

JUCD Wellbeing

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Health Improvement Advisor Team Leader



The Derbyshire
VCSE sector
Alliance



Derby City Council



DERBYSHIRE
County Council

Joined Up Care Derbyshire

Mental Health & Wellbeing Hub

- National Pilot Programme
- 1 in 13 ICS hubs Nationwide

Collaborative Working

- Shared support, resources, initiatives
- Better support each other to give the best to our workforce



JUCD Wellbeing Team

Wellbeing Team Leaders

- Peer Psychological Support
- Health Improvement Advisors
- Communication Leads

Health Improvement Advisors

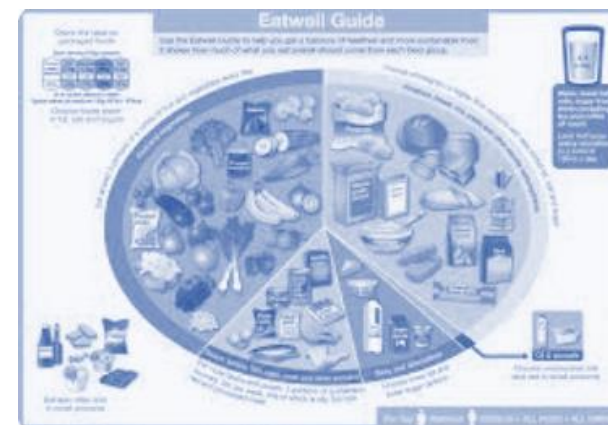
- Deliver, advise & signpost to relevant wellbeing support & services
- Engage and build rapport with teams & colleagues

Co-ordinators

- Peer support, wellbeing activities & resources, MHFA

HIA Role & Expertise

- Nutrition
- Weight Management
- Lifestyle
- Mind & Body
- Personal Training
- Physical Activity
- Physical Health for long term conditions
- Mental Health
- StRaW/TRiM practitioners
- MHFA



Engaging with colleagues (outreach, planned etc)

Your Activities

- Available for all colleagues of JUCD;
- Physical Activity
- Mind & Body
- Webinars
- Sports & Social
- Arts & Culture

[Activity Timetable Jan to Mar 23.pdf](#)

[JUCD Wellbeing - Booking by Bookwhen](#)




Your Activities

Wellbeing
Joined Up Care Derbyshire

3rd January to 31st March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Resistance Band Strength Exercise 07:30-08:00 Virtual	Morning Boost 07:30-08:00 RHD / Virtual	Bodyweight Toning 07:00-07:30 Virtual	Kettlebells 07:00-07:30 Virtual	Tai Chi 08:30-09:00 FNCH	Dog Walk & Social 10:00-14:00 February
Ankle & Calf Health 10:00-10:20 Virtual	Desk Based Stretches 11:00-11:20 Virtual	Yoga 11:00-11:30 Virtual	Stress Reduction Techniques 07:30-08:00 Virtual	Shoulder Health 11:00-11:20 Virtual	Cycling Club Road Ride 18-30 miles 21 Jan 18 Feb 18 March
Sleep Workshop 11:00-12:00 30 Jan Virtual	Wellbeing Champion Support 14:00-15:00 Virtual	Book Club 12:30-13:30 18 Jan CRH	Virtual School Gate 26 Jan, 16 Feb, 30 Mar 09:30-10:30 Virtual	Walk and Talk 12:00-12:30 IH	
Walk & Talk 12:00-12:40 KHD	Mens Mental Health: Pit Stop Walk & Talk 12:30-1:00 CRH	Walk and Talk 13:00-14:00 8 Feb Darley Park	Seated Fitness 12:00-12:30 Virtual	Running Club 12:00-12:30 RDH	
Mens Mental Health: Pit Stop 12:00-13:00 Virtual	Menopause Café 14:00-15:00 17 Jan, 21 Feb & 21 Mar	Poetry Club 14:30-15:30 25 Jan, 22 Feb, 22 Mar Virtual	Press Pause Meditation 12:30-12:45 9 Feb, 16 Feb, 16 Mar, 30 Mar Virtual	Sleep Workshop 17th March Virtual	
Loughercise 12:45-13:15 6 Feb Virtual					Key



Welcome to your Activity Booking Platform

All activities must be booked in advance, please click below to book your place and look out for new and exciting additions which may be added. Please read your organisations Infection Prevention and Control guidelines before attending any face-to-face activity or email our Wellbeing team at uhds.gethealthystayhealthy@nhs.net for any queries regarding Your Activities timetable. This timetable may be subject to change in line with Covid-19 regulations. Please complete your organisations Health Commitment Statement prior to taking part in any physical activity

[Click Here to Watch Back a Live Session! \(Password: Wellbeing\)](#) [Click here to watch some videos in our Menopause Lunch and Learn Session](#)

Use Our Handy Filters

[Physical Activity](#) [Information & Support](#) [Arts & Cultural](#) [Mind & Body](#) [Clear the Filters <](#)

SCHEDULE

EXIT BOOKING SY

From 5 Jan 2023

January, 2023

5	Thu	7am GMT	Kettlebells (Virtual)
		7:30am GMT	Stress Reduction Techniques (Virtual)
		12pm GMT	Seated Fitness (Virtual)

Kettlebells (Virtual)

View details

Your Activities

- Organisation specific
- Pick out key workshops for GPTF
- Develop our content to meet needs
- Support colleagues feedback



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Walk and Talk

Wednesday
8th
February

Darley Park

Meet at Darley Park cafe
DE22 1EN
13:00-14:00

Come join us for an hour of easy social walking at the picturesque Darley Park.

All colleagues welcome!

Book via: bookwhen.com/jucdwellbeing

For more information contact the Wellbeing Team: 01332 787 703 | UHDB.GetHealthyStayHealthy@NHS.net

The poster features a central image of a person's feet in brown hiking boots walking on a wooden boardwalk. It includes the Wellbeing logo at the top left, a QR code at the bottom right, and a small illustration of trees at the bottom left. The text is arranged in a clear, readable layout with various colors and fonts.



Wellbeing
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Winter Wellness Events

Weekly Activities:

- **Self-Care Club**, every Wednesday **18:15-18:35** (via zoom)
- **Beginners Exercise**, every Thursday **18:00-18:30** (via zoom)

Weight Management Workshop Series:
every Monday, 18:30-19:00, via teams

- 'Know how to Eat Well' – 16/01/23
- 'Energy Balance' – 23/01/23
- 'Back to Basics (protein, carbs & fats)' – 30/01/23
- 'Shopping & Meal Planning on a Budget' – 6/02/23

Other Activities:

- 'Let's Talk About Burnout' – 18/01/23, 12:00-13:00 (online webinar)
- **Walk and Talk** – 8/02/23, 13:00-14:00 (in person event) Darley Abbey Park, Derby

To book: www.bookwhen.com/jucdwellbeing

For more information contact us on: UHDB.GetHealthyStayHealthy@NHS.net / 01332 787 703
Proud to support all our Health and Social Care colleagues across Derbyshire and North Staffordshire with their Wellbeing.

The poster features a background image of a person sitting at a table, possibly participating in a workshop. It includes the Wellbeing logo at the top left, a QR code on the right side, and navigation icons at the bottom. The text is arranged in a clear, readable layout with various colors and fonts.


Bookable Workshops

- Wellbeing Overview (team meetings)
- Drop ins
- Sleep & Relax
- Healthy Eating
- Menopause Support
- Posture Awareness
- Stress & Relaxation
- Ability to Cope
- REACTmh training
- Reflective Practice
- Physical Activity (Zumba etc)
- Mind & Body (Stretch, Relax, Yoga, Shoulder Health)



Book Your Wellbeing Team

- Invitation to book wellbeing team visits
- Descriptions of all workshops & activities
- Booking request via Smart Sheet for GPTF



Wellbeing Services Overview 10-60 mins An overview of all available to colleagues through the Health and Wellbeing Service aspects of what's available. Including the current timetable of workshops.

Healthy Eating 30-60mins Learn how eating a healthier balance your mood and energy levels as well as maintain a healthy weight.

Posture Awareness 45mins Keeping a good posture plays a big part in your physical health as well as our everyday comfort and injury prevention. We will also share useful movements and stretches that promote a good posture you can do daily.

Menopause Awareness and Support available 1 hour We can offer support to individuals, teams and managers to offer advice and guidance on menopause available to colleagues. We can also help you understand more about menopause.

Financial Wellbeing wellbeing news

General Practice Task Force Derbyshire

Home Our Team Media Bank

DEN GP GP / LMC LEADERSHIP PCN PRACTICE

MY WELLBEING SUPPORT

Scan the QR codes to gain access to free support for ALL primary care staff

Staff Health Improvement Advisors

Bookable appointments are available for every Primary Care site with a Health Improvement Advisor to visit in person or virtually.

The Health Improvement Advisor can provide specialist knowledge, raise awareness and promote local and national initiatives to improve wellbeing within your teams.

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.

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, please email: DDLMC.GPTF@NHS.NET.

My Employee Assistant Programme

Derbyshire Primary Care employees have free access to emotional and practical support through CIC's Confidential Care service. You can access the EAP by visiting www.well-online.co.uk.

Login: DTLogin **Password:** wellbeing.

You can also call **0800 085 1376** or use the Text Relay service **18001 0800 085 1376**, or email assist@cic-eap.co.uk.

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.

Primary Care Coaching

A dedicated coaching programme for Primary Care colleagues, which includes access to individual coaching, team support and career support.

Wellbeing App - Thrive

Thrive is the perfect app to help you prevent and manage stress, anxiety and related conditions. The clinically effective and confidential mental wellbeing app can be used to relax before a stressful situation, or on a more regular basis to help you live a happier, more stress-free life. You also have free access to the Thrive in-app therapy service, a text based service which enables you to talk through any worries however big or small. Topics can range from relationship stress, financial worries or difficulties at home to general stress and anxiety of day-to-day life.

Find out more

Email: DDLMC.GPTF@NHS.NET
Website: <https://gptaskforce.com/primary-care-wellbeing/>
Follow us on Twitter @GPTaskForce

Derbyshire County LMC Derby & Derbyshire LMC Community Pharmacy Derbyshire General Practice Task Force Derbyshire


Primary Care Wellbeing

On the Road...

- Moving wellbeing hub
- Visiting hosting sites
- Face to face workshops
- Coffee van
- Resources
- Engagement & chance to meet colleagues

Joined Up Care
Derbyshire

The Wellbeing Hub is ON THE ROAD



Our Wellbeing Team are looking for sites across Derbyshire to host their pop-up wellbeing hub and we'd love to hear from you if your site wants to get involved! The wellbeing hub will provide an interactive and informative demonstration of all the wellbeing services we have to offer.

Host sites of our wellbeing hub can expect our wellbeing team to engage with staff, promote the wide range of wellbeing services we have available and provide all the information on how to access services and reach out to us for help.

Our team are experts in providing bags of energy, information, resources, and we even have a coffee van for that all-important caffeine boost!

Sessions Include:

- Stress & Relax
- Mind & Body
- Mental Wellbeing Overview
- Posture Awareness

If you are interested in us coming to you, please click the ticket to complete the form. 

742126 **CLICK HERE TO SIGN UP** 742126

Your Self Care Pack

- Signposting resources
i.e. all wellbeing topics
- Discounts
- Services nationally & locally

[Self Care](#)



The graphic features a logo on the top left with a stylized figure inside a heart shape. In the top center, the text 'Your Self-Care' is displayed in a purple box with a snowflake design. On the top right, the 'Wellbeing Joined Up Care Derbyshire' logo is shown with a horizontal bar of colors. The background is light blue with large, faint snowflake patterns.

Looking after yourself has never been so important and your Wellbeing Team care about your health. Your Self Care Pack shows the different resources and services available to support you along with a list of handy discounts.

Self-Care Top Tips

- Spend time outdoors
- Have regular breaks
- Practice mindfulness
- Take part in your FREE Activity Timetable
- Become a Wellbeing Champion
- Learn something new
- Listen to music
- Write things down that are worrying you
- Speak to the Wellbeing Team if you need help with your wellbeing
- Drink plenty of water
- Spend time with friends or family
- Get good quality sleep

To talk more about your Wellbeing and find out how your Wellbeing Team can help, contact us on **01332 787703**

Mental Health Support

Peer Psychological Support....

- Reflective Practice
 - *Safe environment*
 - *Talk about challenging issues*
 - *Chance to reflect together*
 - *Share emotional or psychological impact*



Reflective Practice

Reflective Practice sessions aim to provide a safe environment where colleagues can talk about challenging issues they may have faced.

These sessions are delivered by trained peers and provide an opportunity for teams to reflect on the psychological and emotional impact on them individually, and as a team.

Talk

Reflect

Support

For more details or to arrange a session please email:

UHDB.support@nhs.net

Mental Health Support

Peer Psychological Support....

- REACTmh
 - *Helps individuals hold mental health conversations*
 - *Increases confidence*
 - *Training delivered by our team*



REACTmh

REACTmh training aims to help individuals hold supportive conversations with colleagues about their mental health.

- **R**ecognise
- **E**ngage
- **A**ctively listen
- **C**heck risk
- **T**alk about specific actions

The Wellbeing Team are available to deliver REACTmh training to your staff.

To arrange a session please email:

UHDB.support@nhs.net

Further support coming soon....

- Wellbeing Champions
- Health Assessments
- My Health & Wellbeing plan
- Menopause support
- Additional Workshops (massage, team building, wellbeing retreat etc)

Thank you for listening...

Questions & Feedback welcome...



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