



Wellbeing
Joined Up Care Derbyshire

Your Wellbeing Timetable

Workshop and Webinar List

Jan - Mar 2024

Healthy Eating on a Budget	Monday 8 th January	12:30-13:30
Climate Café	Tuesday 9 th January	19:00-20:30
REACT Mental Health Conversation Training	Thursday 11 th January	10:30-12:00
Weight Management Group - Goal Setting	Thursday 11 th January	12:00-12:30
Emotional Freedom Techniques - Tapping*	Thursday 11 th January	14:00-14:30
Starting Strong - Your Guide to New Year Goal Setting	Monday 15 th January	12:30-13:00
Hydration Workshop*	Wednesday 17 th January	10:00-10:45
Weight Management Group - Energy Balance & Portions	Thursday 18 th January	12:00-12:30
Headache Soothing Workshop*	Monday 22 nd January	12:00-12:45
Being Kind to Yourself this New Year*	Wednesday 24 th January	15:00-15:40
Autism Awareness*	Thursday 25 th January	10:00-11:00
Weight Management Group - Calorie Tracking	Thursday 25 th January	12:00-12:30
Menstrual Health Collective - Polycystic Ovary Syndrome	Thursday 25 th January	12:30-13:30
How to Rest Well Workshop*	Thursday 25 th January	14:00-15:00
How Food can affect our Mood*	Friday 26 th January	12:30-13:15
Suicide Awareness Training	Monday 29 th January	11:00-12:00
Coping with Loss: Bereavement Support	Monday 29 th January	16:00-16:45
Air Arts Medical Museum: Sculpture (4week course)	Monday 29 th January	18:00-20:00
Sleep Workshop*	Tuesday 30 th January	14:00-15:00
Supporting Healthy Teams Workshop	Wednesday 31 st January	09:30-12:00
Weight Management Group - Sugar and Snacks	Thursday 1 st February	12:00-12:30
What are Hidden Disabilities and Support Available*	Thursday 1 st February	15:00-16:00
Self-Care Toolbox: Looking after our Skin*	Friday 2 nd February	11:00-11:30
Improve Your Respiratory Health*	Monday 5 th February	12:00-12:45
Weight Management Group - Protein and Fat Loss	Thursday 8 th February	12:00-12:30
Air Arts Made in the NHS: Willow Hearts (2week course)	Thursday 8 th February	18:00-20:00
Energy Saving with Marches Energy	Friday 9 th February	13:00-13:40
REACT Mental Health Conversation Training	Wednesday 14 th February	13:00-14:30
Self-Care Toolbox: Coping with Stress*	Friday 16 th February	14:00-15:00



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Boost Your Immunity Workshop*	Thursday 22 nd February	11:30-12:30
Weight Management Group - Carbs and Fat Loss	Thursday 22 nd February	12:00-12:30
Climate Café	Thursday 22 nd February	19:00-20:30
Emotional Freedom Techniques - Tapping*	Friday 23 rd February	09:30-10:00
ADHD Awareness*	Friday 23 rd February	13:00-14:00
Weight Management Group - Menopause	Thursday 29 th February	12:00-12:30
Menstrual Health Collective - Gynaecological Cancers	Thursday 29 th February	12:30-13:30
Resilience -A Different Perspective (Social Care managers)	Wednesday 6 th March	09:30-12:00
Headache Soothing Workshop*	Wednesday 6 th March	18:00-18:45
Weight Management Group - Eating Out & On the Go	Thursday 7 th March	12:00-12:30
Air Arts Medical Museum: Book Art (4week course)	Thursday 7 th March	18:00-20:00
Air Arts Made in the NHS: Willow (3week course)	Thursday 7 th March	18:00-20:00
Sleep Workshop*	Friday 8 th March	09:30-10:30
Climate Café	Monday 11 th March	19:00-20:30
Suicide Awareness Training	Wednesday 13 th March	14:00-15:00
Dyslexia Awareness*	Wednesday 13 th March	15:00-16:00
Self-Care Toolbox: Looking after our Gut Health*	Thursday 14 th March	14:00-14:45
Nutrition and Pregnancy*	Tuesday 19 th March	13:00-13:45
REACT Mental Health Conversation Training	Friday 22 nd March	10:30-12:00
Emotional Freedom Techniques - Tapping*	Thursday 28 th March	12:00-12:30
Menstrual Health Collective - Smear Tests	Thursday 28 th March	12:30-13:30

Time not convenient?

Sessions marked with a * offer recordings for all who are booked on.

We offer a selection of previous webinar recordings in our OnDemand Vimeo channel here:

www.vimeo.com/jucdwellbeing password 'Wellbeing'

View Webinars here ↓



View Full Wellbeing Timetable here ↓

www.bookwhen.com/JUCDwellbeing

