



Your Wellbeing Timetable



Wellbeing

2nd Jan - 31st Mar



Physical Activities	Info & Support
Arts & Culture	Mind & Body
Activity Locations	
KHD	Kingsway Hospital Derby
QHB	Queens Hospital Burton
RDH	Royal Derby Hospital

Does your organisation have access to the Wellbeing Timetable?

If you are unsure, please email:

UHDB.GetHealthyStayHealthy@nhs.net

Please visit your intranet's wellbeing pages for access details and password

M

Bodyweight Exercise
07:30-08:00
Virtual

General Fitness: Getting Started for Beginners
08:30-09:00
6 Jan, 3 Feb, 3 Mar
Virtual

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

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

Book Club
13:00-13:45
13 Jan
Virtual

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

Doodle Club
17:00-18:30
6 Jan, 3 Feb, 3 Mar
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
28 Jan, 25 Feb, 25 Mar
Virtual

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

The Breathing Room
12:00-12:15
Virtual

Bodyweight Circuits
13:00-13:30
Virtual

Menopause Café
14:00-15:00
21 Jan, 18 Feb, 18 Mar
Virtual

Menopause Practitioner Q&A
14:00-15:00
7 Jan, 4 Feb, 4 Mar
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

Mobilise and Stretch
12:00-12:30
Virtual

Kettlebells
12:15-12:45
Virtual

Mental Health Support & Awareness
12:00-12:30
23 Jan, 7 Feb, 13 Mar
Virtual

Understanding Post Traumatic Stress Disorder
15 Jan 12:00-13:00
26 Feb 14:00-15:00
26 Mar 12:00-13:00
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
29 Jan, 26 Feb, 26 Mar
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
2 Jan, 6 Feb, 6 Mar
Virtual

Seated Mobility
12:00-12:20
Virtual

Yoga
12:30-13:00
Virtual

Back Care Pilates
13:00-13:30
Virtual

Book Club
13:00-13:45
13 Mar
Virtual

Returning from Parental Leave Support Group
14:00-15:00
30 Jan, 27 Feb, 27 Mar
Virtual

Neurodiverse Café
14:00-15:00
16 Jan, 20 Feb, 20 Mar
Virtual

Beginners Exercise
17:30-17:50
Virtual

Core Strength
18:00-18:20
Virtual

Women's Football
18:00-19:00
Murray Park School

F

Hip Health
07:30-08:00
Virtual

Full Body Workout
08:30-9:00
Virtual

Emotional Freedom Techniques Weekly Tapping
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

Run Club
12:00-12:30
RDH

Cancer Support Group
13:00-14:00
31 Jan, 28 Feb, 28 Mar
Virtual