

Supporting our General Practice family on  
their Primary Care journey.



# Primary Care Wellbeing Derbyshire

**Welcome to our June wellbeing newsletter!**


Welcome to the June edition of our Wellbeing Newsletter! As we embrace the warmth and vitality of summer, this month offers us unique opportunities to enhance our wellbeing through community engagement, outdoor activities.

From the 1st to the 7th, we celebrate National Volunteers' Week. This is a time to acknowledge the profound impact that volunteering has on our communities and our own wellbeing. On the 20th, we mark the Summer Solstice, the longest day of the year which provides the perfect occasion to relax in the sunshine and embrace outdoor activities.




The  
**Hub**  
DERBYSHIRE

# THE SUMMER SOLSTICE MARKS THE LONGEST DAY OF THE YEAR



Many cultures celebrate the solstice with festivals, rituals, and gatherings. For example, it's known as Midsummer in many European countries and is associated with traditions like bonfires, feasts, and dances. The solstice is a time when nature is in full bloom, making it an ideal occasion to connect with the outdoors and appreciate the natural world.

Fact: Northern Lights could be visible in the UK again in a matter of weeks. Last month's incredible spectacle was caused by a huge solar storm. As the sun reaches the most active period in its cycle, the UK could be in for more displays of the Northern Lights in the coming weeks.



Getting outdoors - We as primary care staff can significantly enhance our wellbeing, reduce stress, and improve job satisfaction through just getting outdoors. Some of the most common ways to do this is through:

### Incorporating Nature into Breaks

Getting outside during break times is a perfect way to stimulate our brains and productivity. It allows us to separate from the day-to-day jobs and focus on ourselves, even if for a short period of time.

### Walking Meetings

Replace traditional sit-down meetings with walking meetings. This not only promotes physical activity but also stimulates creativity and reduces the stress associated with formal meeting settings.

### Wellness Challenges

Wellness challenges that encourage colleagues to spend more time outdoors. For example, a step-count challenge or a nature photography contest can motivate staff to engage with the outdoors.





# VOLUNTEERS' WEEK

**CELEBRATING  
NATIONAL  
VOLUNTEERS' WEEK  
1ST - 7TH JUNE  
2024: THE JOY OF  
GIVING BACK**



Volunteering is a powerful force for good. It's about giving back, making connections, and creating lasting change. Research consistently shows that volunteering offers numerous mental and physical health benefits.

Here are some ways in which volunteering boosts wellbeing:

### Skill Development

Volunteers often learn new skills and gain valuable experiences that can enhance their personal and professional lives. This sense of accomplishment and personal growth contributes to overall happiness and self-esteem.

### Enhanced Mental Health

Engaging in volunteer activities can reduce stress, combat depression, and provide a sense of purpose. The act of helping others releases endorphins, which are natural mood elevators.

### Sense of Purpose

Knowing that their efforts are making a difference gives volunteers a profound sense of purpose and fulfilment. This can be particularly beneficial for individuals who are retired or on the other end of their career as students.

- Volunteering abroad: Research has shown that participation in international health projects can and does provide opportunities for professional development in terms of new knowledge, skills and behaviours which are learnt when working in challenging, resource-poor environments. For more information: [Improving care by volunteering abroad | NHS England | Workforce, training and education \(hee.nhs.uk\)](#)
- St John Ambulance offers volunteer positions for all levels of experience, all of which contribute to community first aid saving lives. For more information: [Volunteer Roles | St John Ambulance \(sja.org.uk\)](#)
- Patient and Public Partners: Patient and Public Partners are any members who want to be involved in improving health and care. They have extensive experience either as a patient, family member or caregiver; others have been part of the health system in a professional manner. For more information: [Patient and Public Partners » Joined Up Care Derbyshire](#)
- Volunteering to take students on work experience is highly rewarding. It helps students explore careers and develop skills, while bringing fresh perspectives and leadership growth for you. It can also identify future employees and enhance your workplace's community image. It's a win-win fostering growth and innovation. Email [ddlmc.thehubplus@nhs.net](mailto:ddlmc.thehubplus@nhs.net) if you are interested.

# Men's Health Week UK, A Call to Action for Better Wellbeing: 12-18 June 2024



Every year, Men's Health Week in the UK shines a spotlight on the specific health challenges faced by men and encourages them to take proactive steps towards better physical and mental health.

Men's health issues are often under-discussed, yet they are significant. Statistics show that men are less likely than women to visit a doctor, often waiting until a problem becomes severe. This can lead to late diagnoses of conditions like heart disease, diabetes, and cancer, which are more effectively treated when caught early.

To find out how you can get involved in men's health week 2024, please take a look at below:

[Team Talk Derby County Community Trust](#)

[Men's Health Week | NHS Professionals](#)

[We need to share our stories | Men's Health Forum](#)



# Do you have a Wellbeing Champion at your site?

Wellbeing Champions are employees who volunteer to focus on improving the wellbeing of their fellow colleagues, as part of the company wellbeing initiatives. Champions focus on promoting general wellbeing within the company. Champions will be able to signpost colleagues to relevant services. They will provide information to colleagues about the local and national wellbeing services available and also support in promoting any internal wellbeing initiatives.



Becoming a Wellbeing Champion is a voluntary role, which is open to any member of the team. All that is required is the enthusiasm and commitment to the health and wellbeing agenda and to support your organisation to improve the health and wellbeing of the workforce.

You will provide information to colleagues about the local and national wellbeing services available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role.

Join the Wellbeing Champions community!



Prefer to watch a video? Click here to watch our YouTube video on finding out about how others have adapted their role to become a Wellbeing Champion!



Join the JUCD Wellbeing Network of over 500 champions, promoting and support wellbeing for their peers!

1. Monthly drop-ins.
2. Monthly comms.
3. Training to support wellbeing conversations.
4. Support from a JUCD Wellbeing Health Improvement Advisor to shape your ideas.



Check out some wellbeing sessions!

For more information including a Wellbeing Champion job description and how to apply, [click here](#) or scan the QR code below!



JOIN NOW

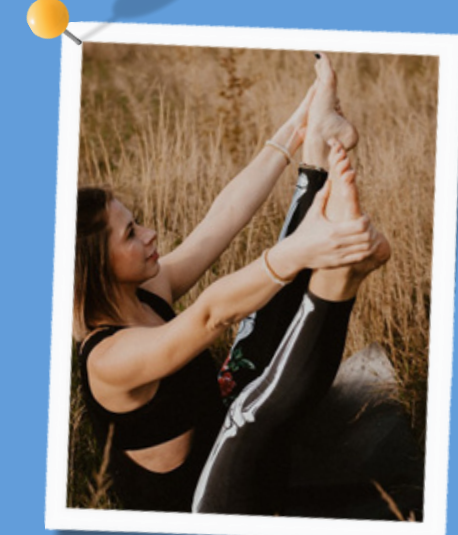
# MY WELLBEING SUPPORT

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?

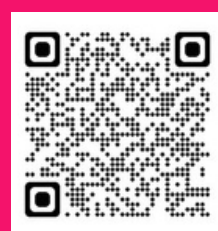
Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in.



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.

