



# MEMBERS' NEWS

Dear member,

Welcome to the March edition of your Members' News!

## Proud to be smoke-free

On Wednesday 9 March our Trust took a major step in extending its smoke-free commitment, so that we can provide clean, safe and healthy environments for everyone involved with the Trust. By doing so, the majority of our sites have become completely smoke-free, with a small number of inpatient units implementing a short phased approach to going smoke-free.

## Supporting you

We understand that becoming a smoke-free Trust will have an impact on some of the people who use our services. To help people who do smoke to stop smoking for a period of time, or quit for good, our staff will be there to support them every step of the way. They will also identify a smoking cessation care plan which includes alternatives that works best for the individual.

We are providing training to our doctors and nurses so they are equipped to offer smokers with personalised advice and support on stopping smoking and nicotine withdrawal. A full package of support is also available to anyone admitted onto one of the Trust's mental health inpatient wards. This includes a range of nicotine replacement therapies (NRT), such as patches, gum, lozenges and inhalators, to help them cope with their cravings. We also want all patients on our mental health wards to benefit from extra activities to assist with their recovery. This will be possible because our nurses will have more time to spend with patients, as they will no longer be taking patients on 'smoke-runs'.

## E-cigarettes

We believe that e-cigarettes have not been around long enough yet for us to be certain of their long term effects. For now the Trust has made the decision to treat them in the same way as smoking cigarettes. However this is under continuous review and may change as new evidence and national guidance emerges.

## Local health to quit smoking

Support services are available locally to help people who wish to reduce their smoking habit, quit permanently, or prepare to go smoke-free for a period of time. These services include:

- [Live Life Better Derbyshire](#) - Tel: 0800 085 2299
- [Live Well Derby](#) - Tel: 01332 641254

Alternatively, please visit the national [smoke-free website](#) for more information and advice or call 0300 123 1044 to speak to an expert adviser.

### Winter edition of *Connections* magazine – out now!

The winter edition of *Connections* magazine is out now! [Click here](#) to read it in full and view articles on our latest governors, our commitment to become a 'smoke-free' organisation and an in-depth look at the Trust's physiotherapists.

### Council of Governors meetings

The Trust's governors regularly meet the Trust's directors to discuss issues and give feedback from their constituents. These meetings are open to the public – if you would like to attend and have any special requirements, please contact the membership team on 01332 623723 or email [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk).

#### Upcoming meetings:

- Wednesday 1 June 2016, from 1pm - Meeting Room 1, Albany House, Kingsway Site, Derby, DE22 3LZ
- Thursday 21 July 2016, from 1pm, Conference Rooms A&B, Centre for Research & Development, Kingsway Site, Derby, DE22 3LZ

### Farewell and thanks to outgoing governors

We would like to wish our former public governors, Susan Statter (Bolsover) and Alan Smith (Chesterfield North), all the very best for their futures and many thanks for their valuable contribution during their terms of office as governors of the Trust.

### Non-executive director changes as Tony Smith steps down and Jim Dixon becomes new deputy chair

At the Council of Governors meeting on Tuesday 8 March, it was announced that Tony Smith will be leaving his role as non-executive director (NED) at the end of March.

Here is a message from Tony:

“Over the past six months I have reported that my availability to fulfil my non-executive role has been restricted due to several family health issues. These issues have since deteriorated further and, as a result, I have taken the decision to tender my resignation from the Trust effective on 31 March 2016.

“During my six years as a NED I have met some fantastic staff/colleagues, patients and carers, especially during quality visits, staff awards ceremonies, formal meetings and other informal visits.

“I would like to take this opportunity of paying tribute to all the staff within the Trust who continue to deliver high quality and compassionate care in challenging circumstances and are proud to act in accordance with the NHS and Trust values and behaviours.”

The Council of Governors, through its remuneration and nominations process, will recruit a non-executive director to replace Tony. Fellow non-executive director Maura Teager has one year left to serve and so the governors will look to recruit a second NED at the same time, but with a later start date.

### **Jim Dixon appointed deputy chair**

Maura Teager, although continuing to serve as a non-executive director, is stepping down as deputy chair of the Trust Board at the end of March.

Jim Dixon has been appointed by the Council of Governors to serve as deputy chair for the period of a year. He will start in this role on 1 April 2016.

### **Trust's LD team scoops £150K extra funding for cancer screening**

Congratulations to the Learning Disability Strategic Health Facilitation team, which has secured over £150,000 from NHS England to encourage GPs to carry out cancer screening amongst their learning disabled population.

Jackie Fleeman, Lead Strategic LD Health Facilitator, put in the bid to NHS England's Cancer Screening Co-ordinator to improve the uptake of cancer screening by employing a project lead and by reimbursing GP practices for promoting the screening. The bid has been successful to the tune of £154,746.

### **Another five stars review of our Ashbourne Centre Restaurant**

For a fourth consecutive year we are proud to announce that following an unannounced visit by the Food Standards Agency our Ashbourne Centre Restaurant on the Kingsway Site in Derby has been awarded a five star food hygiene rating. Huge congratulations and well done to the caterers and the Estates and Facilities team for a top performance.

And finally....

A message from our partners, Derbyshire County Council...

### **Foster for Derbyshire**

If you've ever thought about fostering, why not make 2016 the year you Foster for Derbyshire.

Derbyshire County Council is recruiting foster carers from all walks of life to give Derbyshire children a home. You can be single, married, in a civil partnership, gay, straight or trans. You can be working or not, own or rent a home. You can foster for a night, weekend, month or even many years. All you need is to be over 21 and have a spare room.

There's lots of information on the county council's website at [www.derbyshire.gov.uk/fostering](http://www.derbyshire.gov.uk/fostering). Or why not attend a meet the foster carer event at County Hall, Matlock, on Tuesday 24 May from 5pm-7pm. There'll be people who've adopted or

fostered children to chat to, along with staff to tell you more about the process. You can bring the children and there's free parking. If you can't make that date, there's another Talk Fostering event at the same time same place on Wednesday 6 July. Call 0800 083 7744 for more information.

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