

Supporting our General Practice family on  
their Primary Care journey.

Hello  
*April*

# Primary Care Wellbeing - Derbyshire

## Welcome to our April wellbeing newsletter!

Welcome to this month's Wellbeing Newsletter! As we step into spring, it's the perfect time to embrace new habits that support our mental and physical wellbeing. With longer days and fresh air all around us, we explore how simple moments in nature can boost mood and reduce stress. We also highlight Stress Awareness Month, offering practical tips to help manage workplace pressures. Plus, don't miss our '30 Days of Wellbeing' challenge to inspire daily self-care throughout April!

People Promise





# THE POWER OF NATURE FOR MENTAL HEALTH

Spending time in nature isn't just enjoyable — it's essential for our mental health. Research shows that engaging with nature can reduce stress, improve mood, and enhance overall wellbeing. Whether it's a walk in the park, gardening, or simply listening to birds, nature has the power to uplift us.

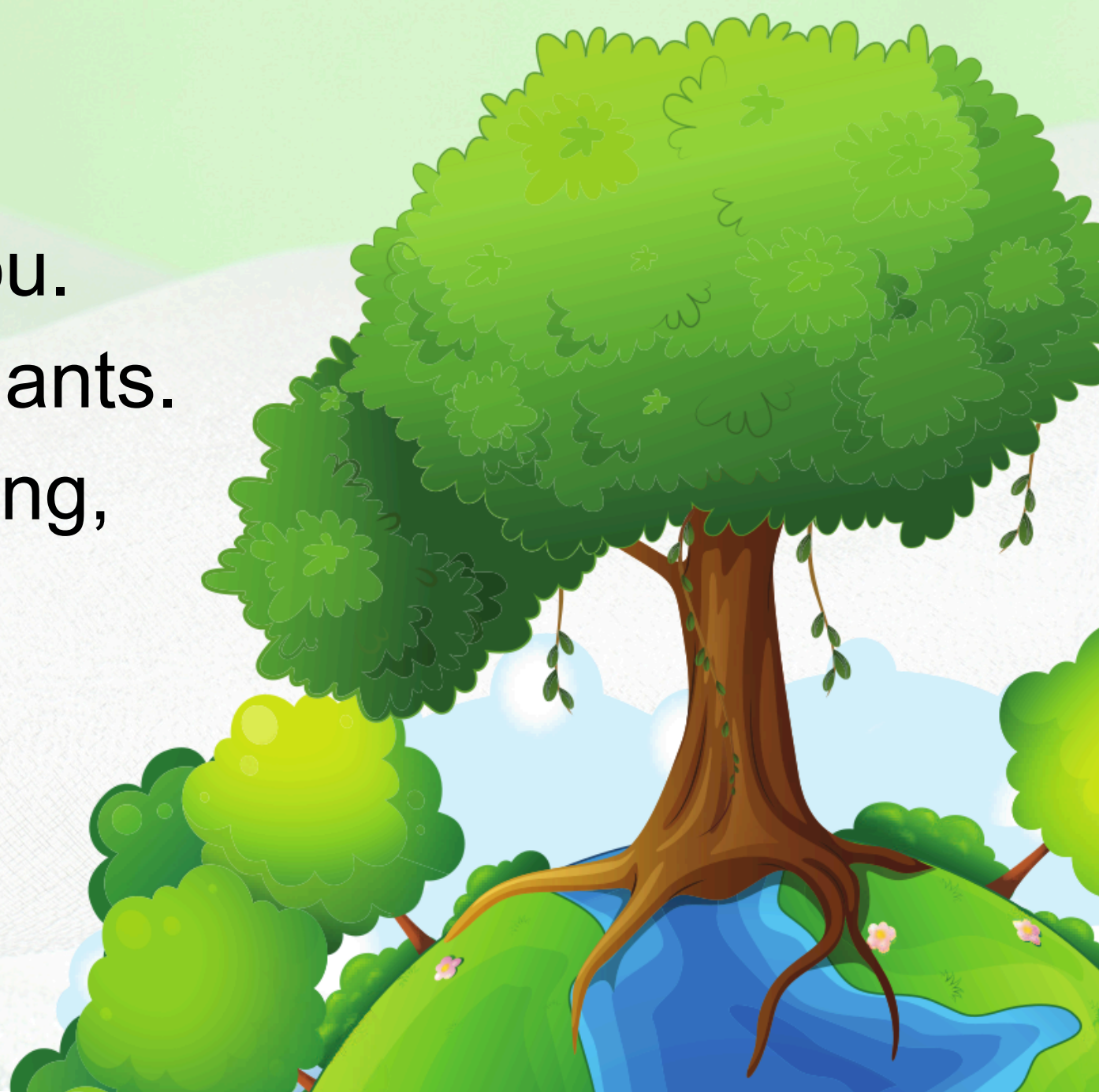
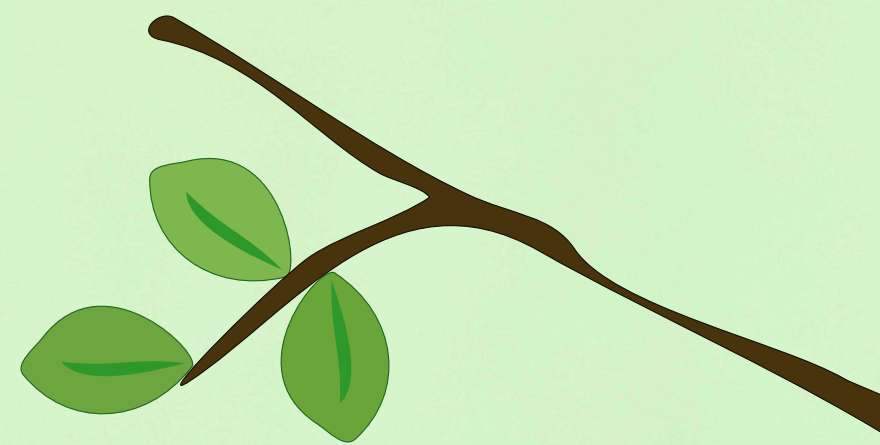
## Why Nature Matters

Studies highlight that nature exposure helps lower anxiety and depression, supports relaxation, and even improves concentration. Many people report feeling happier and more connected after spending time outdoors.

## Simple Ways to Embrace Nature

- Take a daily walk outside, even if it's just for 10 minutes.
- Bring nature indoors with houseplants or nature-inspired artwork.
- Practice mindfulness by noticing the sights, sounds, and smells around you.
- Spend time gardening or caring for plants.
- Try outdoor activities like hiking, cycling, or outdoor yoga.

Please [click here](#) visit the wellbeing timetable or scan the QR code





# STRESS AWARENESS MONTH

**April is Stress Awareness Month** – a time to recognise the impact of stress and take steps to improve wellbeing. Working in primary care can be demanding and enjoyable, but small changes can make a big difference in managing stress and supporting your wellbeing long-term.

## Recognising Stress

Common signs of stress include:

- Feeling overwhelmed or irritable
- Difficulty concentrating or making decisions
- Physical symptoms like headaches or fatigue
- Changes in sleep or appetite



## Tips for Managing Stress

- **Take Breaks:** Even short pauses can help reset your mind.
- **Stay Active:** A short walk or stretch can ease tension.
- **Stay Connected:** Talk to colleagues, friends, or family.
- **Prioritise Self-Care:** Ensure you get enough sleep, eat well, and hydrated.
- **Seek Support:** Don't hesitate to reach out for help if needed.



## Wellbeing Support for You

The demands of primary care work are high, but so is the support available. Check out the local **wellbeing resources**, confidential helplines, and peer support groups available to you!



Please [click here](#) visit the wellbeing resources page or scan the QR code





# JOIN THE 30 DAYS OF WELLBEING CHALLENGE THIS APRIL!

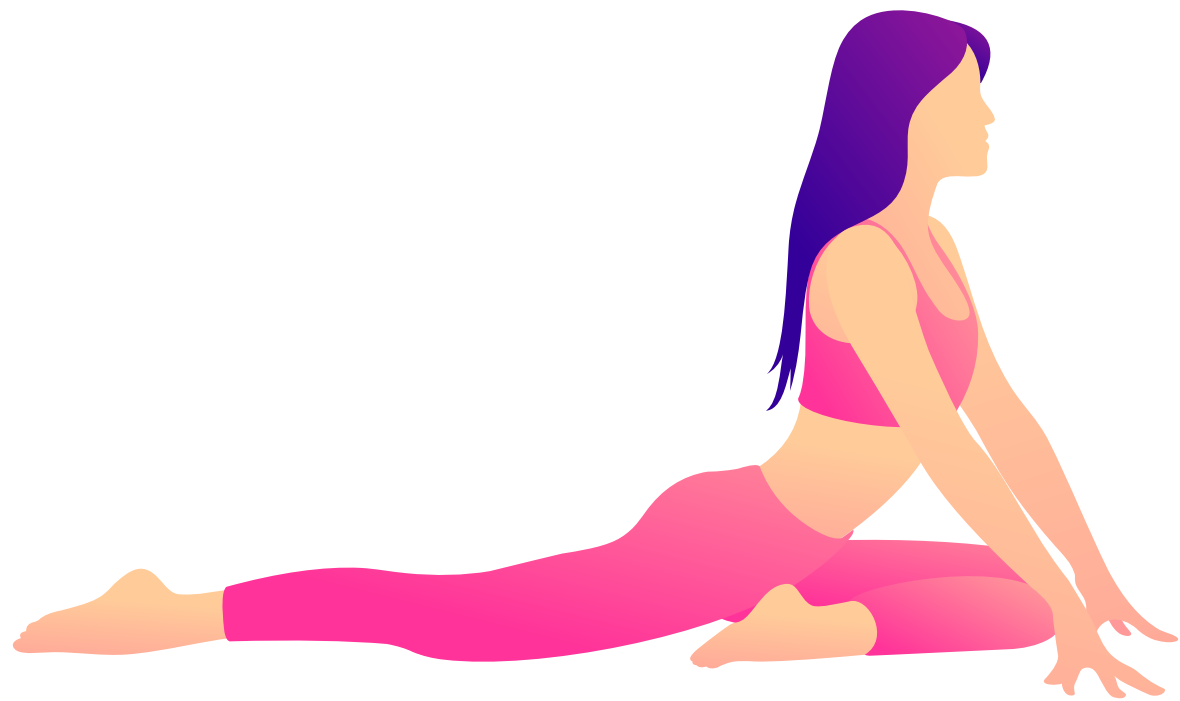
Spring is the perfect time for a fresh start—so why not dedicate the next 30 days to prioritising your wellbeing? Life can get busy, and self-care often takes a backseat, but this April, we invite you to join our 30 Days of Wellbeing Challenge—a simple, engaging, and motivating way to create healthier habits, reduce stress, and improve your overall happiness.

We've broken the month into weekly themes to help you stay focused and inspired. Each week, we'll explore different aspects of wellbeing—from mindfulness and movement to nourishment and connection.

## Week 1: Mindful Moments

Take time to slow down, be present, and reconnect with yourself.

- ✓ Start each morning with deep breathing or meditation
- ✓ Unplug from screens for 30 minutes daily
- ✓ Try mindful eating—savour every bite
- ✓ Take a walk without distractions—just observe
- ✓ Practice gratitude by journaling three things daily
- ✓ Listen to calming music or nature sounds
- ✓ End the day with a relaxing night-time routine



## Week 2: Move Your Body

Boost your energy and mood with movement!

- ✓ Stretch for 5 minutes every morning
- ✓ Take the stairs instead of the lift
- ✓ Try a new workout (yoga, dance, strength training)
- ✓ Walk or cycle instead of driving short distances
- ✓ Stand up and stretch every hour
- ✓ Spend time in nature—go for a hike or outdoor workout

## Week 3: Nourish & Recharge

Fuel your body and mind with what they need to thrive.

- ✓ Stay hydrated—drink at least 8 glasses of water
- ✓ Prepare a nutritious meal with fresh ingredients
- ✓ Reduce caffeine or swap for herbal tea
- ✓ Get 7-9 hours of quality sleep each night
- ✓ Take a break from work and enjoy a mindful lunch
- ✓ Try a new healthy snack such as fruit, nuts, or yogurt
- ✓ Practice deep relaxation (meditation, journaling, or reading)



## Week 4: Connection & Joy

Prioritise relationships and do things that bring you happiness.

- ✓ Reach out to a loved one for a chat or check-in
- ✓ Spend quality time with family or friends
- ✓ Laugh! Watch something funny or share a joke
- ✓ Do something creative—paint, write, or play music
- ✓ Take a break from social media for a few hours



**M**

**Bodyweight Exercise**  
07:30-08:00  
Virtual

**Back Strength & Stretch**  
12:15-12:45  
Virtual

**NEW**

**Get Your Steps In!**  
12:20-12:30  
Virtual

**Legs, Bums & Tums**  
13:00-13:30  
Virtual

**Crystal Healing Workshop**  
13:00-13:40  
2 June  
Virtual

**Salsa Dancing**  
Beginners  
16:45-17:15  
  
Regulars  
17:15-18:00  
KHD

**Doodle Club**  
17:00-18:30  
7 Apr, 12 May,  
2 June  
RDH & Virtual

**Zumba**  
18:30-19:00  
Virtual

**T**

**Kettlebells**  
07:15-07:45  
Virtual

**Seated Yoga & Mindfulness**  
10:30-11:00  
Virtual

**Working with a Health Condition Support Café**  
10:30-11:30  
29 Apr, 27 May,  
24 June  
Virtual

**Desk Stretches for Neck & Posture Health**  
11:00-11:20  
Virtual

**The Breathing Room**  
12:00-12:15  
Virtual

**Book Club**  
13:00-13:45  
13 May  
Virtual

**Bodyweight Circuits**  
13:00-13:30  
Virtual

**Menopause Café**  
14:00-15:00  
15 Apr, 20 May,  
17 June  
Virtual

**Menopause Practitioner Q&A**  
14:00-15:00  
1 Apr, 6 May, 3 June  
Virtual

**Table Tennis**  
17:00-19:00  
RDH

**Legs, Bums & Tums**  
18:30-19:00  
Virtual

**W**

**Christian Network Morning Reflection & Prayers**  
08:30-09:00  
Virtual

**Menopause Café**  
09:30-11:00  
23 Apr, 21 May,  
18 June  
BoT

**Mobilise & Stretch**  
12:00-12:30  
Virtual

**Kettlebells**  
12:15-12:45  
Virtual

**REACTmh Refresh**  
12:00-12:30  
2 Apr, 7 May, 4 June  
Virtual

**Doctors in Distress**  
12:30-13:30  
Virtual

**Hormone & Reproductive Health Group**  
13:30-14:15  
Bi-Weekly  
Virtual

**Bereavement Support Group**  
14:30-16:00  
30 Apr, 28 May,  
25 June  
Virtual

**Pilates**  
17:00-17:30  
Virtual

**Zumba**  
17:15-18:00  
RDH

**See you at the Barre**  
17:30-18:00  
Virtual

**Th**

**Meta-Fit**  
07:15-07:45  
Virtual

**Menopause Yoga**  
08:00-08:30  
Virtual

**Manager & Leader Supporting your Team's Wellbeing Drop-in**  
10:00-11:00  
3 Apr, 1 May, 5 June  
Virtual

**Desk Mobility**  
12:00-12:20  
Virtual

**Yoga**  
12:30-13:00  
Virtual

**Back Care Pilates**  
13:00-13:30  
Virtual

**Returning from Parental Leave Support Group**  
14:00-15:00  
24 Apr, 22 May,  
26 June  
Virtual

**Neurodiverse Café**  
14:00-15:00  
17 Apr, 15 May,  
19 June  
Virtual

**Core Strength**  
18:00-18:20  
Virtual

**Women's Football**  
18:00-19:00  
MPS

**Dad's Space**  
19:30-21:00  
Bi weekly  
Pride Park

**F**

**Hip Health**  
07:30-08:00  
Virtual

**Full Body Workout**  
08:30-09:00  
Virtual

**Emotional Freedom Techniques**  
10:00-10:20  
Virtual

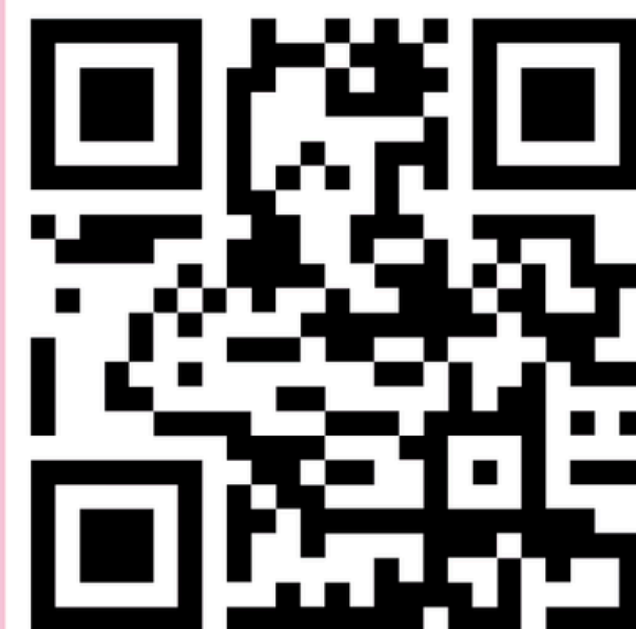
**Returning to Work Following ill Health**  
10:00-10:45  
Virtual

**Shoulder Health**  
11:00-11:20  
Virtual

**Grief Kind Space**  
11:00-13:00  
RDH

**Cancer Support Group**  
13:00-14:00  
25 Apr, 30 May, 27 June  
Virtual

**A Kinder Space**  
16:00-17:30  
RDH



[bookwhen.com/jucdwellbeing](https://bookwhen.com/jucdwellbeing)

**Password: bloom**

**Physical Activities**

**Info & Support**

**Arts & Culture**

**Mind & Body**

**Activity Locations**

**KHD** Kingsway Hospital Derby  
**RDH** Royal Derby Hospital  
**MPS** Murray Park School  
**BOT** Burton-upon-Trent



**VIDEOS ON DEMAND**

View our recordings here  
and use the password:  
**Wellbeing**

[vimeo.com/showcase/8854943](https://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.

April

Get Career Ready: Disclosure of Neurodivergence at Work	Wednesday 2nd April	12:00-13:00
Managing Workplace Stress & Burnout	Friday 4th April	10:00-10:45
Decompress Your Stress*	Wednesday 9th April	10:30-11:15
REACT Mental Health Conversation Training	Thursday 10th April	11:00-12:00
The Power of Positivity: Part 1 – Negativity Bias	Friday 11th April	12:00-12:40
Sleep Workshop*	Monday 14th April	13:00-13:00
How to add 'Movement Snacks' to your meetings*	Tuesday 15th April	12:30-13:00
Understanding Post Traumatic Stress Disorder	Wednesday 16th April	12:30-13:30
Hormonal Cycles for Productivity and Self-Care*	Tuesday 22nd April	13:00-14:00
Looking After Your Teams Wellbeing*	Wednesday 23rd April	11:00-12:00
Wellbeing Conversations Training	Thursday 24th April	10:00-12:30
Self-Massage Techniques*	Thursday 24th April	14:00-14:30
Coping with and Managing Burnout*	Friday 25th April	10:00-11:00
Supporting yourself Following Trauma	Tuesday 29th April	14:00-15:00
Neurodiversity at Work	Wednesday 30th April	11:00-12:00
Handling Difficult Situations with Care and Compassion	Wednesday 30th April	14:30-16:30

**Password:**  
**bloom**

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



### VIDEOS ON DEMAND

View our recordings here  
and use the password:

**Wellbeing**  
[vimeo.com/showcase/8854943](https://vimeo.com/showcase/8854943)



**We'd love to hear  
your feedback**

Tell us what you want to  
see more of and feedback  
on this service



May

The Nipple Nurse - Breast Checks	Thursday 1st May	13:00-13:45
Reasonable Adjustments for Mental Health	Friday 2nd May	13:00-13:45
Benefits of being Outdoors*	Wednesday 7th May	12:00-12:30
REACT Mental Health Conversation Training	Friday 9th May	10:00-11:00
Navigating a Phased Return*	Monday 12th May	13:00-13:30
Living with and Understanding Anxiety and Depression*	Wednesday 14th May	11:00-12:00
Understanding Post Traumatic Stress Disorder	Friday 16th May	13:00-14:00
Improving your Cardiovascular Health*	Monday 19th May	13:00-13:45
Wellbeing Conversations Training	Wednesday 21st May	13:30-16:00
The Power of Positivity: Part 2 - What is Happiness*	Thursday 22nd May	11:00-11:40
Self-Massage Techniques*	Thursday 29th May	12:00-12:30

June

Crystal Healing Workshop with Harmonia	Monday 2nd June	13:00-13:40
Understanding Post Traumatic Stress Disorder	Wednesday 4th June	10:00-11:00
The Basics of Healthier Eating*	Monday 9th June	11:00-11:30
Sleep Workshop*	Tuesday 10th June	11:00-12:00
Looking after our Veterans	Wednesday 11th June	11:00-11:45
REACT Mental Health Conversation Training	Thursday 12th June	13:00-14:00
Suicide Awareness and Prevention Training	Friday 13th June	11:00-12:00
Coping with and Managing Burnout*	Wednesday 18th June	12:00-13:00
Wellbeing Conversations Training	Thursday 19th June	09:30-12:00
Reasonable Adjustments for Neurodivergence	Friday 20th June	10:00-10:45
Self-Massage Techniques*	Friday 20th June	12:00-12:30
The Power of Positivity: Part 3 - Happiness Training*	Tuesday 24th June	14:00-14:40
Handling Difficult Situations with Care and Compassion	Wednesday 25th June	14:30-16:30
Coping with Change Workshop*	Thursday 26th June	10:00-11:00

Sessions marked with a \* offer recordings to all booked on

" I've done various Pilates and Yoga sessions, they've been so good I've signed up to a even more classes! "

" I totally enjoy these sessions, not only is it good for adding extra steps to your day but it is a lot of fun. "

" The sessions I attend are absolutely fabulous - the ones early in the morning, get me up! and I feel great after taking part and ready for the day. "

**Questions ?**  
**about the**  
**Wellbeing Timetable?**

**Email:**

UHDB.GetHealthyStayHealthy  
@nhs.net

