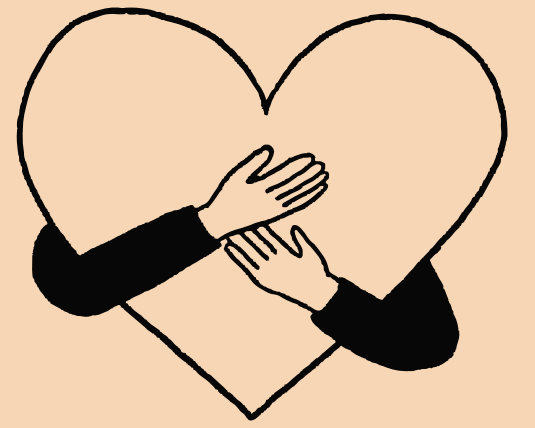




Primary Care Wellbeing Derbyshire

With cold and flu season upon us, it is important to make the most of the few hours of sunlight, fresh mornings and cosy evenings. In the UK autumn can often bring unsettled weather but can also be one of the best times of year for late summers, with the hottest day recorded in 2011 at an amazing 29.9 degrees! This months newsletter will focus on boosting your immune system, how to boost your and your colleagues mental health as well as inspiring you to make the most of your surroundings, preparing all of us for the long winter months.

Warrior Wellness




Cold and flu season is here, but it doesn't have to knock us down! Our bodies have been created to heal themselves, and with the proper nutrition and care they are able to do so. If we aren't feeding our body with whole foods, our health suffers due to a weakened immune system.

Eat a **Rainbow**

A healthy, balanced diet is important for good health; it can improve wellbeing and reduce the risk of conditions such as heart disease, stroke, diabetes and osteoporosis. It should largely consist of five main food groups; fruit and vegetables, carbohydrates, protein, dairy and alternatives, and oils and spreads.

Eat a '**rainbow**' mixture of fruit and veg; a variety of colours means a variety of vitamins and minerals!

Try to eat  portions of fruit and vegetables each day; fresh, frozen, dried and canned all count.

Get **outdoors**





Better vitamin D production because of more sunlight is already good for your immune system. But the outdoors seems to help in other ways. Many plants put substances, including organic compounds called phytoncides, into the air that seem to boost immune function. Sunlight also seems to energize special cells in your immune system called T cells that help fight infection.

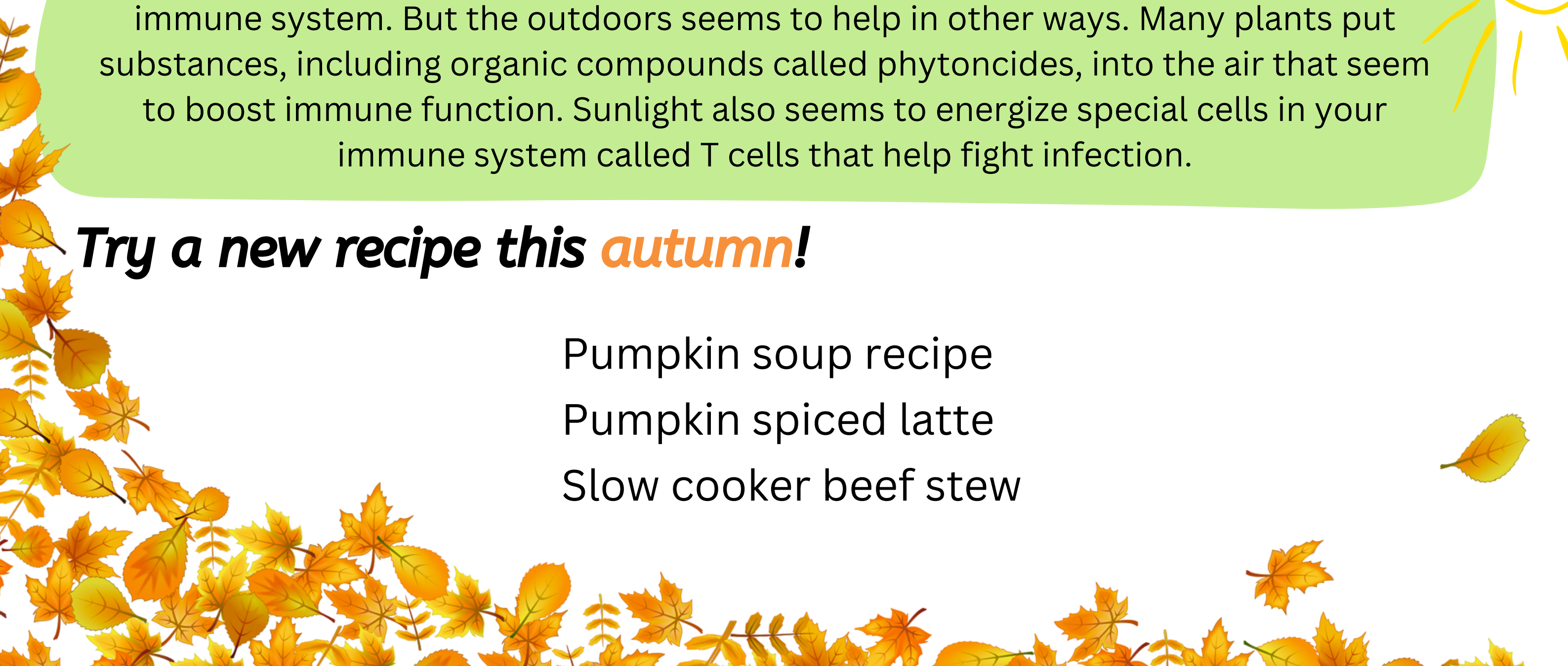
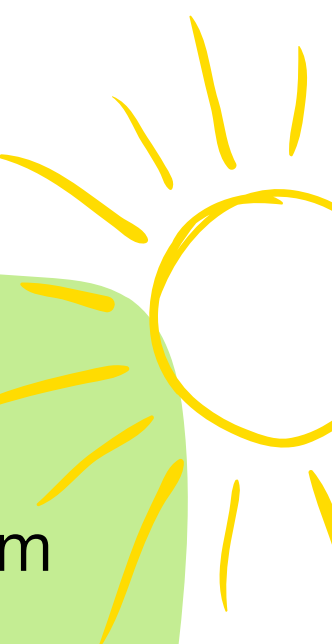
Try a new recipe this **autumn!**

Pumpkin soup recipe
Pumpkin spiced latte
Slow cooker beef stew

'An **Apple** a Day'

We have all heard the old saying 'An Apple a Day keeps the doctor away'. It first came about in the 19th Century and was meant to encourage individuals to eat healthier. Eating healthy in turn, would limit the amount of time spent with the doctor. There is more truth in that statement than may have been led on and here is why:

-  Apples May Lower High Cholesterol and Blood Pressure.
-  Eating Foods With Fibre, Including Apples, Can Aid Digestion.
-  Apples Can Support a Healthy Immune System.
-  Apples Are a Diabetes-Friendly Fruit.



SUPPORT staff during the winter!

JUCD Wellbeing deliver a range of Peer Psychological Support services across Derbyshire, providing free and confidential mental health and wellbeing support to colleagues.

Working alongside psychological health consultancy 'March on Stress', trained practitioners from our JUCD Wellbeing team offer psychological support, assessments and training for our health and social care colleagues across Derbyshire, Derby City and North Staffordshire.

contact us!

 uhdb.gethealthystayhealthy@nhs.net / ddicb.wellbeing@nhs.net

OR

 [Staff Health Improvement Advisor Request Form](#)

StRaW

Sustaining
Resilience
at **Work**



1:1

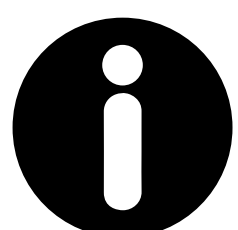
Sustaining Resilience at Work (StRaW) – Individual mental health support

If you're feeling anxious, worried or stressed you can book a 1-1 confidential and non-judgemental conversation with one of our trained practitioners to help support your mental and emotional wellbeing

StRaw is a one to one session whereby a trained practitioner carries out a structured conversation to help identify stressors that are affecting an individual. Following the assessment, there will be an understanding on what actions an individual can take to improve their mental health. This may include a referral to other support services.



StRaW has been developed by mental health professionals and equips practitioners with both the skills and understanding to support their colleagues through conversation and encourage them to seek professional help where it required.



To find out more information: [Click HERE](#)



Wellbeing
Joined Up Care Derbyshire

This autumn's event highlights!

Pick of
the
Month!

Menopause cafe

A safe and informative space to ask menopause related questions to one of our qualified Menopause Practitioners.

Tue, 3 Oct '23

Food and Mood Workshop

Learn how the foods we eat can impact our moods and energy levels.

Monday, 16 October '23

Wellbeing Champion Support

Our Wellbeing Champions can use this time to gain support with any queries or projects you are working on within your organisation. You can drop in for a few minutes or stay for the duration and hear the other ideas being worked on.

Tuesday, 17 October '23

Suicide Awareness Training

Understand the wider impact of bereavement on those exposed to or affected by suicide, Learn how to respond to those bereaved by suicide, and how we can help to support them.

Wednesday, 18 October '23



View the full Autumnal JUCD wellbeing timetable: [Click HERE](#)

Do you have a Wellbeing Champion at your site?

Wellbeing Champions are employees who volunteer to focus on improving the wellbeing of their fellow colleagues, as part of the company wellbeing initiatives. Champions focus on promoting general wellbeing within the company. Champions will be able to signpost colleagues to relevant services. They will provide information to colleagues about the local and national wellbeing services available and also support in promoting any internal wellbeing initiatives.



Join the Primary Care Wellbeing Network of over 70 champions all promoting and support wellbeing for their peers!

1. Monthly drop-ins.
2. Monthly comms.
3. Training to support wellbeing conversations.
4. Support from a JUCD Wellbeing Health Improvement Advisor to shape your ideas.



Check out some wellbeing sessions!

For more information including a Wellbeing Champion job description and how to apply, [click here](#) or scan the QR code below!



JOIN NOW



Becoming a Wellbeing Champion is a voluntary role, which is open to any member of the team. All that is required is the enthusiasm and commitment to the health and wellbeing agenda and to support your organisation to improve the health and wellbeing of the workforce.

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.

Join the Wellbeing Champions community!



Prefer to watch a video? [Click here](#) to watch our YouTube video on finding out about how others have adapted their role to become a Wellbeing Champion!

Watch Video