

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our February wellbeing newsletter!

As we embrace the second month of the year, we're focusing on self-love and connection, building a strong foundation for our mental, physical, and emotional health. You, as primary care staff, are the heartbeat of Derbyshire's healthcare system, tirelessly working to ensure the wellbeing of our communities. February is more than Valentine's Day; it's also an opportunity to celebrate LGBT+ History Month, recognising the contributions and resilience of the LGBT+ community. Let's use this time to prioritise heart health, both emotionally and physically, while fostering inclusivity and understanding.

People Promise



HEART HEALTH AND SELF-CARE

Caring for your heart is one of the most impactful steps toward living a healthy and fulfilling life.

Regular physical activity, a balanced diet, and managing stress can significantly reduce these risks. Additionally, acts of love—whether for yourself or others—release oxytocin, often referred to as the "love hormone," which can lower blood pressure and reduce stress.

Heart disease remains a leading cause of death in the UK, with over 7.6 million people living with heart or circulatory diseases.

Regardless of whether you're in a relationship or flying solo, taking time to pamper yourself is essential. Showing kindness and love to yourself enables you to better support others and improves both mental and physical wellbeing. In our busy lives, self-love often takes a backseat, yet prioritising it is vital for resilience and health.

Explore our top picks for wellbeing activities:

Emotional Freedom Techniques - This evidence-based stress reduction technique is really easy to learn, just about anyone can do it, and the results are almost instantaneous.

Seated Yoga & Mindfulness - A series of slow seated yoga stretches and exercise, paired up with breath awareness. Gently improving your mobility, strength and mental health.

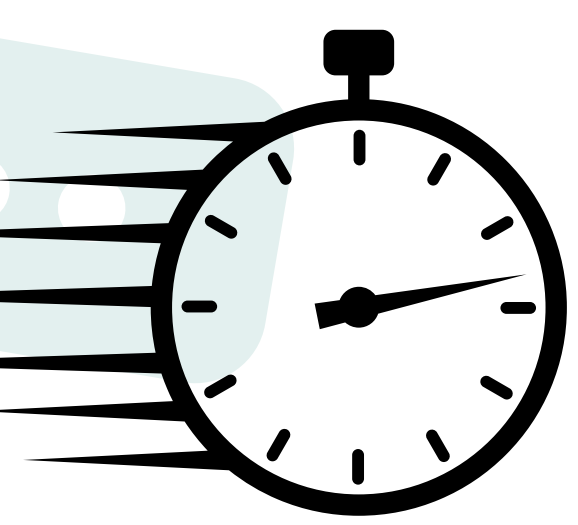
Self Massage Follow Along - Welcome to the brand new self-care series of self-massages. In this first session we will focus on the face. These wonderful massage techniques help you relax tension of the facial muscles, stimulate blood flow and encourage lymphatic drainage.

Legs, Bums and Tums - This workout will help you to tone up and strengthen your thighs, glutes (bum), and stomach. Legs, bums, and tums is for anyone wanting to lose weight, tone up, and improve their fitness levels.

Scan the QR code below to find out more.



[Click here](#) to find out more about the JUCD Wellbeing Timetable.



Time To Talk 2025

This year's Time to Talk Day takes place on Thursday, 6th February 2025—an opportunity to reflect on the importance of mental health within our workplaces and communities.

Mental health is a cornerstone of our overall wellbeing, yet for many, it remains a daily challenge.

Research from last year's campaign highlighted that nearly two-thirds of people in the UK often mask their worries with a cheerful demeanour, and almost half feel reluctant to discuss mental health concerns if those around them are already facing personal pressures.

As primary care professionals, you play a critical role in fostering open conversations about mental health—not just for patients, but also within your teams. By encouraging a culture of support and understanding, we can help break the stigma that often prevents people from seeking help.

Did you know?

We recognise the importance of primary care support, especially during periods of high workload, seasonal challenges, and the need for overall wellbeing. Our services are available to all staff within primary care.



More information available on our website!



REACTmh	StRaW	TRiM	Reflective Practice
<p>REACTmh training aims to help individuals to have psychologically savvy and supportive conversations with colleagues about their mental health. Individuals in distress may not always recognise that they are struggling, or if they do know they may not want, or be able, to seek help.</p>	<p>StRaW (Sustaining Resilience at Work) is an evidence based peer support programme that enables trained StRaW practitioners to detect and help prevent mental health that may be experienced by colleagues at work.</p>	<p>TRiM (Trauma Risk Management) is a trauma-focused peer support system. This model of support is delivered by our team of TRiM practitioners and managers and aims to ensure colleagues receive the necessary response, education, and support after experiencing or being exposed to potentially traumatic events.</p>	<p>Reflective Practice sessions aim to provide a safe, honest and enlightening environment where colleagues can talk about morally and practically challenging topics they may have faced.</p>

LGBT+ HISTORY MONTH

Celebrating Diversity and Supporting Wellbeing in General Practice

February marks LGBT+ History Month in the UK—a time to celebrate the rich history and achievements of the LGBT+ community while reflecting on the importance of creating an inclusive and supportive workplace for everyone.

This year's theme, "Behind the Lens," highlights the contributions of LGBT+ individuals to the fields of arts, media, and beyond, inspiring us to recognise diverse talents within our teams and communities.

As general practice staff, you play a vital role in supporting patients and colleagues from all walks of life. This month is an opportunity to focus on how fostering inclusivity and understanding can positively impact your wellbeing and that of your colleagues.

What You Can Do

Create Safe and Inclusive Spaces

Display inclusive symbols such as the Progress Pride Flag in staff areas or on your practice website to signal your commitment to inclusion.

Review your workplace policies to ensure they support LGBT+ employees and patients effectively.

Show Allyship

Take time to listen to the experiences of LGBT+ colleagues and patients.

Consider attending allyship or inclusivity training if available through The Hub Plus or your organisation

https://www.youtube.com/watch?v=upP9pa58zGM&list=PL68WyEfIC4e_A5NjXqrKvUFJzHbU36X6R

Spotlight on Support

This LGBT+ History Month, The Hub Plus is offering **free wellbeing webinars** focused on inclusivity, mental health, and building resilient teams. Details are available on our website at [The Hub Plus Primary Care Wellbeing](#).

REACH Network: Matters of Intersectionality - BAME voices in the LGBTQ+ space

This event will explore the lived experiences of the BAME LGBTQ+ community, focusing on how we can foster a more inclusive and supportive workplace.

<https://www.thehubplus.co.uk/course/443>

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.

So far since April 2024 we have

**Visited:
25 Practices**

**Seen:
935 Staff**

**Delivered:
51
wellbeing
workshops**

**Handed out:
Over 100
menopause
support packs &
over 50 men's
health packs**

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
February/ March/ April/ May/ June!**



UPDATES

Wellbeing Timetable: January- March

Here is your NEW Wellbeing Timetable for Winter 2025!
New password 'star' ★



NEW support to this release includes...

- Cancer Peer Support Group
- Understanding Post Traumatic Stress Disorder
- Additional MSK education including Back pain, Elbows and Osteoarthritis
- The Power of Positivity... and support in bringing joy to the workplace during times of difficulty
- Starting your fitness journey - advice and support
- Looking after our Veteran workforce
- Our new bereavement support service - face to face Grief Kind Spaces

thehubplus.co.uk/activities-timetable

Launch of the New 'Your Sexual Health Matters' Website

Your Sexual Health Matters, (delivered by Derbyshire Community Health Services NHS Foundation Trust), provides sexual health information, clinical services, and practical advice and support to people living in Derby and Derbyshire. This includes free and confidential sexually transmitted infection (STI) and HIV testing, contraception, and PrEP.



Many services are free and available to access online for residents of Derby and Derbyshire.

<https://www.yoursexualhealthmatters.org.uk/sexual-health-and-wellbeing>

Staff support networks



REACH
THE RACE, ETHNICITY AND
CULTURAL HERITAGE NETWORK

Proudly supported by



REACH 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.

As part of this network, we host regular training and networking opportunities throughout the year for ALL primary care staff to join. Most of our sessions are hosted online with some adhoc sessions being hosted face-to-face.

<https://www.thehubplus.co.uk/our-commitment-to-edi>

Looking after our Locums

We have seen an increase in Locums coming to us over the past year with a range of concerns. We know that times are particularly hard at the moment. We know that, as a result of this, many Locums are considering leaving the region, the NHS and some cases perhaps even leaving the country. We want to do all we can to support you to remain with us.



We will be holding a series of initial online listening groups in order to hear what you have to say. Each group will be facilitated by Dr Todd, GP Fellow in GP Retention, and will comprise of up to 6 participants. The groups will last an hour.

<https://www.thehubplus.co.uk/looking-after-our-locums>