

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our July wellbeing newsletter!

This month, we're celebrating South Asian Heritage Month, recognising the rich cultural contributions of our South Asian colleagues and communities. We're also raising awareness around Substance Misuse and Smoking, with a spotlight on Alcohol Awareness Week and the Stress Bucket Theory – a helpful tool to understand how we manage stress. Inside, you'll find updates on our Wellbeing Visits, the latest Wellbeing Timetable, how to become a Wellbeing Champion, and our Top Picks for training and events to support your wellbeing.

People Promise



Derbyshire GP
Provider Board





SOUTH ASIAN HERITAGE

18 JULY – 17 AUGUST

CELEBRATING CULTURE, IDENTITY & WELLBEING

Culture plays a big role in our sense of identity, belonging, and mental health. Feeling seen, valued, and connected to one's heritage can be a protective factor for wellbeing — just as discrimination, cultural stigma, or lack of representation can be barriers.

THIS MONTH IS AN OPPORTUNITY TO:

Start a conversation with colleagues about heritage and identity

Want to learn more about Equality, Diversity, and Inclusion (EDI) in a practical, accessible way? We have our very own YouTube playlist created to support learning across health and care teams: [Equality Diversity and Inclusion \(EDI\) - YouTube](#)

Each video covers a key EDI topic — from inclusive language and cultural awareness to allyship and tackling unconscious bias. Whether you're just starting your EDI journey or deepening your understanding, these recordings are a great way to learn at your own pace.



Join a network

The Race, Equality, and Cultural Heritage (REACH) Network is a newly established staff network designed to support ethnic minority staff and their allies working in primary care across Derby and Derbyshire. Aligned with the Regional EDI strategy, the network aims to empower members to challenge racism and discrimination in their workplaces and broader systems, drive systemic change through collective solutions and collaboration with key changemakers, and provide opportunities for personal and professional development.

[The Race, Ethnicity and Cultural Heritage Network](#)



Substance misuse and smoking

You see the impact every day — whether you're behind the desk, on the phone, in clinic, or out in the community. You know the risks of smoking and substance misuse, and you're often the first to notice when someone might be struggling. But let's be honest: even when we're the ones supporting others, life can take its toll. Coping doesn't always look perfect, and sometimes the people who keep the system running need a reminder to check in on themselves too.

Derby Data

Data source: [Derbyshire Joint Strategic Needs Assessment - Alcohol Misuse](#)

In Derbyshire, the rate of alcohol-related hospital admissions is higher than the national average, indicating a significant public health concern



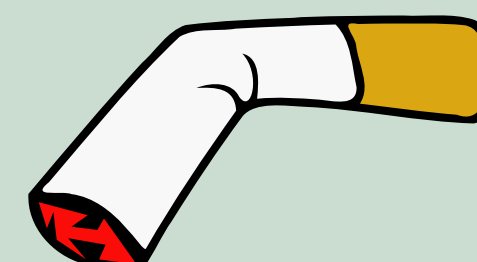
Alcohol is estimated to contribute to 25% of all Emergency Department attendances, and up to 70% during peak times



Around 13.5% of adults in Derbyshire smoke, which is slightly below the national average, but still represents a major preventable health risk



Smoking rates are significantly higher in more deprived areas, contributing to health inequalities across the county



So, what's this got to do with staff wellbeing?

Maybe it's the colleague who skips lunch and steps outside for a quick cigarette break?



Or the team member who unwinds with a drink after a busy, stressful day?



Or a colleague quietly supporting a family member through a tough time?



Often, substance use isn't just about the substance itself, it's about how we each cope with stress and what's going on beneath the surface.

The important thing is to recognise these moments and feel comfortable talking about what's on your mind. Sharing your stress triggers can make a real difference.

HOW FULL IS YOUR GLASS?

A tool for reflection during Alcohol Awareness Week
7th - 13th July 2025

Your Glass = Your Capacity to Cope

Life pours all kinds of things into your glass — stress, emotions, responsibilities. Sometimes, we reach for alcohol to help cope. But when your glass is already full, even a little more can cause it to overflow.

Signs Your Glass May Be Overflowing

Physical: Fatigue, poor sleep, headaches

Emotional: Irritability, anxiety, guilt

Cognitive: Overthinking, difficulty focusing

Behavioural: Drinking more often, withdrawing

Healthier Ways to Pour Out Stress

Instead of topping up with alcohol, try:

- ✓ Talking to someone you trust
- ✓ Going for a walk or being active
- ✓ Doing something creative or fun
- ✓ Journaling your thoughts
- ✓ Practicing mindfulness or breathing exercises
- ✓ Getting enough rest

Remember:

It's okay to ask for help
Small steps = big change
Your wellbeing matters
Support is available

WHAT'S FILLING YOUR GLASS?

List what's currently adding pressure:

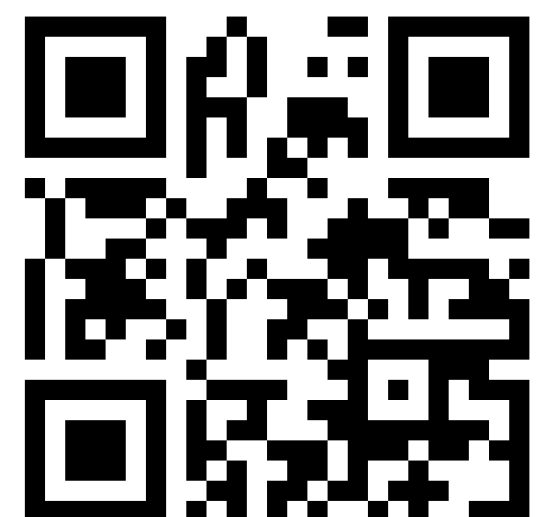
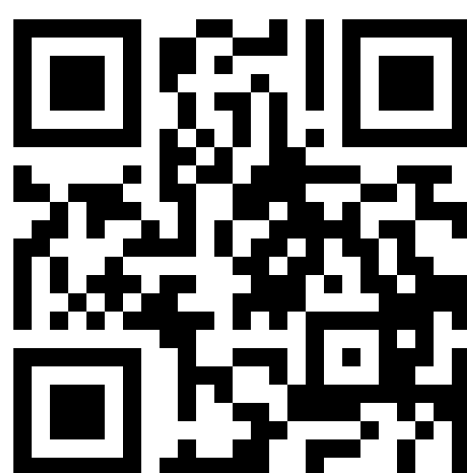
- Workload or burnout
- Relationship issues
- Money worries
- Health concerns
- Isolation or loneliness
- Poor sleep
- Major life changes

DO YOU USE ALCOHOL TO COPE?

Ask yourself:

- Am I drinking to manage stress or emotions?
- Do I feel worse the next day?
- Is alcohol helping — or adding to my stress?

alcoholchange.org.uk drinkaware.co.uk



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 July, August and September!



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 Sept 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."

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



VIDEOS ON DEMAND

View our recordings here
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

QUEST - Mental Health Clinical Update-local Pathways For Children, Young People and Adults - Wednesday 9th July
13:30-15:30

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

QUEST - Mental Health Clinical Update-local Pathways For Children, Young People and Adults
- Wednesday 16th July 13:30-14:30.

Woodland Walk with Weaving and Wild Wellbeing
- Saturday 19th July 13:30-14:30

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

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 'bloom' (lowercase)