

Supporting our General Practice family on their Primary Care journey.

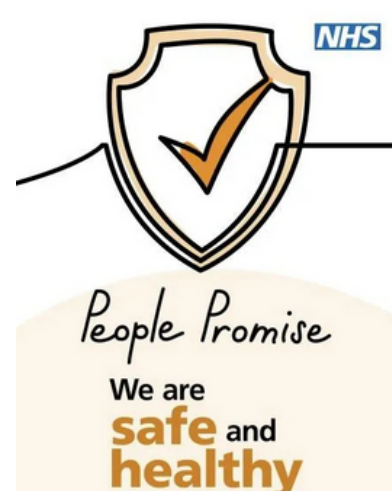


Primary Care Wellbeing Derbyshire

Welcome to our August wellbeing newsletter!

As we embrace the heart of summer, our focus turns to what matters most: family. In this special edition of our wellbeing newsletter, we delve into the theme of 'Family First', exploring topics that resonate deeply with our personal and professional lives. From nurturing financial wellbeing to offering support for those returning to work after leave, and from combating the holiday blues to savouring moments of relaxation and summer holiday ideas, we've curated content that aims to enhance your holistic wellbeing.

People Promise



FINANCIAL WELLBEING

Financial wellbeing is an essential component of overall health, often influencing physical, mental, and emotional wellbeing. For healthcare professionals in general practice, understanding and promoting financial wellbeing can significantly enhance patient care and personal quality of life.



What is financial wellbeing? Financial wellbeing refers to the state of being in control of one's finances, having the capacity to meet financial obligations, and feeling secure about the future.

The Impact on Health: Poor financial wellbeing can lead to stress, anxiety, and depression, contributing to a cycle of deteriorating health. Financial stress is often linked to poor lifestyle choices, such as unhealthy eating and lack of exercise, which can further exacerbate health issues.



Support available:

New to UK: We are delighted to introduce our comprehensive IMG Handbook, a valuable resource designed to support International Medical Graduates (IMGs) as they navigate their financial journey in the UK. This handbook is packed with practical advice and insights to help you establish a solid financial foundation, from getting started with a bank to managing pensions and taxes.

thehubplus.co.uk/resources-library



Fuel savings: The following tools can help you find the cheapest petrol and diesel prices near you: [PetrolPrices app](#), [Confused.com petrol prices finder](#) [GoCompare petrol and diesel prices finder](#).

Blue Light Card members can also apply for a free Esso fuel card to access discounted fuel at Esso stations across the UK, and collect Nectar loyalty points when filling up.



Pet health care: When your pet is unwell, it can be stressful, and financial worries can make the situation even more challenging. The RSPCA offers valuable advice on their website, guiding you on how to care for your pet's health while keeping costs down. [Veterinary Financial Assistance In Your Local Area | RSPCA - RSPCA - rspca.org.uk](#)



Back to work



Returning to work after a period of leave can be a challenging adjustment, whether the leave was for personal reasons, parental leave, or an extended holiday. The transition often brings mixed emotions, including excitement, anxiety, and sometimes a sense of the holiday blues.

Preparing for the Return to Work:

Communicate

Discuss your return plan with your employer. This includes understanding your current workload, any changes in the team, and setting realistic expectations for your initial weeks back.

Get organised

Ensure you have access to all necessary tools and resources. Check for any software updates, new protocols, or changes that may have occurred during your absence.

Reconnect with Colleagues

Don't hesitate to ask for support or clarification if you feel out of the loop. Colleagues can provide valuable insights and updates that can help you adjust more smoothly.

Returning to Work following ill Health

Here, you will find a supportive group dedicated to promoting your health and wellbeing as you return to work following sickness or absence. Our friendly Health Improvement Advisors will welcome you into a relaxed atmosphere, where you can discuss the available support and resources.

[Click here](#) to find out.

Combating the Holiday Blues:

Returning from a holiday can sometimes leave you feeling down, especially if the transition feels abrupt. Here are some strategies to help you overcome the post-holiday blues and maintain a positive outlook.

Reflect on Your Break

Document your holiday experiences in a journal or photo album. Reflecting on happy memories can lift your spirits and provide a positive focus.

Set New Goals

Set achievable short-term goals for your first few weeks back. This can give you a sense of purpose and direction, helping you transition more smoothly.

Self-Care

Continue any healthy habits you practiced during your holiday, such as regular exercise, healthy eating, and adequate sleep.

Creating a Supportive Workplace Environment

Employers play a crucial role in supporting employees returning from leave and addressing the holiday blues. Here are some ways to create a supportive environment:

Promote Work-Life Balance

Encourage regular breaks and time off to prevent burnout and maintain overall wellbeing.

Open Communication

Create opportunities for employees to provide feedback on their return-to-work experience and suggest improvements.

Celebrate National Relaxation Day 2024: Embrace Tranquillity and Wellbeing

Mark your calendars! National Relaxation Day 2024 is set for Tuesday 15th August. This annual celebration, held on the same date each year, invites everyone to take a break from the hustle and bustle of daily life and focus on rest, rejuvenation, and personal wellbeing.

The Importance of Relaxation

In today's fast-paced world, the importance of relaxation cannot be overstated. Chronic stress is linked to numerous health issues, including anxiety, depression, heart disease, and weakened immune function. Taking time to unwind and relax is essential for maintaining physical health, mental clarity, and emotional balance.

Ways to Celebrate National Relaxation Day

Digital Detox: Take a break from screens. Turn off your phone, log out of social media, and enjoy the peace that comes from disconnecting.

Massage and Yoga: Book a massage or engage in a gentle yoga session to release tension and promote relaxation.

Hobbies: Dedicate time to a favourite hobby, whether it's painting, gardening, knitting, or playing a musical instrument.

Activities supported by JUCD wellbeing team:

Emotional Freedom Techniques - Weekly Tapping

This evidence-based stress reduction technique is really easy to learn, just about anyone can do it, and the results are almost instantaneous. The EFT tapping technique involves tapping on specific "EFT Tapping Points" on the body to release blockages and stuck emotions. Cost: FREE

[Emotional Freedom Techniques - Weekly Tapping - Booking by Bookwhen](#)

The Breathing Room

Breathing is the life force that sustains us. About 80% of our body toxins are expelled through the breath. In these sessions you will explore various breathing techniques for a variety of purposes, from detoxing to stress relief to energising your body and mind.

Cost: FREE [The Breathing Room - Booking by Bookwhen](#)

Mobilise and Stretch (Virtual)

Use your lunch break and get moving. Have a break from sitting on your chair and looking at your screen with 30 minutes of exercise to mobilise and stretch your body and reinvigorate your mind. Cost: FREE

[Mobilise and Stretch \(Virtual\) - Booking by Bookwhen](#)





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



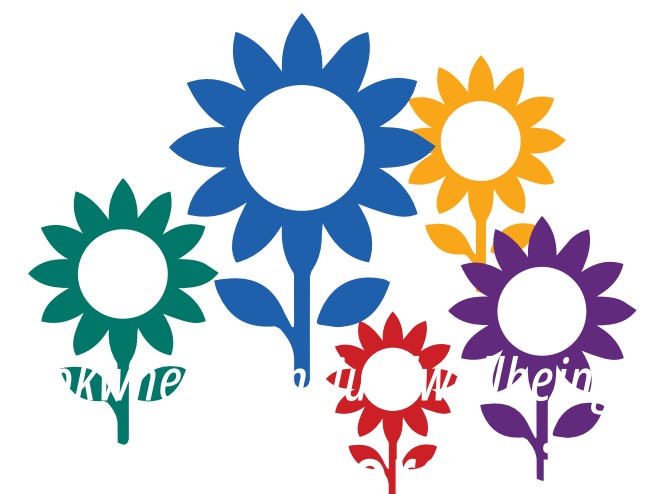
Car parking information is available within the booking information

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:

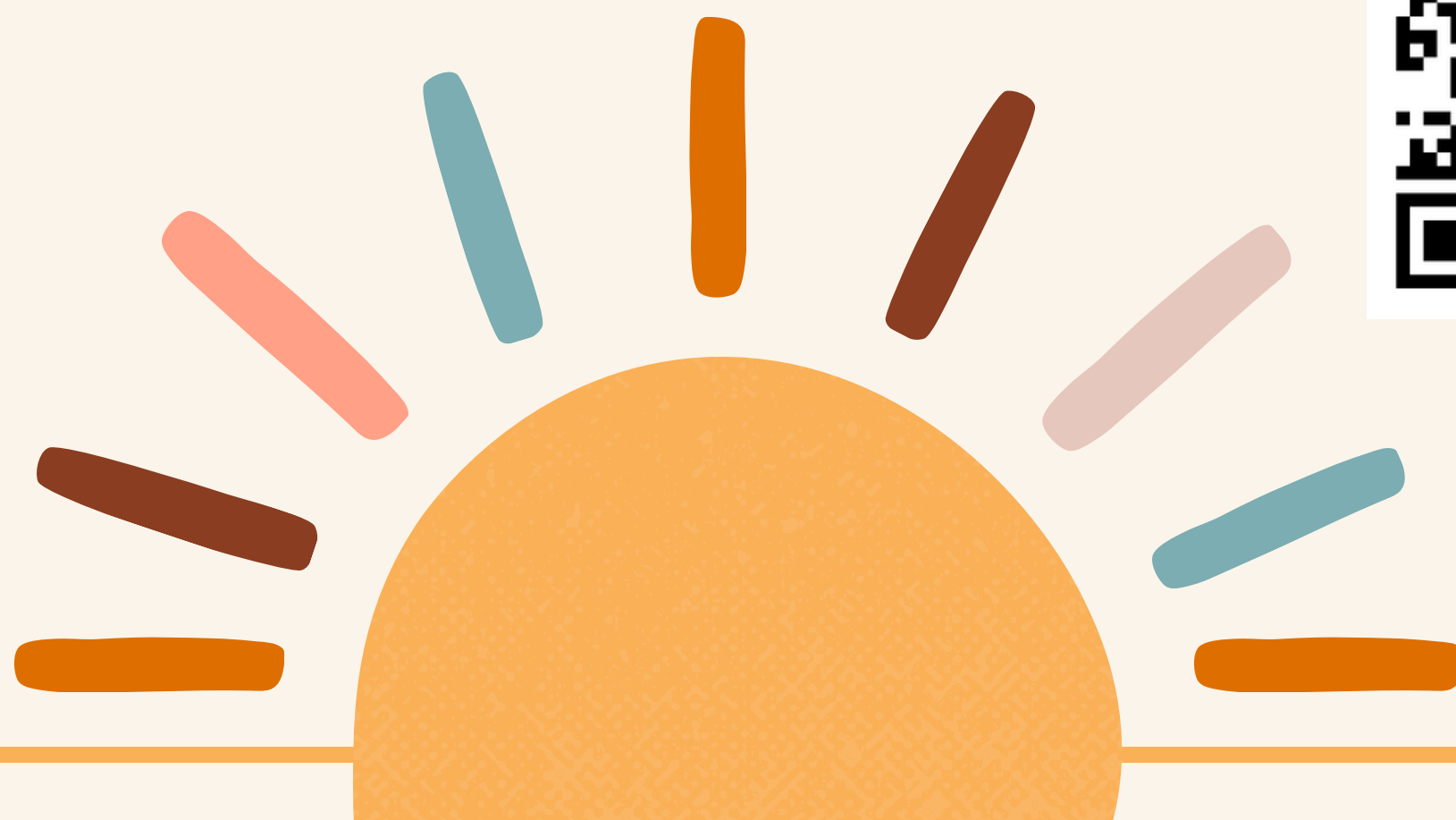
- Monthly virtual meetings with likeminded wellbeing champions from across Derby and Derbyshire.
- Be the first contact for any new wellbeing projects and initiatives.
- Networking groups.
- Information and resources.
- Private wellbeing champion learning area on our learning management system.

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

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](#)

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.



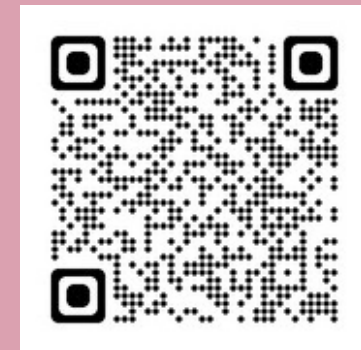
Kickstart your health!

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.



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.

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.

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**.