



# Primary Care Wellbeing Derbyshire

## Welcome to our July wellbeing newsletter!

Welcome to our latest wellbeing newsletter dedicated to embracing outdoor living and physical wellbeing. As we navigate through the season of sunshine and warmth, it's an opportunistic time to explore the benefits of spending time outdoors, connecting with nature, and engaging in activities that enhance our physical health. In this issue, we've curated tips, ideas, and resources to help you make the most of the outdoors and prioritise your wellbeing. So, let's step outside, breathe in the fresh air, and embrace the journey to a healthier, happier you!

People Promise



Staying active during the summer can be both enjoyable and invigorating. Here are some tips to help you make the most of the sunny days and maintain your physical wellbeing:

### 1. Morning and Evening Walks:



Take advantage of the cooler parts of the day by going for walks in the morning or evening. It's a great way to start or end your day with some gentle exercise and fresh air.

### 2. Water Activities:



Swimming, kayaking, or paddleboarding are excellent ways to stay cool and active. These activities provide a full-body workout while allowing you to enjoy the refreshing water.

### 3. Cycling Adventures:



Explore local trails and parks on your bike. Cycling is a fun, low-impact way to improve cardiovascular health and enjoy scenic routes.

### 4. Gardening:



Don't underestimate the physical benefits of gardening. It's a productive way to stay active, burn calories, and grow your own healthy food.

### 5. Family Fun:



Plan active outings with family or friends. A game of frisbee, football, or a hike can be a great way to bond and stay fit together.

### 6. Hydration and Sun Protection:



Remember to stay hydrated and protect yourself from the sun. Wear a hat, use sunscreen, and take breaks in the shade to avoid overheating.

Incorporating these activities into your routine can help you stay active, healthy, and energized throughout the summer. Enjoy the sunshine and make the most of this Active Week!

# ALCOHOL AWARENESS WEEK: 1-7 JULY 2024

Alcohol consumption is a common part of social and cultural activities, but it's crucial to be aware of its potential impact on health and wellbeing. For NHS staff, who often face high-stress environments and demanding schedules, understanding the effects of alcohol is particularly important.

## Tips for Improving Wellbeing:

1. Stick to the UK's recommended guidelines of no more than 14 units of alcohol per week, spread over at least three days.
2. Healthy socialising: Plan social activities that don't revolve around drinking, such as hiking, sports, or cultural outings.
3. Professional Support: Talk to colleagues or join support groups where you can share experiences and strategies for managing alcohol consumption.
4. Medical Advice: Don't hesitate to discuss your alcohol use with a healthcare professional who can provide guidance and resources tailored to your needs.

- **Health Impact:** Excessive alcohol consumption is linked to over **200 health conditions**, including liver disease, cardiovascular problems, and various cancers.
- **Workplace:** Alcohol-related issues contribute to approximately 17 million working **days lost** annually due to hangovers, alcohol-related illnesses, and dependency.
- **Mental Health:** Alcohol misuse is often associated with mental health conditions such as depression and anxiety, which can be exacerbated by the stress and emotional demands of healthcare work.

As primary care NHS staff, being mindful of alcohol consumption and its potential impacts is vital for maintaining your health and wellbeing. By adopting healthier coping mechanisms, seeking support when needed, and making informed choices, you can manage your alcohol intake effectively and continue to provide excellent care for your patients. Remember, taking care of yourself is not just important for your own health, but also for your ability to care for others.



# Your Wellbeing Timetable



Wellbeing

1st July to 30th Sept 2024

## Monday

- Kettlebells**  
07:30-08:00  
Virtual
- Protein & Fat Loss**  
26 Aug  
09:00-09:30  
Virtual
- Supporting Yourself Following Trauma**  
19 Aug 10:30-11:15  
Virtual
- Suicide Prevention Training**  
8 July 11:00-12:00  
Virtual
- Back Strength & Stretch**  
12:15-12:45  
Virtual
- Legs, Bums & Tums** 13:00-13:30  
Virtual
- Carbohydrates & Fat Loss**  
30 Sept  
13:00-13:30  
Virtual
- Book Club**  
15 July & 9 Sept  
13:00-13:45  
Virtual
- Shift Work & Sleep**  
22 July  
14:00-15:00  
Virtual
- Neurodiverse Café**  
15 July, 19 Aug, 16 Sept  
14:00-15:00  
Virtual
- Salsa Dancing**  
Beginners 16:45-17:15  
Regulars 17:15-18:00  
KHD
- Matt's Doodle Club**  
17:00-18:00  
1 July & 2 Sept  
RDH & Virtual  
8 July & 9 Sept  
QHB
- Zumba**  
18:30-19:00  
Virtual

Enjoy the Outdoors

## Tuesday

- Seated Yoga & Mindfulness**  
10:30-11:00  
Virtual
- Working with a Health Condition Support Café**  
23 July, 27 Aug, 24 Sept  
10:30-11:30  
Virtual
- Desk Stretches for Neck & Posture Health**  
11:00-11:20  
Virtual
- The Breathing Room**  
12:00-12:15  
Virtual
- Reasonable Adjustments for Long-Term Health Conditions**  
24 Sept  
12:30-13:00  
Virtual
- Bodyweight Circuits**  
13:00-13:30  
Virtual
- Menopause Café**  
16 July, 20 Aug, 17 Sept  
14:00-15:00  
Virtual
- Menopause Practitioner Q&A**  
2 July, 6 Aug, 3 Sept  
14:00-15:00  
Virtual
- Table Tennis**  
17:00-19:00  
RDH
- Yoga & Relaxation**  
17:15-18:00  
RDH
- Beginners Yoga**  
18:30-19:00  
Virtual
- Legs, Bums & Tums**  
18:30-19:00  
Virtual
- Climate Café**  
23 July  
19:00-20:30  
Virtual
- Air Arts Wellbeing Choir**  
19:30-21:00  
RDH

## Wednesday

- Menopause Yoga**  
08:00-08:30  
Virtual
- Christian Network Morning Reflection & Prayers**  
08:30-09:00  
Virtual
- Looking After Your Team's Wellbeing**  
24 July  
10:00-11:00  
Virtual
- Coping with Change**  
28 Aug  
10:00-10:45  
Virtual
- Mobilise & Stretch**  
12:00-12:30  
Virtual
- Mental Health First Aiders Meet & Support**  
24 July, 14 Aug, 25 Sept  
12:00-12:30  
Virtual
- Doctors in Distress**  
12:30-13:30  
Virtual
- Hormone & Reproductive Health Group**  
Fortnightly  
13:30-14:15  
Virtual
- Bereavement Support Group**  
31 July, 28 Aug, 25 Sept  
14:30-16:00  
Virtual
- Pilates**  
17:00-17:30  
Virtual
- Zumba**  
17:15-18:00  
RDH
- See You at the Barre**  
Starts from Sept  
17:30-18:00  
Virtual
- Wellness Walk**  
31 July  
18:00-19:00  
Markeaton Park

## Thursday

- Manager & Leader Supporting your Team's Wellbeing Drop-in**  
4 July, 1 Aug, 5 Sept  
10:00-11:00  
Virtual
- Self Massage Techniques**  
25 July  
12:00-12:30  
Virtual
- Seated Exercise**  
12:00-12:20  
Virtual
- Air Arts Made in the NHS Textiles**  
19 Sept  
12:00-13:00  
QHB
- Yoga**  
12:30-13:00  
Virtual
- Recharge your Life: The Power of Sleep**  
12 Sept  
12:30-13:30  
Virtual
- Back Care Pilates**  
13:00-13:30  
Virtual
- Returning from Parental Leave Support Group**  
25 July, 29 Aug, 26 Sept  
14:00-15:00  
Virtual
- Leave Work at Work**  
5 Sept  
14:00-14:45  
Virtual
- Neurodiversity Awareness**  
8 Aug  
15:00-16:00  
Virtual
- Funky Disco**  
17:00-17:30  
Virtual
- Core Strength**  
18:00-18:20  
Virtual
- Women's Football**  
18:00-19:00
- Murray Park Dad's Space**  
19:30-21:00 Fortnightly  
Pride Park

## Friday

- Hip Health**  
07:30-08:00  
Virtual
- Full-Body Workout**  
08:30-09:00  
Virtual
- Emotional Freedom Techniques Weekly Tapping**  
10:00-10:15  
Virtual
- Returning to Work Following ill Health**  
10:00-10:45  
Virtual
- Shoulder Health**  
11:00-11:20  
Virtual
- Running Club**  
12:00-12:30  
RDH
- Wellness Walk**  
30 Aug  
12:00-14:00  
Black Rocks
- National Fitness Day**  
20 Sept  
*End the day FITTER than you started!*  
Join in our ACTION PACKED day of classes & challenges introducing you to new activities  
Virtual

## Key

- Physical Activity
- Info & Support
- Arts & Culture
- Mind & Body



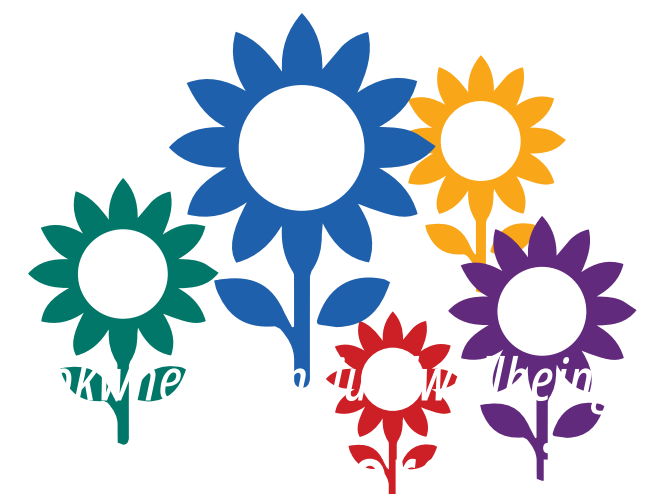
Car parking information is available within the booking information

Please read your organisations Infection Prevention and Control guidelines before attending any face-to-face activity.

This timetable may be subject to change.

Stay Hydrated

Access details can be found via your local Wellbeing service



## Activity Locations

- KHD** Kingsway Hospital Derby
- QHB** Queens Hospital Burton
- RDH** Royal Derby Hospital

# HEALTH AND WELLBEING CHAMPIONS IN PRIMARY CARE

Becoming a wellbeing champion in primary care is a voluntary, rewarding role that involves promoting health and wellness among patients, colleagues, and the community. It requires a blend of knowledge, skills, and personal qualities that enable one to advocate for and implement wellness initiatives effectively. Here's a comprehensive guide to becoming a wellbeing champion in primary care.

Whether you have an interest in supporting mental health, hold group-exercise qualifications, have a passion for social wellbeing and inclusion, or simply want to help yourself and your colleagues be fit, healthy, and well-at-work, we welcome your involvement.

No matter your passion or the wellbeing activity you wish to integrate into your service or department, we would be thrilled to have you on our team. We are here to support you and help you achieve your goals.

What you will have access to:

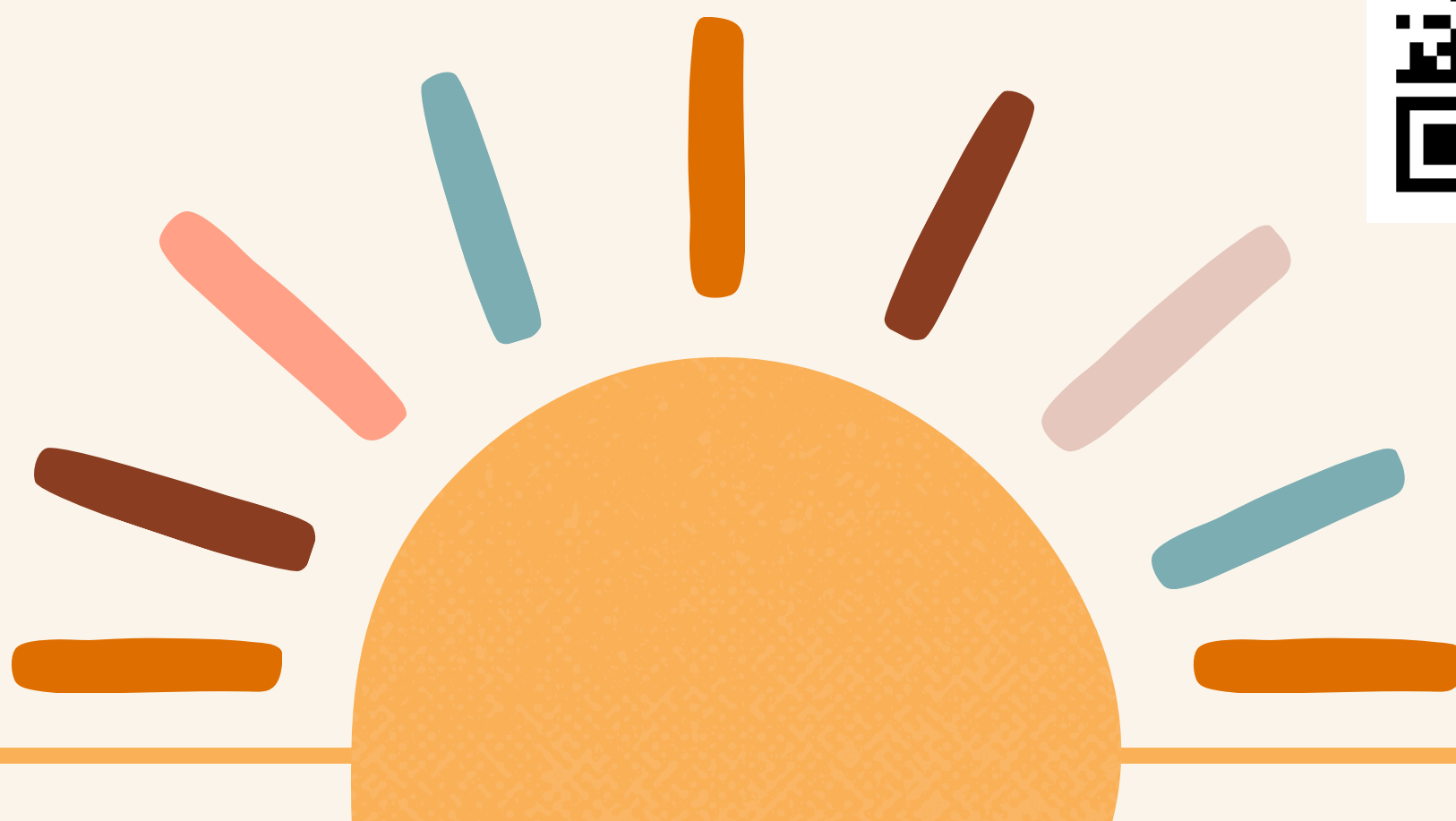
- Monthly virtual meetings with likeminded wellbeing champions from across Derby and Derbyshire.
- Be the first contact for any new wellbeing projects and initiatives.
- Networking groups.
- Information and resources.
- Private wellbeing champion learning area on our learning management system.

We are looking for a diverse range of colleagues from all areas of our organisations to volunteer (during work hours) and commit to:

- Sharing wellbeing messages, including details about support and events
- Using their skills and interests (e.g., fitness instructor, walk leader) to support colleagues.
- Promoting access to services and information within their teams
- Championing wellbeing on behalf of their colleagues
- Role modelling positive wellbeing practices in their workplace.
- Actively participating in the Wellbeing Champion Network by attending meetings whenever possible and helping to shape plans and activities.

If you would like to become a wellbeing champion, please [click here](#) or scan the QR code and complete this short 5-minute sign-up form once you have had the all clear from your line manager:

Once you have completed the sign up form, we will contact you directly via email with a welcome introduction and access to the private wellbeing learning space on our website.



# MY WELLBEING SUPPORT

Scan the QR codes to gain access to free support for ALL primary care staff

## Staff Health Improvement Advisors



The JUCD Health and Wellbeing Service delivers an equitable range of programmes & initiatives to support all health and social care colleagues across Derbyshire and Derby City - helping colleagues to remain healthy, safe and well at work.

The JUCD wellbeing team deliver a wealth of face to face and virtual wellbeing services to colleagues across our organisations, helping to support with physical, mental, and spiritual health, and social wellbeing.



Bookable appointments are available for every Primary Care site with a Health Improvement Advisor to visit in person or virtually.



[Click here to view our Staff Health Improvement Advisor Request Form](#)

**Had a bad day?  
Feeling worried or overwhelmed?  
Need someone to talk to?**

Text the NHS People Service quoting **'FRONTLINE'** to 85258 for support available 24/7.

Samaritans UK provide free 24-hour support. They can be contacted on 116 123.

## Mental Health Conversations Training

ReACT mental health and wellbeing conversation training. REACTMH is an evidence-based active training session which enhances mental health awareness by enabling managers to identify, engage with and support people in their teams who may be struggling with their mental health and wellbeing.

### 1:1 Sustaining Resilience at Work Conversations

StRaW is part of a wealth of colleague peer support across JUCD support services that is offered, for free, by the Wellbeing team. We are using the StRaW model within Joined Up Care Derbyshire to support staff who may be struggling with stress and resilience.

StRaw is a one to one session whereby a trained practitioner carries out a structured conversation to help identify stressors that are affecting an individual. Early signs of distress could be effected performance, behaviour changes and increase of consumption such as alcohol and smoking.

Following the assessment, there will be an understanding on what actions an individual can take to improve their mental health. This may include a referral to other support services.

### Need some Reflection?

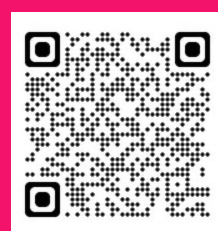
Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in.



To book a session email: [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net)

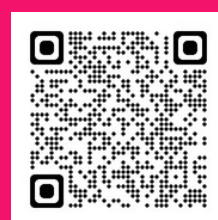
## Kickstart your health!

Healthy changes start with little changes. Whether you want to lose weight, get active or quit smoking, NHS Better Health is here with lots of free tools and support.



## My Activities timetable

There is something for everyone from workout classes, desk stretches and talking groups.



## My self-care pack

Download your self care pack today, packed full of resources, including services of support and a list of handy discounts for NHS colleagues.

