



Primary Care Wellbeing - Derbyshire

Welcome to our October wellbeing newsletter!

This month, we celebrate Menopause Month, highlighting essential support and resources for our staff. We also recognise Freedom to Speak Up Month, encouraging open dialogue about wellbeing concerns.

As we promote Mental Health Awareness, we honour Black History Month, reflecting on the contributions of black individuals in healthcare. Additionally, we're excited to share the new JUCD autumn wellbeing timetable. Lastly, we have included information on how to request a wellbeing visit in your practice — your wellbeing matters!

People Promise



World Menopause Month

Dedicated to raising awareness of menopause and its impact on women's health and wellbeing. Many women experience physical and emotional symptoms that can affect their quality of life, especially in the workplace.

As we delve into the topic of menopause, it's essential to share resources that can provide comfort and support.

Self-Massage Techniques for Menopause Relief

Join us for a relaxing session on October 18th at 12:00 PM, where we will explore self-massage techniques specifically designed to alleviate menopause symptoms. This workshop will teach you effective methods to reduce tension and improve overall well-being. Reserve your spot here. [Self Massage Techniques 🧘 Menopause Relief - Booking by Bookwhen](#)

Cook Along: Food and Female Health

On October 16th at 6:00 PM, participate in our interactive cook-along focusing on foods that support female health during menopause. Discover nutritious recipes that can help balance hormones and enhance your mood. Sign up to join us here. [Cook-a-long with Simplicib - Food & Female Health 🥗🍴💻 - Booking by Bookwhen](#)



SPEAK UP MONTH

Every year in October we celebrate Speak Up Month – a month to raise awareness of Freedom to Speak Up and make speaking up business as usual for everyone. The theme for this year's Speak Up Month is **#ListenUp** – celebrating the power of listening and the important part listening well plays in encouraging people to speak up.

Only by listening to understand can we take the action needed for speaking up to make a difference. We want everyone to feel confident to speak up. Confidence to speak up comes from knowing that if you speak up, you will be listened to and that appropriate action will be taken. We all have a part to play in listening to one another with respect and compassion.

This Speak Up Month is an opportunity for all of us to show that we are here to listen to one another and our commitment to fostering a Speak Up, Listen Up, Follow Up culture in our teams and throughout our Practices and PCNs. We are encouraging everyone to complete the Freedom to Speak Up Listen Up Elearning and make a Listen Up Pledge.

You can get involved with Speak Up Month on social media. We'll be using the hashtag #ListenUp Find out more from www.nationalguardian.org.uk



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I AM HERE TO LISTEN

**Freedom to
Speak Up
Guardian**



#LISTENUP

SPEAK UP MONTH 2024

WORLD MENTAL HEALTH DAY

World Mental Health Day is a vital reminder to prioritise mental wellbeing, not just for us but for our colleagues, patients, and communities. This year's theme is "**Mental Health is a Universal Human Right**". It's an opportunity to raise awareness and advocate for accessible mental health services for everyone, everywhere.

We invite you to participate in this vital session, led by two of our General Practice Suicide Awareness Champions, where we will explore suicide prevention and guide you through the development of a Personal Safety Plan in General Practice.

Understanding Suicide and Personal Safety Plan Case Study.

This interactive session will provide valuable insights, practical tools, and real-life case studies to help you better understand the warning signs of suicide and implement effective support strategies.

thehubplus.co.uk/course/419 - 22/11/24 - 13:00-14:30



BLACK HISTORY MONTH

Black History Month, observed every October, is a time to honor the contributions and achievements of Black Britons, both historically and in the present, while also reflecting on how Black history shapes our current and future society.

Celebrate. Educate. Inspire. This month offers everyone within primary care a chance to recognise the contributions of our Black colleagues, to raise awareness about the inequalities faced by individuals from BAME backgrounds, and to motivate one another to cultivate an inclusive and diverse culture that is supportive and welcoming for all.

Inspirational Black Leadership: In conversation with Prof Bola Olowabi.

Prof Owolabi is the Director at the National Healthcare Inequalities Improvement Programme. She works as a GP in the Midlands, whilst also holding many other roles in Education and Leadership.

The focus of this event will be around her journey. We hope to hold discussions around:

- How these leadership opportunities arose.**
- Were there any role models or mentors who inspired her or supported her on the way.**
- Any barriers and challenges she may have faced in her journey.**
- The importance of support systems and building a network. How did she nurture or preserve these relationships?**

Book here: thehubplus.co.uk/course/421





Your Wellbeing Timetable



Wellbeing

1st Oct - 30th Dec

M

Bodyweight Exercise
07:30-08:00
Virtual

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

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

Book Club
13:00-13:45
4 Nov
Virtual

Neurodiverse Café
14:00-15:00
21 Oct, 18 Nov, 16 Dec
Virtual

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

Doodle Club
17:00-18:00
7 Oct, 21 Oct, 4 Nov
RDH & Virtual
14 Oct, Thurs 24 Oct,
11 Nov
QHB

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
22 Oct, 26 Nov, 17 Dec
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
15 Oct, 19 Nov, 17 Dec
Virtual

Menopause Practitioner Q&A
14:00-15:00
1 Oct, 5 Nov, 3 Dec
Virtual

Table Tennis
17:00-19:00
RDH

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

Air Arts Wellbeing Choir
19:30-21:00
Virtual

W

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

Mobilise and Stretch
12:00-12:30
Virtual

Mental Health Support & Awareness
12:00-12:30
30 Oct, 22 Nov, 12 Dec
Virtual

Kettlebells
12:15-12:45
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 Oct, 27 Nov, 18 Dec
Virtual

Pilates
17:00-17:30
Virtual

Zumba
17:15-18:00
RDH

See you at the Barre
17:30-18:00
RDH

Cook-a-long with SimpliciB
18:00-18:45
16 Oct Menopause Health
13 Nov Men's Health
11 Dec Food & Mood
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 Oct, 7 Nov, 5 Dec
Virtual

Seated Exercise
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
31 Oct, 28 Nov, 19 Dec
Virtual

Funky Disco
17:00-17:30
Virtual

Core Strength
18:00-18:20
RDH

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

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

F

Hip Health
07:30-08:00
Virtual

Full Body Workout
08:30-9:00
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

Run Club
12:00-12:30
RDH

Staff Survey Q&A
12:30-13:00
18 Oct
Virtual

Physical Activities	Info & Support
Arts & Culture	Mind & Body

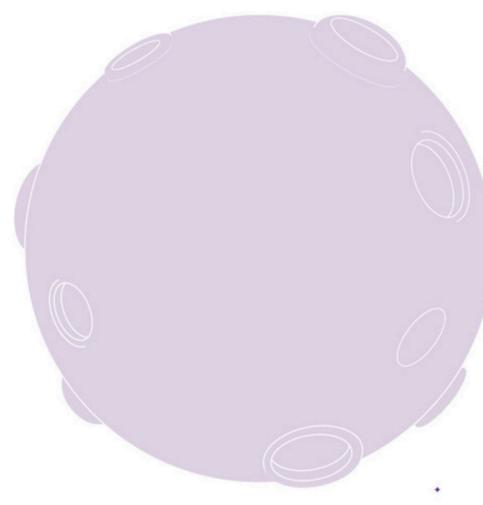
Activity Locations

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



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

Booking a Wellbeing Visit is easy! Simply follow these steps:



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.