



Primary Care Wellbeing Derbyshire

June, welcome! Not only are we celebrating the Queen's Jubilee, but it's also a foodie month, with World Milk Day, National Egg Day, and National Chocolate Ice Cream Day, we decided to focus this month's edition on nutrition.





SNACKING AT WORK

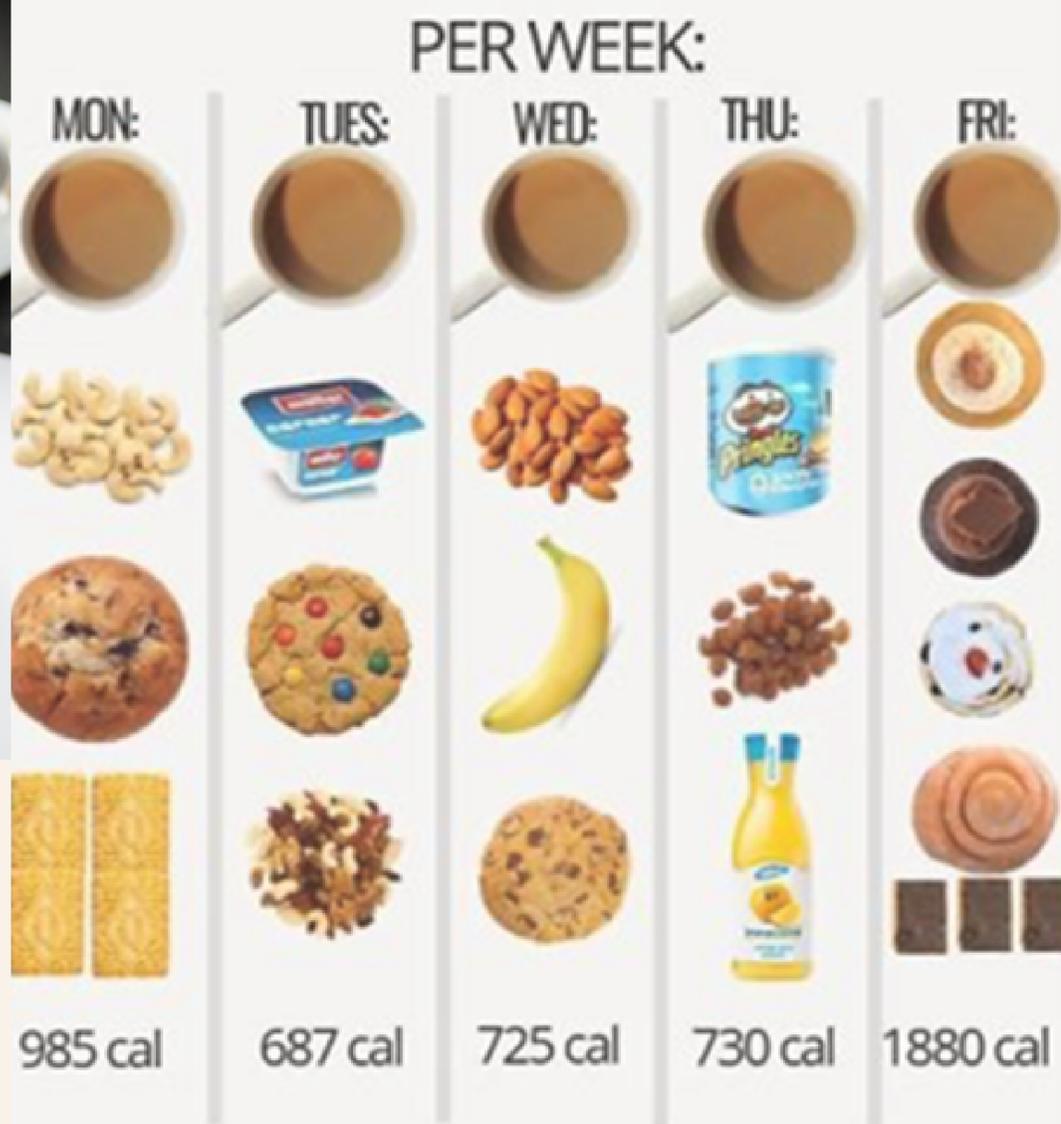
Everyone has been under stress at work, which could lead to stress eating.

Work stress can lead to an increase in weight. It's ok, this is normal behaviour. Better to be prepared for this type of scenario when you need a quick snack. Biscuit tins and chocolates often can be lying around, and it is very easy to dip into these throughout the day. There is nothing wrong with having sweet treats, but the calories eventually add up.

Have the treat, but limit yourself to 1 or 2. Instead why not bring in options from home that are perhaps slightly less in calories than the snack machine. Fruits and some vegetables can be a good snack. **Be aware of healthy branded foods, sometimes they can have more calories than the non-healthy advertised version.**

Juices and smoothies are often touted as healthy, they can often be very high in calories. Aim for water, squash diluted and the occasional diet fizzy drink.

You need energy through the day so choose foods like filling proteins which mean you are less likely to snack. Preparation is key, making meals at home and using leftovers for lunch. The key is to avoid the grumbling hunger monster and to be prepared with a lunch or snack box that fits your calorie demands.



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Wellbeing comes from improving the mind, and body. Your Health Improvement Advisors, Jon and Alex hope to be able to provide you tools for both.



HYDRATION

Did you know that up to 60% of the adult human body is water. Hydration is vital for most body functions and if you are feeling thirsty you're already dehydrated!

SIGNS OF DEHYDRATION

Dry mouth, lips or eyes
Headache, dizziness, tiredness
Cognitive decline in your memory, concentration or coordination
Darker urine and or painful urination

STAYING HYDRATED

Carry a water bottle with you
Eat plenty of water-rich fruit and vegetables such as watermelon, strawberries, cucumbers and leafy greens.
Add some flavour to your water with a splash of fruit juice or fresh fruit.

HEALTH BENEFITS OF EXERCISE



KEEPING ACTIVE IMPROVES

Your sleep
Reduces stress
Quality of life
Supports in maintaining your overall health and wellbeing



REGULAR EXERCISE CAN SUPPORT IN REDUCING

Aches and pains
Fatigue
Stress
Risk of illness and diseases



ADVICE

Aim for 150 minutes of exercise per week this could include

- Walking
- Daily chores
- Social clubs
- Anything that increases your heart rate

Contact us to find out how we can support you and your team further

jonathan.roach@nhs.net
alex.flak@nhs.net

MY WELLBEING SUPPORT



Health Improvement Advisor Visits with Jon and Alex

Bookable appointments are available for every Primary Care site with a health improvement advisor to visit in person or virtually.

Reflective Practice Sessions for me and my team

Reflective practice sessions provide an opportunity for teams that have been undertaking highly challenging work to reflect on what they, and their colleagues, have been doing and the psychological and emotional impact of the work on both individuals and the teams they work in.



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



Primary Care Coaching

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



Wellbeing Website Pages

Filled full of signposting, local and national support, a toolkit for Wellbeing Champion, regular newsletters and a self-guided training resource to facilitate wellbeing conversations are all included. A full list of support organisations that you can contact directly for a variety of issues, difficulties and concerns is also available.



Monthly Wellbeing Learning sessions

For more information visit www.GPTASKFORCE.COM/primary-care-wellbeing



Wellbeing Apps

NHS staff have been given free access to a number of wellbeing apps to support with their mental health and wellbeing.



My Activities timetable

 Your Activities 			
Open to ALL primary care staff			
Tuesday	Wednesday	Thursday	Friday
"Find Out More" Peer Support Service 11:00-12:00 - Virtual -	Beginners HIIT (Starts 4 th May) 07:00-07:30 - Virtual -	Live Chat with a Health Improvement Advisor 07:30-08:30 - Virtual -	Tai Chi 08:30-09:00 Starts 6 th May FNCH
Desk Stretches 11:00-11:20 - Virtual -	Fitness Yoga 10:00-10:30 - Virtual -	Morning Boost 07:30-08:00 - Virtual -	Sleep Workshop 10:00-11:00 13 th May - Virtual -
"Find Out More" Money & Pensions Service 26 th April 12:00-13:00 - Virtual -	Supporting a Child with Mental Health 11:00-12:00 1 st June - Virtual -	Overcoming Low Mood with Trent PTS 26 th May 10:00-10:45 - Virtual -	Shoulder Health 11:00-11:20 - Virtual -
Mindful Eating and Movement 12:00-13:00 3 rd May - Virtual -	Pensions Webinar 25 th May 12:00-13:00 - Virtual -	It's OK to Talk "Ability to Cope" 11:00-12:00 28 th April, 16 th June - Virtual -	Live Meditation for World Meditation Day 20 th May 12:00-12:30 - Virtual -
It's OK to Talk "Men's Mental Health" 12:30-13:15 - Virtual -	Pilates 12:30-13:00 - Virtual -	Managers Supporting Stress Workshop 7 th April 12:00-13:00 - Virtual -	Do Whatever Moves You – Supporting your Physical Activity 12:00-12:30 - Virtual -
Diversity & Inclusion in the Workplace 7 th June 12:00-13:00 - Virtual -	"Find Out More" How CIC can Support You 25 th May 13:00-14:00 - Virtual -	Postnatal Depression Workshop 5 th May 12:00-13:00 - Virtual -	Run Club 12:00-12:30 Entrance 24 RDH
Menopause Café 14:00-14:45 26 th April, 24 th May, 21 st June - Virtual -	Nutrition Future Proof Training 4 th May, 29 th June 13:30-15:00 - Register Here -	Derbyshire Energy Saving Workshop 12:00-13:00 5 th May - Virtual -	Healthy Eating on a Budget Presentation 13:00-14:00 3 rd June - Virtual -
Tai Chi 17:00-17:30 Teaching Room 8 Education Centre QHB	Sleep and Stress Future Proof Training 11 th May 13:30-15:00 - Register Here -	Walking Group 12:30-13:30 Car Park 7 Chesterfield Royal	GP Wellbeing Walk 14:30-16:30 8 th April Hassop - Book here -
Table Tennis 17:00-19:00 RDH Wellbeing Hub	Poetry Club 14:00-15:00 20 th April, 18 th May, 22 nd June - Virtual -	Returning from Maternity Leave Peer Support Group 14:00-15:00 28 th Apr, 26 th May, 30 th June - Virtual -	Vocal Tapas Singing Workshop 18:00-18:20 - Virtual -
It's OK to Talk "Men's Mental Health" QHB Facilities Meeting Room - Virtual -	Bereavement Support Group 14:30-16:00 27 th Apr, 25 th May, 29 th June - Virtual -	Supporting Managers & Leaders CIC 28 th April 16:00-17:00 - Virtual -	
Vocal Tapas Singing Workshop 18:00-18:20 - Virtual -	Exercise for Positive Mental Health Future Proof Training 4 th May, 29 th June 15:00-16:30 - Register Here -	Zumba 17:05-17:45 Samuel Johnson Seminar Room	Phy M Informa Arts, Sc Financ
Legs, Bums & Tums 18:30-19:00 - Virtual -	Thoughts and Feelings Future Proof Training 11 th May 15:00-16:30 - Register Here -	Ashtanga Yoga 17:15-18:15 Suite 5 Physio Room Chesterfield Royal	

Every quarter JUCD System Health and Wellbeing team based at UHDB release a new activities timetable of which is open to all NHS staff working within Derbyshire, this includes Primary Care.

There is something for everyone from workout classes, desk stretches and talking groups.

[Download the latest timetable here](#)

My self-care pack ...

Don't miss out on our NHS discounts!

Looking after yourself has never been so important and your wellbeing team care about your health. This downloadable self care pack shows different resources and services that are available to support you along with a list of handy discounts and freebies for NHS employees.

[Download the latest Care Pack here](#)

Derby



Cathedral

Have you been to see the Peace Doves!
Derby Cathedral is delighted to welcome Peace Doves to the city from 23rd April - 12th June 2022.

Schools in Derby and Derbyshire, community groups, wellbeing groups and the general public, have decorated the doves that form the artwork with messages of peace, love and hope, creating a unique piece that reflects the thoughts and feelings of Derby citizens, from all faiths, ages and backgrounds.

Visitors are welcome to appreciate its scale and beauty and experience a sense of serenity and peace.

UPCOMING EVENTS

What will you do this month to support your health and wellbeing?

There should be something for everyone, from group walks to money-saving workshops!

To find out more visit our events page;

<https://gptaskforce.com/events/>

Tuesday, June 7th, 2022 at 12:00 pm - 1:00 pm
Thrive: Mental Wellbeing Webinar Zoom: Diversity and inclusion in the workplace

Thursday, June 9th, 2022 at 12:00 pm - 1:00 pm
Evaluating the role of health and Wellbeing Champions in your Organisation

Monday, June 13th, 2022 at 12:00 pm - 1:00 pm
Introduction to benefits in primary care webinar

Thursday, June 16th, 2022 at 7:00 pm - 8:00 pm Zoom
"Time to Listen" Let's Help Improve Men's Mental Health
Join Dr Naren Senthil Nathan for an evening about Men's Health

Complete your Britain's Healthiest Workplace survey.

By taking part you will receive guidance on how to improve your health, and provide anonymous feedback to your employer on how they can better support you to be healthier.

Closing date:

19th June 2022



Win

Complete the survey and you'll be entered into a prize draw to win a £100 Amazon e-gift card (T&C's apply)

General Practice Task Force Derbyshire



BRITAIN'S HEALTHIEST WORKPLACE



Proud to support all our Health and Social Care colleagues across Derbyshire and North Staffordshire with their Wellbeing

Joined Up Care Derbyshire

NHS Derbyshire Community Health Services NHS Foundation Trust

NHS Chesterfield Royal Hospital NHS Foundation Trust

DERBYSHIRE County Council

DHU Health Care

NHS Derbyshire Healthcare NHS Foundation Trust

NHS Derby and Derbyshire Clinical Commissioning Group

General Practice Task Force Derbyshire

NHS University Hospitals of Derby and Burton NHS Foundation Trust

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IN PARTNERSHIP WITH





**TO FIND OUT
MORE, VISIT**

[https://gptaskforce.com
/primary-care-wellbeing](https://gptaskforce.com/primary-care-wellbeing)

BECOME A WELLBEING CHAMPION

OPEN TO ANY TEAM MEMBER



Volunteer to become your organisation's Wellbeing Champion and help raise awareness of wellbeing activities, promote healthy lifestyles and positive mental health.

You will provide information to colleagues about the local and national wellbeing services available.

National NHSE wellbeing training and various local educational events and training sessions will support in your role.

To express your interest:

- Obtain permission from your line manager
- Inform GPTF via the QR code, who will send you a welcome letter and join you with the Primary Care Wellbeing Champion Network.

