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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



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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 1st July 2026

Save the Date – 23rd 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 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](#)

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.

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>

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 | https://www.thehubplus.co.uk/course/924 |
| T1 part 2 webinar | 13/05/2026 | 13:30-14:30 | https://www.thehubplus.co.uk/course/925 |
| T1 part 2 webinar | 20/05/2026 | 13:30-14:30 | https://www.thehubplus.co.uk/course/923 |
| T1 part 2 webinar | 17/06/2026 | 14:00-15:00 | https://www.thehubplus.co.uk/course/926 |
| T1 part 2 webinar | 24/06/2026 | 14:00-15:00 | https://www.thehubplus.co.uk/course/927 |
| T1 part 2 webinar | 8/7/2026 | 13:30-14:30 | https://www.thehubplus.co.uk/course/928 |
| T1 part 2 webinar | 15/07/2026 | 13:30-14:30 | https://www.thehubplus.co.uk/course/929 |

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

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**

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 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 20th 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

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

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

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.