

Supporting our General Practice family on
their Primary Care journey.



Primary Care Wellbeing - Derbyshire

Welcome to our January wellbeing newsletter!

Welcome to our January 2025 wellbeing newsletter! This month, we invite you to explore ways to kick-start your wellbeing in 2025, with practical ideas and opportunities to help you thrive. From adopting a new self-care habit to strengthening relationships with colleagues, every step you take is progress toward a healthier, happier year.

People Promise



People Promise
We are
safe and
healthy

NEW YEAR, NEW BEGINNINGS

The start of a new year often comes with a sense of renewal and opportunity, but what does "new beginnings" and setting resolutions truly mean for us?

At its core, a new beginning is about giving yourself permission to start fresh. It's an invitation to leave behind what no longer serves you and to focus on creating the life you want. Resolutions, when done thoughtfully, can act as a roadmap to guide your goals and priorities.

New year, New beginnings	Be kind to yourself	Celebrate progress
Resolutions don't have to be grand gestures. Focus on what genuinely matters to you, whether it's work-life balance, self-care, or learning something new.	Recognise that growth takes time. Small, consistent actions are often more impactful .	Every step forward counts. Reflect on how far you've come, and don't forget to acknowledge your achievements.

Set a professional goal, such as attending a training course or connecting with a mentor- visit your local training hubs' website to find out what training courses, programmes and mentoring opportunities are available to you in Primary Care! thehubplus.co.uk

Commit to one new self-care habit, like a daily walk or journaling- Our JUCD Wellbeing team have a wealth of FREE sessions for you to attend including physical activity, yoga, walking clubs, plus much more! [JUCD Wellbeing Timetable - Booking by Bookwhen](#)

Here are some ideas starting anew for your wellbeing:

Strengthen relationships by reaching out to a colleague or friend you've lost touch with.

Wellbeing Matters: Supporting Primary Care Together



At The Hub Plus, we understand the challenges faced by primary care teams and are committed to supporting your wellbeing. Our tailored offers aim to nurture resilience, boost morale, enhance mental health, and create a positive and sustainable working environment.

Peer psychological support -

Involves individuals within a shared community or profession providing emotional and psychological help to each other. Unlike traditional therapy, it is offered by peers with similar experiences, such as colleagues, who understand shared challenges.

In healthcare, peer support enables staff to share experiences, offer empathy, and provide coping strategies, fostering community and reducing isolation. It helps manage stress, anxiety, and other mental health challenges through informal check-ins or structured programmes.

REACTmh training

Equips individuals to have supportive, psychologically informed conversations about mental health. It helps peers or managers support colleagues who may not recognise or seek help for their struggles, particularly those facing stress or repeated exposure to traumatic events.

StRaW (Sustaining Resilience at Work)

Is an evidence-based peer support programme where trained practitioners provide structured mental health support to colleagues, helping strengthen resilience. Across JUCD, StRaW practitioners and managers use their expertise to conduct assessments and deliver targeted support conversations.

TRiM (Trauma Risk Management)

Is a peer support system focused on responding to potentially traumatic events. TRiM practitioners identify psychological risks and provide education, support, and appropriate interventions to colleagues in need.

Reflective Practice

These sessions are designed to create a safe, open, and insightful space where colleagues can discuss morally and practically challenging experiences they may have encountered. Led by peers, these sessions offer teams the opportunity to reflect on their challenging work, exploring its psychological and emotional impact both on individuals and the team as a whole.

Derbyshire Mentoring

Mentoring is a form of development that takes place over a series of conversations between a trained mentor and a client. These conversations are designed to support you in creating learning, self-development, and improved performance in a way that benefits you. The mentor is trained to help you stretch your thinking, to support you in looking at things in new ways, and to assist you in finding solutions and answers to questions you might be posing yourself. Available currently to GPs and Nurses however we are looking to expand this offer!

DRY JANUARY



As the New Year unfolds, many of us are thinking about ways to restore balance and prioritise our health. One simple yet impactful change is participating in Dry January, a month-long alcohol-free challenge that offers an opportunity to reset and refocus on our wellbeing.

Why Dry January?

Life in primary care can often feel like an everlasting marathon, and it's easy for habits like winding down with a glass of wine or a pint to become routine. While there's nothing wrong with enjoying a drink occasionally, taking a break can:

- Boost energy levels: Better sleep and hydration can supercharge your stamina for those busy days in Primary Care.
- Support mental clarity: Without alcohol in your system, you may find it easier to manage the daily stresses of practice life.
- Improve physical health: A short break can lower blood pressure, improve liver function, and help reset your metabolism.

Alcohol and units- what does it actually mean?

With so many different drinks and glass sizes, from shots to pints – not to mention bottles – it's easy to get confused about how many units are in your drink.

Find out about how many units are in alcoholic drinks: [Alcohol units - NHS](#)

JANUARY 2025

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Tips for a Successful Dry January

- Replace an alcoholic drink for a mocktail or glass of water
- Find new ways of winding down- replace having a drink after work with a warm bath, read a book, listen to calming music, or try deep breathing exercises
- Take a moment each evening to reflect on how you feel, whether it's increased energy, better sleep, or simply feeling more present.

2nd Jan - 31st Mar

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

bookwhen.com/jucdwellbeing

Password: star

Physical Activities	Info & Support
Arts & Culture	Mind & Body

Activity Locations

KHD Kingway Hospital Derby
QHB Queens Hospital Burton
RDH Royal Derby Hospital

VIDEOS ON DEMAND

View our recordings here and use the password: Wellbeing

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.

January	REACT Mental Health Conversation Training	Wednesday 8th January	10:00-11:30
	Supporting Yourself Following Trauma	Friday 10th January	12:00-13:00
	Air Arts - Made In the NHS: Sculpture (QHB)	Saturday 11th January	10:30-15:30
	Suicide Prevention Awareness Training	Monday 13th January	14:00-15:00
	Understanding Post Traumatic Stress Disorder	Wednesday 15th January	12:00-13:00
	The Power of Positivity	Friday 17th January	12:00-12:45
	Getting Career Ready: Neurodivergent Strengths	Wednesday 22nd January	12:00-13:00
	Handling Difficult Situations with Care and Compassion	Wednesday 22nd January	14:00-16:00
	Wellbeing Conversations Training	Thursday 23rd January	13:00-16:00
	Managing Your Own Mental Health as a Manager	Friday 24th January	13:00-13:45
	Why does my elbow hurt and what can I do about it?*	Monday 27th January	13:00-13:30
	Self-Massage Techniques Follow Along	Thursday 30th January	14:00-14:30
	Aging Is Optional - Workshop*	Friday 31st January	11:00-11:45

February	Breast Cancer Awareness CoppaFeel Talk	Thursday 6th February	11:00-12:00
	REACT Mental Health Conversation Training	Thursday 6th February	13:00-14:30
	Living with and Understanding Anxiety and Depression*	Thursday 6th February	14:00-15:00
	Introduction to Neurodivergence for Managers	Friday 7th February	10:00-10:45
	Back Pain Myth Busters*	Monday 10th February	12:30-13:00
	Handling Difficult Situations with Care and Compassion	Wednesday 12th February	13:00-15:00
	Getting Career Ready: Assistive Tech for Neurodiversity	Wednesday 19th February	12:00-13:00
	Dyslexia In Your 50s and Beyond	Thursday 20th February	12:00-13:00
	Stress Reduction Skills Practice – Mindfulness	Friday 21st February	10:00-10:30
	Self-Massage Techniques	Friday 21st February	13:00-13:30
	Understanding Post Traumatic Stress Disorder	Wednesday 26th February	14:00-15:00
	Wellbeing Conversations Training	Wednesday 26th February	14:00-16:30
	Suicide Prevention Awareness Training	Thursday 27th February	10:00-11:00
	Looking After Our Veterans*	Friday 28th February	11:00-11:45
	Air Arts - Made In the NHS 'Headstrong' (RDH)	Thurs 27th Feb to 20th Mar	18:00-20:00

March	Osteoarthritis and Joint Pain - What can help?*	Tuesday 4th March	13:00-13:30
	International Women's Day- Hormones	Friday 7th March	12:00-13:00
	REACT Mental Health Conversation Training	Tuesday 11th March	10:00-11:30
	Sleep Workshop*	Friday 14th March	12:00-13:00
	Self-Massage Techniques*	Tuesday 18th March	15:00-15:30
	Coping with Change Workshop*	Thursday 20th March	10:00-11:00
	Handling Difficult Situations with Care and Compassion	Thursday 20th March	10:00-12:00
	Neurodivergence & Mental Health for Managers	Friday 21st March	13:00-13:45
	Financial Wellbeing with Affinity UK	Monday 24th March	13:00-14:30
	Understanding Post Traumatic Stress Disorder	Wednesday 26th March	10:00-11:00
	Wellbeing Conversations Training	Wednesday 26th March	14:00-16:30
	Suicide Prevention Awareness Training	Friday 28th March	10:00-11:00

Sessions marked with a * offer recordings to all booked on

"I wanted to let you know how much I enjoy the sessions and how they are helping with my anxiety management."

"Welcoming and supportive class with tools I can use everyday."

"This is all very new to me so I was a little nervous beforehand, but I was made to feel very welcome & put at ease. The session was very informal which helped me to relax & I learned a lot. I plan to attend again."

Password:
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bookwhen.com/JUCDwellbeing




VIDEOS ON DEMAND
View our recordings here and use the password:

Wellbeing
www.youtube.com/watch?v=8854943




We'd love to hear your feedback

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



Questions about the Wellbeing Timetable?

Email:
UHDB.GetHealthyStayHealthy@nhs.net



WHAT ARE WELLBEING VISITS?

Wellbeing Visits are designed to promote health and wellbeing within our community. These visits provide a safe and supportive space for individuals to discuss their health concerns, receive guidance, and access tailored resources that enhance overall wellbeing.



How to Book a Wellbeing Visit

1. Visit our website: Go to The Hub Plus Wellbeing Visits page. thehubplus.co.uk/wellbeing-visits
2. Select your service: Browse through the available services and choose the one that best fits your needs.
3. Fill out the booking form: Complete the online form with your details and preferred appointment time. [Request a site visit booking form \(smartsheet.eu\)](https://smartsheet.eu)

Confirmation: Once submitted, you will receive a confirmation email with all the necessary information about your visit.

Some of our most popular topics include:

Coping with Stress Our stress awareness talk will educate you on what causes stress and the ways we can overcome it. We will take you through some useful tools you can use to help overcome the symptoms of stress. Option to add a short 10 min relaxation available.

Happy Minds and Positivity Workshop Is your glass half empty or half full? Positive thinking helps with stress management and can even improve your health. Learn habits of healthy, positive thinking, build resilience and productive mindset.

Physical Activity Taster A short taste of exercise to help boost energy levels, try something new and promote physical health. All sessions offer modifications to suit all abilities. Health Commitment Statement required to complete prior to session starting. Option to increase time to suit events.

Posture, Muscle and Bone Health What is posture, and how does it affect our quality of life? Learn about everyday habits that affect our posture, and what we can do to improve it.