



Your Wellbeing Timetable



2nd Jan to 29th March 2024

| Monday |
|--|
| Resistance Band Exercise 07:30-07:50 Virtual |
| Exercise Snack "Strength" 10:00-10:10 Virtual |
| Long Covid Facilitated Peer Support 22 Jan, 26 Feb, 25 Mar 10:00-11:00 Virtual |
| Suicide Awareness Training 29 Jan 11:00-12:00 Virtual |
| Leg Strength Exercises 11:00-11:20 Virtual |
| Headache Soothing Workshop 22 Jan 12:00-12:45 Virtual |
| Improve Your Respiratory Health 5 Feb 12:00-12:45 Virtual |
| Back Strength & Stretch 12:15-12:45 Virtual |
| Legs, Bums & Tums 13:00-13:30 Virtual |
| Book Club 29 Jan, 25 Mar 13:00-13:45 Virtual |
| Neurodiverse Café 15 Jan, 19 Feb, 18 Mar 14:00-15:00 Virtual |
| Coping with Loss: Bereavement Support 29 Jan 16:00-16:45 Virtual |
| Matt's Doodle Club 17:00-18:00 8 Jan, 5 Feb, 4 Mar RDH & Virtual |
| Zumba 18:30-19:00 Virtual |
| Climate Café 11 Mar 19:00-20:30 Virtual |

| Tuesday |
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| Fitness Boost 07:30-08:00 Virtual |
| Seated Yoga 10:30-11:00 Virtual |
| Working with a Health Condition Support Café 23 Jan, 27 Feb, 26 Mar 10:30-11:30 Virtual |
| Desk Stretches for Neck Health 11:00-11:20 Virtual |
| The Breathing Room 12:00-12:15 Virtual |
| Nutrition and Pregnancy 19 Mar 13:00-13:45 Virtual |
| Bodyweight Circuits 13:00-13:30 Virtual |
| Wellbeing Champion Support 14:00-15:00 Virtual |
| Menopause Café 16 Jan, 20 Feb, 19 Mar 14:00-15:00 Virtual |
| Sleep Workshop 30 Jan 14:00-15:00 Virtual |
| Menopause Practitioner Q&A 2 Jan, 6 Feb, 5 Mar 14:00-15:00 Virtual |
| Yoga & Relaxation 17:15-18:00 RDH |
| Beginners Yoga 18:30-19:00 Virtual |
| Legs, Bums & Tums 18:30-19:00 Virtual |
| Climate Café 9 Jan 19:00-20:30 Virtual |

| Wednesday |
|---|
| Menopause Yoga 08:00-08:30 Virtual |
| Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual |
| Supporting Healthy Teams 29 Jan 09:30-12:00 Virtual |
| Resilience - A Different Perspective 6 Mar 09:30-12:00 Virtual |
| Hydration Workshop 17 Jan 10:00-10:45 Virtual |
| Mobilise and Stretch 12:00-12:30 Virtual |
| Doctors in Distress 12:30-13:30 Virtual |
| Remote Workers Support Network 10 Jan, 14 Feb, 13 Mar 12:30-13:00 Virtual |
| REACT Mental Health Conversation Training 14 Feb 13:00-14:30 Virtual |
| Hormone & Reproductive Health Group 13:30-14:15 Fortnightly Virtual |
| Exercise Snack "Step Count" 14:00-14:10 Virtual |
| Bereavement Support Group 24 Jan, 28 Feb, 27 Mar 14:30-16:00 Virtual |
| Dyslexia Awareness 13 Mar 15:00-16:00 Virtual |
| Pilates 17:00-17:30 Virtual |
| Headache Soothing Workshop 6 Mar 18:00-18:45 Virtual |
| Air Arts Imaging Club 19:30-21:30 Virtual |

| Thursday |
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| Kettlebells 07:30-08:00 Virtual |
| Virtual School Gate 4 Jan, 1 Feb, 7 Mar 09:30-10:30 Virtual |
| Returning to Work Following ill Health 10:00-10:45 Virtual |
| Manager & Leader Menopause Workforce Support 11 Jan, 8 Feb, 14 Mar 10:00-11:00 Virtual |
| Supporting Your Team with a Health Condition or Disability 18 Jan, 15 Feb, 21 Mar 11:00-11:45 Virtual |
| Weight Management Group 12:00-12:30 Virtual |
| Seated Fitness 12:00-12:30 Virtual |
| Mental Health First Aiders: Meet & Support 18 Jan, 15 Feb, 21 Mar 12:00-12:30 Virtual |
| Yoga 12:30-13:00 Virtual |
| Menstrual Health Collective 25 Jan, 29 Feb, 28 Mar 12:30-13:30 Virtual |
| Back Care Pilates 13:00-13:30 Virtual |
| Returning from Maternity Leave Peer Support Group 25 Jan, 22 Feb, 28 Mar 14:00-14:45 Virtual |
| Emotional Freedom Techniques "Tapping" 11 Jan 14:00-14:30 Virtual |
| Body Conditioning 18:00-18:20 Virtual |
| Climate Café 22 Feb 19:00-20:30 Virtual |

| Friday |
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| Hip Health 07:30-08:00 Virtual |
| Full-Body Workout 08:30-09:00 Virtual |
| Emotional Freedom Techniques "Tapping" 23 Feb 09:30-10:00 Virtual |
| REACT Mental Health Conversation Training 22 Mar 10:30-12:00 Virtual |
| Shoulder Health 11:00-11:20 Virtual |
| ADHD Awareness 23 Feb 13:00-14:00 Virtual |
| Psychological Wellbeing Primary Care 13:30-14:00 Virtual |
| Coping with Stress 16 Feb 14:00-15:00 Virtual |

Key

- Physical Activity
- Info & Support
- Arts & Culture
- Mind & Body

This timetable may be subject to change.

All sessions can be booked using the QR code below

GO FOR IT!

Book via:
bookwhen.com/jucdwellbeing



Scan here to book



bookwhen.com/JUCDwellbeing



vimeo

View our recordings here and use the password: Wellbeing

vimeo.com/JUCDWellbeing



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.

Look out for new and exciting sessions & support which may be added throughout this quarter.

Webinars, Groups & Workshops to Support Your Health

HEALTH & LIFESTYLE SUPPORT

Returning to the workplace?



Weight Management



Energy Saving



INCREASE ENERGY



Improve your fitness



Improve your sleep

Menopause Cafe

Scan Here for more info



PSYCHOLOGICAL HEALTH

Not feeling yourself?



Long Covid support

Anxious or Worried?

Concerned about a colleague?

Need support with bereavement?

Feeling Stressed or Overwhelmed?

Scan Here for more info



MSK & HEALTH CONDITIONS

Do you need help with:



Headaches

Aches & Pains



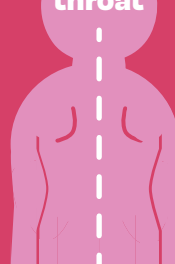
Back pain

Improving your mobility



POSTURE

Ears, nose & throat



Scan Here for more info



Your Wellbeing Timetable

BROUGHT TO YOU BY



Wellbeing Joined Up Care Derbyshire

Stronger Together Supporting health and social care staff in the East Midlands



For more information please contact your Wellbeing service