unsung Hero Award**
- **Practice Team of the Year**
- **Primary Care Network of the Year**
- **Leadership in Practice Award**
- **Receptionist / Reception Team of the Year**
- **Future Leader in General Practice**
- **Clinical Excellence Award**
- **Patient Champion Award**
- **Rising Star Award**
- **Community Impact Award**

**Plus: Lifetime Achievement – Special Mentions**

Honouring individuals whose long term dedication has shaped and strengthened Derbyshire general practice.

Nominate individuals, teams or practices who deserve recognition for their contribution, innovation and dedication to patient care across Derbyshire.

**Submit your nomination [here](#)**

**Deadline: Wednesday 1<sup>st</sup> July 2026**

**Save the Date – 23<sup>rd</sup> October 2026**

**The Derbyshire General Practice Awards:** A night dedicated to celebrating the people who make general practice extraordinary - A night dedicated to you.



The Hub Plus team is definitely feeling it today after taking part in the Derby 10K!

We laced up our running shoes to raise money for Bliss, the leading UK charity supporting babies born premature or sick. This is a cause that means so much to everyone at The Hub Plus, as it's something our own team has experienced first-hand. Amy and Liam welcomed the mighty Jude at just 24 weeks, weighing an incredible 1lb 5oz – a true little fighter.

Thanks to the incredible generosity and support from everyone who donated and cheered us on, we've raised over £1,200 for this amazing cause!! Every contribution helps support families going through some of the toughest moments imaginable.

The team did brilliantly yesterday, and we couldn't be prouder of everyone who took part in such an inspiring event. A huge well done to all involved, and a heartfelt thank you to everyone who supported us along the way!

Have you or someone you know worked in Derbyshire Primary Care for 25+ years?

Come join us for the fourth cohort of the Derbyshire General Practice Long Service Awards!

So far we've had the privilege of celebrating more than 200 dedicated professionals for their outstanding service.

Click the following link and answer a few questions, which won't take more than a few minutes. We'll be in touch with more information. The Deadline for applications is Friday 29th May 2026, so get them in soon.

Please note this is the only cohort for 2026, come celebrate your dedication to Derbyshire Primary Care.

[Submit your application now](#)

### Recognise Stress

Common signs of stress include:

- Feeling overwhelmed or irritable
- Difficulty concentrating or making decisions
- Physical symptoms like headaches or fatigue
- Changes in sleep or appetite

### Wellbeing Support for you:

The demands of primary care work are high, but so is the support available. Check out the local wellbeing resources, confidential helplines, and peer support groups available to you!

Please [click here](#) to visit the wellbeing resources page.

### Links to other trusted local support available:

<https://livingwellderbyshire.org.uk/>

<https://www.derbyshirehealthcareft.nhs.uk/about-us/latest-news/stress-bodys-way-responding-challenges-it-not-always-bad-thing-local-safe-haven-shares-tips-combatting-stress-stress-awareness-m>

There's still time to apply for the Derbyshire Portfolio Development CPD Grant Scheme!

Designed to support the growth of the general practice workforce across Derbyshire, this scheme offers targeted clinical CPD grants to individuals working within general practice.

If you're looking to develop your skills, expand your portfolio, and invest in your professional development, this is a fantastic opportunity.

[Find out more](#)

### April is Stress Awareness Month –

A time to recognise the impact of stress and take steps to improve wellbeing. Working in primary care can be demanding and enjoyable, but small changes can make a big difference in managing stress and supporting your wellbeing long-term.

### Tips for Managing Stress

- Take Breaks: Even short pauses can help reset your mind
- Stay Active: A short walk or stretch can ease tension
- Stay Connected: Talk to colleagues, friends, or family
- Prioritise Self-Care: Sleep well, eat well, stay hydrated
- Seek Support: Reach out early if things feel too much

## Advanced Practice Non Clinical Study Day in Manchester

**Date:** 17th April 2026

**Location:** Onsite at The Christie NHS Foundation Trust, Manchester or attend virtually

This inspiring study day focuses on the non-clinical aspects of advanced practice, offering a unique opportunity to:

- Explore the latest developments in Advanced Practice
- Network with peers across the AP community
- Gain insight into future visions and innovations

With sessions delivered by experts from organisations including University of Bradford, Sheffield Hallam University, Manchester Metropolitan University and NHS England, topics include:

- Research and leadership in practice
- Psychological safety and professional development
- Transitioning from trainee to qualified AP
- Building AP-led services

Whether you're a trainee or qualified Advanced Clinical Practitioner, this day is designed to inform, motivate, and inspire.

[Book your place here](#)

## University of Derby is launching a brand-new online Nursing Associate Apprenticeship

Starting in September 2026, this apprenticeship has been designed with flexibility in mind, this programme fits around the demands of primary care—allowing you to choose the day of the week that works best for your online study. It's an ideal option for those looking to avoid travel or balance learning with childcare and other commitments.

We'd really appreciate your support in sharing this opportunity across your networks and helping us reach those who could benefit most

**Get in touch to find out more.**

## Social Prescribers Spotlight

In January 2026, we launched our 12 month Social Prescriber Programme and we're proud to share that 75% of the Derbyshire Social Prescriber workforce is now taking part.

This programme creates dedicated space for Social Prescribers across Derbyshire to:

- Come together as a network
- Reflect and learn from one another
- Share experiences
- Celebrate the difference they make every day

As part of the programme, we are also publishing four quarterly Spotlights written by Derbyshire Social Prescribers themselves. These pieces highlight real experiences, showcase the incredible work taking place and offer the wider workforce a chance to read, learn and share.

A huge thank you to all the Social Prescribers who contributed to this first Spotlight.

Social Prescribing work often goes under the radar, unseen, unrecognised and under celebrated. Through this spotlight we want to change that narrative by:

1. Creating opportunities for Social Prescribers to showcase their work
2. Share real examples and case studies of how SPs reduce pressure on clinical staff
3. Making SP contributions visible across Derbyshire
4. Ensuring SPs are recognised as integral members of the multidisciplinary team

The first Spotlight is now available to [read here](#)

## Oliver McGowan T1 part 2 webinars

Now that system funding has been withdrawn, The Hub Plus Derbyshire have made the decision to fund a limited number of Oliver McGowan Tier 1 Part 2 webinar sessions. Funding is limited so book now to secure your place!

T1 part 2 webinar	22/04/2026	14:00-15:00	<a href="https://www.thehubplus.co.uk/course/924">https://www.thehubplus.co.uk/course/924</a>
T1 part 2 webinar	13/05/2026	13:30-14:30	<a href="https://www.thehubplus.co.uk/course/925">https://www.thehubplus.co.uk/course/925</a>
T1 part 2 webinar	20/05/2026	13:30-14:30	<a href="https://www.thehubplus.co.uk/course/923">https://www.thehubplus.co.uk/course/923</a>
T1 part 2 webinar	17/06/2026	14:00-15:00	<a href="https://www.thehubplus.co.uk/course/926">https://www.thehubplus.co.uk/course/926</a>
T1 part 2 webinar	24/06/2026	14:00-15:00	<a href="https://www.thehubplus.co.uk/course/927">https://www.thehubplus.co.uk/course/927</a>
T1 part 2 webinar	8/7/2026	13:30-14:30	<a href="https://www.thehubplus.co.uk/course/928">https://www.thehubplus.co.uk/course/928</a>
T1 part 2 webinar	15/07/2026	13:30-14:30	<a href="https://www.thehubplus.co.uk/course/929">https://www.thehubplus.co.uk/course/929</a>

You **must complete the e-learning before attending the session and provide evidence of completion.** Without this, **your place on the course will not be confirmed.**

When you apply for the course, you will receive an email asking you to upload your **Tier 1 Part 1 E-Learning certificate.**

## Physiotherapy in General Practice: Expanding Patient Support

Physiotherapy students bring essential skills in musculoskeletal health, early intervention and rehabilitation, making them a valuable addition to any primary care MDT. Hosting a physiotherapy learner supports patient self-management, improves patient flow and provides your team with opportunities for shared learning and reflection.

Students gain experience in first-contact roles, MSK assessment, exercise prescription and patient education, while bringing fresh insight from current university teaching. Many practices find that having physiotherapy learners encourages reflective practice and strengthens MDT collaboration.

**Did you know...?** Interim check-ins between supervisors and students help identify issues early and support a positive placement experience.

**Placement Tip of the Month** - Plan a short induction session with essential safety information and introductions to the wider MDT to help students settle in quickly.

## Do you want to help shape the future of Derbyshire's General Practice workforce?

We are inviting staff, working in any general practice role who have left or changed roles within the past 6 months, or intending to do so in the next 6 months to participate in an online survey which aims to identify key themes for leaving. This will help support our future retention strategy, focussed on improving staff wellbeing in the workplace.

All responses will be anonymous and confidential. We will not be asking specific questions about your reasons for leaving and will not be collecting practice/PCN information. There will be the opportunity to arrange a follow up conversation with our GP retention lead if you wish to do so.

As a thank you for your time and valuable input, we will provide a £15 gift card. We anticipate that completion of the survey will take no longer than 15 minutes.

**[Click here to take part in the survey now](#)**

## Reminder: Book Your Career Conversation

We'd like to encourage all staff working in general practice to take advantage of this resource and consider booking a conversation.

[www.thehubplus.co.uk/career-conversations](http://www.thehubplus.co.uk/career-conversations)

At The Hub Plus, we're here to help you grow, thrive, and find the career path that best suits your skills and aspirations within primary care. Whether you're just starting, looking for a change, or seeking guidance on professional development, our tailored PathwayPlus:Career Conversations are designed to support you every step of the way.

A recent Training Needs Analysis found that over 50% of the workforce expressed an interest in upskilling—this is an ideal way to start that journey.

Complete an expression of interest **[here!](#)**

# NHS Educator Level 5

The NHS Educator Level 5 is a nationally recognised qualification that enhances the credibility and confidence of educators in the health and social care sectors. This Level 5 qualification is equivalent to a foundation degree and may serve as an alternative to a PGCert in Education.

- Build the skills to plan, deliver and evaluate adult learning with confidence. Whether supervising, mentoring, leading placements or delivering CPD, this apprenticeship gives you the practical tools to make learning meaningful.
- Fully funded through the apprenticeship levy
- This programme is designed specifically for health and social care educators, mapped to NHS frameworks and clinical teaching practice, making your training directly relevant.
- Places Contextualised Workshops at its core – through four specialist sessions focused on Health and Social Care priorities such as Equity in Learning, AI and the Educators role, Learner placement innovation and Safe Learning Environments.

Please complete the following **EOI form** if you would like to know more and secure a place on the Derbyshire programme. We will be in touch with further details.

Please refer to our Apprenticeships page on the website for more information about apprenticeships: **[thehubplus.co.uk/apprenticeship-hub](https://thehubplus.co.uk/apprenticeship-hub)**

## Return to Work Programme

Join us for a supportive programme combining live interactive sessions with a self-guided on-demand learning platform.

### What is included?

- 3 live online interactive sessions
- Activities pre and post each session
- Practical tools and resources
- Discussion areas to share thoughts,
- ideas and concerns

### Interactive Sessions:

Each session runs from 13:00-14:00 on the following dates:

15.04.2026 - Wellbeing

22.04.2026 - Top Tips for your Return to Work

29.04.2026 - Career Sustainability

To register, your interest please email:

**[info@plexussupport.co.uk](mailto:info@plexussupport.co.uk)** and include you are working in Derbyshire.

**Important** - Several of our popular management and leadership apprenticeships are being defunded through gifted levy from September 2026!

This includes:

- L3 Team Leader
- Operations Manager L5
- Coaching Professional L5
- Chartered Manager Degree Apprenticeship L6

After September 2026, organisations will have to fund these apprenticeships themselves.

Please note that places are being capped and some suppliers are already at capacity. We need to begin processing applications ASAP.

Get in touch with our team to find out more and how we can support you and your apprentices!

# Supporting Students: Why Your Placement Matters

- The region urgently needs student placements to grow the future general practice workforce.
- Practices new to hosting placements can access placement incentive funding.
- Applications for Learning Environment Approvals will soon be available for submission at PCN-scale with a single submission.
- Hub Plus provides full support with applications, audits, supervision requirements and student onboarding.

**Did you know...?** Interim check-ins between supervisors and students help identify issues early and support a positive placement experience.

**Placement Tip of the Month:** Plan a short induction session with essential safety information and introductions to the wider MDT to help students settle in quickly.

These are some of the current placement requests from our partner HEI's:

University Of Derby	Child Nursing	Sept 24 BSc	Child Nursing - £144.40 - weekly	3rd
University Of Nottingham	Mental Health Nursing	2409BSc	Mental Health Nursing - £144.40 - weekly	3rd
University Of Nottingham	Child Nursing	2409BSc	Child Nursing - £144.40 - weekly	3rd
University Of Nottingham	Adult Nursing	2409BSc	Adult Nursing - £144.40 - weekly	3rd
University Of Nottingham	Mental Health Nursing	2509BSc	Mental Health Nursing - £144.40 - weekly	2nd
University Of Nottingham	Child Nursing	2509BSc	Child Nursing - £144.40 - weekly	2nd
University Of Nottingham	Adult Nursing	2509BSc	Adult Nursing - £144.40 - weekly	2nd
University Of Nottingham	Adult Nursing	2609BSc	Adult Nursing - £144.40 - weekly	1st
University Of Nottingham	Mental Health Nursing	2509BSc	Mental Health Nursing - £144.40 - weekly	2nd
University Of Nottingham	Child Nursing	2509BSc	Child Nursing - £144.40 - weekly	2nd
University Of Nottingham	Adult Nursing	2509BSc	Adult Nursing - £144.40 - weekly	2nd

## Join us for the



## HEALTH INEQUALITIES NETWORK MEETING

Wednesday 20<sup>th</sup> May 1-2pm

Topic: Learning Disability

A space for colleagues who are passionate about addressing health inequalities to come together, share ideas and support change

Supported by The Hub+

Please join by clicking link below:

[Join meeting](#)

To be added to the mailing list, please email: [zohra.jafri1@nhs.net](mailto:zohra.jafri1@nhs.net)

M

T

W

Th

F

**Bodyweight Exercise**  
07:30-07:50  
Virtual

**Wellbeing Overview for New & Emerging Leaders**  
11:00-12:00  
13 Apr, 4 May, 1 Jun  
Virtual

**Back Strength & Stretch**  
12:15-12:45  
Virtual

**Legs, Bums and Tums**  
13:00-13:30  
Virtual

**Origami Time-Out**  
12:00-12:30  
20 Apr, 18 May, 15 Jun  
Virtual

**Mum's Space**  
12:00-12:40  
27 Apr, 18 May, 22 Jun  
Virtual

**Book Club**  
13:00-13:45  
15 Jun  
Virtual

**Progressive Muscle Relaxation Masterclass**  
13:00-13:30  
27 Apr  
Virtual

**Doodle Club**  
17:00-18:00  
13 Apr, 11 May, 1 Jun  
RDH & Virtual

**Salsa Dancing**  
Beginners 16:45-17:15  
Regulars 17:15-18:00  
KHD

**Zumba**  
18:30-19:00  
Virtual

**Morning Energizer**  
07:30-07:50  
Virtual

**Working with a Health Condition Support Café**  
10:30-11:30  
28 Apr, 26 May, 30 Jun  
Virtual

**Desk Stretches for Neck and Posture Health**  
11:00-11:20  
Virtual

**Wellbeing Drop-in**  
11:00-12:00  
Virtual

**Childless Without Choice Support Group**  
14:00-15:00  
14 Apr, 12 May, 9 Jun  
Virtual

**Menopause Café**  
14:00-15:00  
21 Apr, 19 May, 16 Jun  
Virtual

**Menopause Practitioner Q&A**  
14:00-15:00  
7 Apr, 5 May, 2 Jun  
Virtual

**Table Tennis**  
17:00-19:00  
RDH

**Box & Burn Masterclass**  
17:30-18:00  
19 May  
Virtual

**Legs, Bums and Tums**  
18:30-19:00  
Virtual

**Wellbeing Choir**  
19:30-21:00  
RDH

**Christian Network Morning Reflection & Prayer**  
08:30-09:00  
Virtual

**Returning to Work following ill health Support Group**  
10:00-10:40  
Virtual

**Chair Yoga and Breathwork**  
10:00-10:30  
Virtual

**Men's Group Getting Over the Hump**  
12:30-14:00  
1 Apr, 6 May, 3 Jun  
Virtual

**Mobilise and Stretch**  
12:00-12:30  
Virtual

**Film Club**  
12:00-12:30  
15 Apr, 20 May, 17 Jun  
Virtual

**Doctors in Distress**  
12:30-13:30  
Virtual

**Pre-Natal Exercise**  
12:15-13:00  
Virtual

**Hormone & Reproductive Health Group**  
13:30-14:15  
BI-woolly  
Virtual

**Bereavement Support Group**  
14:30-16:00  
29 Apr, 27 May, 24 Jun  
Virtual

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

**See you at the Barre**  
17:30-18:00  
Virtual

**Menopause Yoga**  
08:00-08:40  
Virtual

**Ankle & Calf Health**  
09:30-09:50  
Virtual

**Manager & Leader Support Your Team's Wellbeing Drop-in**  
10:00-11:00  
2 Apr, 7 May, 4 Jun  
Virtual

**Returning from Parental Leave Support Group**  
10:30-11:00  
30 Apr, 28 May, 25 Jun  
Virtual

**Desk Mobility**  
12:00-12:20  
Virtual

**Anxiety Support Group**  
12:00-12:45  
16 Apr, 21 May, 18 Jun  
Virtual

**Yoga**  
12:30-13:00  
Virtual

**Neurodiverse Café**  
14:00-15:00  
16 Apr, 21 May, 18 Jun  
Virtual

**De-stress Yoga**  
12:30-13:00  
Virtual

**Women's Football**  
18:00-19:00  
MPS

**Derby Hospitals Band**  
19:00-21:00  
GH

**Dad's Space**  
19:30-21:00  
BI-woolly  
Racecourse

**Hip Health**  
07:30-08:00  
Virtual

**Full Body Workout**  
08:30-09:00  
Virtual

**Emotional Freedom Techniques**  
10:00-10:20  
Virtual

**Shoulder Health**  
11:00-11:20  
Virtual

**Cancer Support Group**  
13:00-14:00  
24 Apr, 29 May, 26 Jun  
Virtual

**A Kinder Space**  
16:00-17:30  
RDH

**Pelvic Health Masterclass**  
12:30-13:00  
26 Jun  
Virtual

**Sa**

**Dancing in the Park**  
12:30-15:30  
20 Jun  
Derby



[bookwhen.com/jucdwellbeing](http://bookwhen.com/jucdwellbeing)

Password: bird

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 see the password: Wellbeing

[vimeo.com/showcase/6854943](https://vimeo.com/showcase/6854943)

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



## 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.

April

Coping with Stress Workshop*	Tuesday 7th April	13:30-14:30
Handling Difficult Situations with Care and Compassion	Wednesday 15th April	14:30-17:00
Suicide Awareness & Prevention Training	Wednesday 15th April	13:00-14:00
Quality Conversations for Leaders	Thursday 16th April	13:15-16:30
Stress Reduction Techniques*	Friday 17th April	12:30-13:00
Could Adoption Be Part of Your Story?	Tuesday 21st April	18:00-19:00
Master Your Sleep Workshop*	Wednesday 22nd April	18:00-19:00
Wellbeing Conversation Training	Thursday 23rd April	10:00-12:30
Fuel poverty & Carbon Monoxide risks*	Friday 24th April	12:30-13:15
Testicular Cancer Awareness Workshop*	Monday 27th April	11:00-12:00
REACT Mental Health Conversation Training	Tuesday 28th April	11:00-12:00
Supporting Yourself Following Trauma	Wednesday 29th April	18:15-19:00
Self-Massage Follow Along - Stress Release*	Thursday 30th April	14:30-15:15

May

Recharge Your Batteries Workshop*	Friday 1st May	12:30-13:15
How to have better conversations around mental health	Tuesday 5th May	09:15-12:30
Healing Through Nature - Wilderness Therapy*	Wednesday 6th May	11:00-11:40
Quality Conversations Training	Wednesday 6th May	13:15-16:30
Supporting People to Support Themselves	Thursday 7th May	09:15-12:30
Handling Difficult Situations with Care and Compassion	Thursday 7th May	13:00-15:00
Back Pain Myth Busters*	Friday 8th May	10:00-10:40
Last Days Matter Training (RDH)	Monday 11th May	09:30-12:30
Nervous System Regulation using Tapping*	Wednesday 13th May	14:30-15:15
Benefits of Being Outdoors & Explore What's Available*	Thursday 14th May	12:30-13:10
Wellbeing Conversation Training	Wednesday 20th May	14:00-16:30
Self-Massage Follow Along*	Wednesday 27th May	11:00-11:45
REACT Mental Health Conversation Training	Friday 29th May	10:00-11:00

June

"Beat the Slump" Workshop*	Monday 1st June	12:30-13:10
Handling Difficult Situations with Care and Compassion	Thursday 4th June	10:00-12:00
Leaving Work at Work*	Thursday 4th June	16:00-16:45
Basics of Healthier Eating*	Monday 8th June	12:30-13:15
Men's Mental Health - Tools for Tough Times	Wednesday 10th June	12:30-13:15
Autism & Neurodiversity- Deepening Quality Conversations	Wednesday 10th June	14:00-16:00
Planning for Retirement Course (NHS)	Monday 15th June	13:00-15:30
REACT Mental Health Conversation Training	Wednesday 17th June	14:00-15:00
Wellbeing Conversation Training	Thursday 18th June	09:30-12:00
Crystals for Summer Solstice*	Thursday 18th June	15:00-15:30
Self-Massage Follow Along*	Friday 19th June	13:00-13:45
Dancing in the Park - Derby	Saturday 20th June	12:30-15:30
Overcoming Negative Thinking Patterns*	Wednesday 24th June	11:00-11:45
Suicide Awareness & Prevention Training	Tuesday 30th June	10:00-11:00

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

"Self massage - very useful for tension, relaxation and will help with migraines too. Nice easy techniques and excellent for squeezing into busy lives. Delivered very well and easy to follow"

"My back problems have really improved. I was getting a lot of lower back pain before I started doing yoga, and I hardly get any now. I have also noticed a difference to my mood and anxiety levels"

Password:  
**bird**

bookwhen.com/  
JUCDwellbeing



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





## **Celebrating 10 Years Supporting Derbyshire Primary Care**

For the past 10 years, The Hub Plus has been proud to support our Primary Care workforce across Derby and Derbyshire.

You are more than colleagues, you are our community, our partners, and our Primary Care family. We simply could not do what we do without the incredible dedication, compassion and hard work shown every day across Derbyshire Primary Care.

This milestone isn't just about celebrating 10 fantastic years. It's about saying thank you.

- Thank you to our trainers, who share their expertise so generously.
- Thank you to our trainees, who continue to learn, grow and inspire.
- Thank you to our supporters and partners, who champion development and collaboration.
- Thank you to our Hub Plus team, who work tirelessly behind the scenes.

Every achievement over the last decade has been built together.

**Here's to continuing to listen, support and care for our Primary Care family, and to the next 10 years of growing stronger, together.**