

Connections

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November 2019, edition 10



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Volunteering

Ways people volunteer
at the Trust



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Making a
positive
difference

Welcome...

...to the latest issue of **Connections**.

In this issue we have a lot to celebrate.

The winners of the Trust's writing competition focused on the theme of 'looking back/looking forwards' were announced at the Trust's Annual Members' Meeting in September. The entries received were amazing, with many people sharing their heart-felt experiences. Please see page 4-6 to read about our winners across the categories and to read the overall winning entry.

The Trust's Annual Members' Meeting (AMM) was held in Derby this year. It was well attended and the feedback was very positive with a number of attendees saying that it was the best AMM they had attended. You can read about the AMM on page 3.

In this issue on pages 10-11 we meet some of the Trust's highly valued volunteers. Simon Dean provides an insight into his volunteering role and shares the positive impact it has on his life. You can also read about three parents whose children have had issues with mental health, who are now looking to offer advice and support for other families on a similar journey – see page 7.

We have recently held governor elections for the Trust's Council of Governors and I am pleased to welcome our newly elected governors to the Trust – see page 8. I am looking forward to working with them in their governor role. The Trust is in the process of organising the next round of elections and I strongly encourage our members in the areas where the vacancies are to consider standing. (You can always check which area you live in by looking at your membership card!) Governors are volunteers and many have said how rewarding they find the role – please see page 12 to find out more. I would like to thank all the members who stood in the recent elections and to everyone who voted.



Caroline Maley, Chair

The Trust is keen to learn about your experiences as a member of the Trust – please complete the survey on page 15. You can either do this online or send your completed questionnaire to the Trust with the Freepost address provided on page 15.

I hope you find the articles interesting and useful – and I look forward to your comments and feedback.

Best wishes

Caroline

**Caroline Maley
Trust Chair**

Reflecting on our 'best ever' AMM



The Trust's Annual Members' Meeting (AMM) took place on Wednesday 11 September 2019 and was a huge success, with feedback that it had been our best one yet. Prior to the start of the meeting members were able to visit a market place event (pictured below right), where Trust teams displayed their achievements from the last year and their visions for the year ahead.

The Trust's governors (pictured below left), who had a key role in arranging the AMM, had a stall promoting the role of the governor within the Trust and undertook a membership survey on the day – with baskets of fruit being awarded to lucky members for sharing their feedback. Congratulations to public members Len Shillingford, Marie Parsons and staff member Celia Robbins whose names were drawn to receive prizes. The feedback will be used to further develop communication with our members.

The meeting opened with a celebration of equality, diversity and inclusion, with a focus on the Trust's inclusion work over the 2018/19 year and further progress that has been made during 2019/20. Colleagues from three of the Trust's staff networks (focused on LGBT+, Black & Minority Ethnicity (BME) and Disability and Wellness) shared their highlights and achievements from the year and spoke about their priorities going forward.

Directors and governors summarised key points of the Trust's performance including:

- The Trust's vision – to make a positive difference in people's lives by improving health and wellbeing
- The Trust's annual accounts
- Key achievements, including:
 - Clear progress and improvements noted in our Care Quality Commission inspections
 - Significant improvements in our equality and diversity planning and commitments
 - Progress with recruitment and retention processes
 - Additional funding to extend our community based perinatal services
 - New community based forensic support commissioned
- Priorities for the 2019/20 financial year.

The AMM also formally adopted the Trust's Annual Report and Accounts, which can be viewed on the Trust's website under 'About us', 'who we are', 'annual report'.

The meeting closed with the announcement of the winners of the writing competition on the theme of 'looking back/looking forwards'. Further information on the writing competition can be found on pages 4-6.





Looking forwards through our writing competition ★★

Derbyshire Healthcare NHS Foundation Trust launched a writing competition on the theme of looking back/looking forwards earlier this summer, to provide an opportunity for people to share their experience of the Trust's services in a creative and supportive way.

The aim of the competition was to help challenge stigma around mental ill-health, learning disabilities and wider services provided by the Trust and to celebrate equality, diversity and inclusion by giving entrants the opportunity to explore these topics. People were invited to write a short piece about:

- Their experiences of mental illness, substance misuse, learning disabilities or any of
- The wider specialist services provided by the Trust A story of recovery, challenge or hope for the future
- The experience of children and/or families through our children's services.

Thank you to everyone who submitted an entry to the competition. We were overwhelmed by the number of people who shared their experiences, which were often very personal and emotive subjects. There were four winning prizes including overall winner and the eight finalists were invited to attend the Annual Members' Meeting (AMM). All of the shortlisted entries were published in a booklet which was available at the AMM and can now be accessed via the Trust's website.





Successful author and former Radbourne Unit colleague Joanna Cannon, bestselling author of *The Trouble with Goats and Sheep* and *Three Things About Elsie*, was the Trust's guest judge for the competition. Joanna sat on the judging panel alongside Leanne Walker, Expert by Experience; Marie Hickman, Trust Library and Knowledge Manager; Geoff Lewins, Non-Executive Director; and Rob Poole, Public Governor.

On her experience of being part of the judging panel, Joanna Cannon said:

“Having left school at 15, qualified as a doctor in my thirties, and written two Sunday Times bestsellers, I can still honestly say that judging this competition is one of the hardest things I've ever had to do...

“Anyone who has the courage to write their thoughts onto paper deserves acknowledgement and recognition, because it truly is an act of bravery, and so it was desperately hard to pick out a shortlist from the wonderful, moving, funny and often deeply sad entries you sent to me.”

And the winners are:

- ★ Roy Brown-Lowe for his poem *'Looking back over my mind's shoulder'*
- ★ Helen Hill for her prose *'Feeling like you are stuck down a well'*
- ★ Ellena Sills for her poem *'A hand, such a simple thing really'*



Roy Brown-Lowe

The judges said:

“This is a very emotional piece of writing and gave the majority of judges goose bumps. The honesty with which the writer describes how they were feeling was very powerful to the reader. The progression from childhood and being 'different' to having severe mental ill-health and the acceptance of who they are is incredible.”



Helen Hill

The judges said:

“This is a brilliant analogy, and such a clearly written, positive piece. This is obviously someone who has recently experienced life's highs and lows and it was uplifting to read. This is a very moving description of difficulties faced, yet life affirming with a positive ending.”



Ellena Sills

The judges said:

“This is very, very clever and so true. It really looks at the weight and power of the word. It is incredibly perceptive and well written. It really makes you think about giving someone a hand – very powerful and positive.”



The overall winner is...

Jill Wilkes



The entries were all of a very high standard, however the judges awarded the overall winning prize to **Jill Wilkes** for her poem titled: 'Memories; shards of a broken mirror'. The judges' said: "This is beautifully written. The combination of the imagery and words is incredible. The emotion felt within this piece of writing really made the poem stand out".

On being awarded the overall prize, Jill said:

"I have never used writing as a way of expressing myself or my mental health journey before. A kind Occupational Therapist suggested I try writing a piece whilst I was in hospital. I didn't think I would be able to write anything of much sense as I was feeling such despair; nothing seemed to be helping to reduce the mental anguish. I remember thinking, 'what have I got to lose, it's not like anyone will want to read it'. I sat and let my jumbled and tormented feelings fall out of me and onto a piece of paper. I remember feeling relief.

"It was with great surprise to hear that people had read it and found it touching. One of the things I struggle most with when I am unwell is communicating! To be included in a celebration of diversity and inclusion gave me validation, validation that I am a worthwhile person; not just when I am well but even when I am struggling. To be included and celebrated for being me (all of me) was one of the most moving moments of my life. To be heard and to be accepted, these are the priceless gifts I have received from this competition. This is what I am most grateful for. However, the certificate (which sits proudly by my bed) and the book vouchers are very welcome as well!"

The finalists booklet is available to read on the Trust's website – under 'About us', 'latest news', 'winning writers announced at Trust AMM'

Thank you to everyone who participated in this competition and for sharing their thoughts and experiences with the Trust.

'Memories; shards of a broken mirror' by Jill Wilkes

*Memories; shards of a broken mirror
or the smoky wisps of dreams upon
awakening.*

*Some are sharp and painful, jarring and
stabbing. I drop these quickly before
they cut open old wounds; before they
solidify and drag me back to where I
can't escape.*

*Some are soft and fragile, like dandelion
tufts. The more I try to grasp these,
the quicker they dart out of reach and
drift away.*

*Times and places, names and faces;
they jump, never settling or staying for
long. The narrative of my life constantly
being reedited and rearranged.*

*No sense of self. No sense of a
life which is mine. Just disjointed
fragments. Shards of pain and wisps
of smoke.*

*To go forward when you don't know
where you've been is to step into the
terrifying unknown.*

*So many choices, so few hopes. A
rush towards this. A retreat from that.
The direction and intention constantly
shifting. The future looks like random
paths made of crazy paving.*

*To set off in one direction and to arrive
somewhere unknown and unexpected.
To be somewhere forwards but finding
myself somewhere back then.*

*Looking forwards, looking back; it all
looks the same – a broken mosaic of
unconnected pieces, the original picture
lost long ago in the confusion and
the pain.*



Meet our new parents by experience

Three parents whose children have experienced mental ill-health are now able to offer advice and support for other families on a similar journey

Derbyshire Healthcare NHS Foundation Trust, which provides CAMHS (Child and Adolescent Mental Health Services) in Derby and South Derbyshire, has appointed three mums as Experts by Experience in the service.

The three mums, Lisa Cooke, Alison Moores and Gail Asher, have been chosen as much for the warmth and empathy that they can bring to the role as for their experience. They hope their main role will be to represent service users – children and young people, their families and carers.

Gail (pictured far right), like all three of the new Experts by Experience, has joined the Trust in her new role after several years volunteering with CAMHS. She said: “We have all said that we want to make a difference. And we all have different experience to bring.”

Gail added: “People don’t know what to expect and what the service will offer. We have been there, so we can help them with that. We want to give feedback and hopefully use our learned experience to help to improve the service offered.”

Lisa (pictured second left), who has also been trained in peer support, said: “The idea is that another parent might be more approachable than a member of staff. We have been in their situation, we know what’s happening and what’s best to do. When our children were first using services, what we really wanted was to be kept in the loop. When you don’t know what’s happening it can be frustrating, which is what we can feed back.”

Alison (pictured first left) agreed: “We are looking at it from a totally different perspective from the professionals.



We can do our first assessment of the service as parents, feed back about our experience and look at what could be better, to inform practice in the future. I personally can’t fault the service we have had from the Trust, but everyone needs to experience that.”

Working alongside the Children’s Participation Group, the trio are involved in the review and development of leaflets describing different aspects of the CAMHS service. Their expertise will help CAMHS staff to ensure that the information for parents is relevant and informative. They are also currently involved in planning and organising a Participation Engagement Event along with parents and young people from across the division due to take place next Easter.



Want to find out more about CAMHS and how parents by experience can support you?

Then visit the Trust’s website – under ‘Services’, ‘children’s mental health services (Derby and Southern Derbyshire)’.



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Governor update

Introducing your new governors...

We are pleased to welcome three new public governors to the Trust's Council of Governors:



Carole Riley, Public Governor, Derby City East

This is my second term as a member of the Council of Governors representing Derby City East. I have supported and challenged the Trust to ensure improvement in leadership, staff wellbeing and services provided when funding for mental health services has been a low priority nationally. I have learnt so much; seen the very best of practice and pursued with Non-Executive Directors issues that if resolved would improve practice even more. I am in awe of the passion and skills of our staff; their initiatives to improve care, many of which have been nationally recognised.

Stuart Mourton, Public Governor, Derby City West

I am a Senior Lecturer at the University of Derby in the field of Sport Science and am a firm believer in the importance of optimum physical and mental health for all sections of the population. I believe that the support the Trust provides to residents in Derbyshire is a vital element in maintaining and developing the overall wellbeing of our communities. I would like to engage with all groups represented within Derby City West constituency, to ensure all sections of my community are being served effectively and efficiently by the Trust.



Andrew Beaumont, Public Governor, Erewash

I have recently retired and worked for five years for Queen's Medical Centre, covering hospital-wide information technology (IT) support. Prior to that I worked in IT in a variety of organisations over the years. I was also a teaching assistant for Derbyshire County Council, working with special needs play groups, and carried out an eclectic range of care-oriented voluntary roles. I am also a committee member for Happivale – a social group of adults with inclusion issues in Long Eaton. I have also co-hosted a support group for people with mental health problems.

Caroline Maley, Trust Chair, said: *"I would like to welcome all new members of the Council of Governors following our recent elections. Our new governors bring a wealth of skills and insight and I look forward to working with them over the next few years."*

We say farewell to Tony Longbone, Bob MacDonald, Martin Rose, Karen Smith, Marie Varney and Christine Williamson who have recently left the Council of Governors. We thank our former governors for their time and contribution during their term of office.





Come and see your local governor in action!

All members are welcome to attend and observe Council of Governors meetings. Our next meetings take place as follows:

- Tuesday 7 January 2020
- Tuesday 3 March 2020

Meetings take place from 2-4.30pm in the Centre for Research and Development, Kingsway Hospital, Derby DE22 3LZ. Meetings for the remainder of next year will be posted on the Trust's website in the new year.

If you would like to attend or raise a question, email dhcft.membership@nhs.net or call 01332 623723.

Want to find out more about the Council of Governors?

More information on the Council of Governors can be found on the Trust's website: www.derbyshirehealthcareft.nhs.uk under 'About us'.

Want to contact your governor...

Contacting your local governor is a key way to get involved in our work and ensure that we provide the best possible care and treatment. You can contact your local governor by emailing dhcft.governors@nhs.net (please say where you live, so we can forward on your message to the appropriate governor) or calling the membership team on 01332 623723.



Interested in becoming a governor...

Then see page 12 for information on the Trust's forthcoming public governor elections.



The value of volunteers

Derbyshire Healthcare supports over 64 active volunteers who work in a range of roles across the county, working alongside staff and service users. Volunteering has a number of benefits to all involved; many of the Trust’s volunteers have roles where they are able to directly enhance the experience of service users. For example this can include co-facilitating activities and therapeutic groups; providing meet and greet support; and providing peer support. In this article *Connections* focuses on three of our peer support volunteers who are all former users of the Trust’s services.

Why do people volunteer?

Carolyn Green, Executive Director of Nursing and Patient Experience says:



“Volunteering gives an opportunity to connect, be active, take notice, learn and give. This is in line with the ‘Five Ways to Wellbeing’ as the more we give, the happier we feel. Volunteering increases self-confidence, as well as doing good for others and the community, which provides a natural sense of accomplishment.

“Our volunteers support individuals to connect and reach out to others, making a positive difference to our community. This could be through kindness when helping individuals in our library, in our hubs, in our wards learning about patient feedback, in visiting our services to listen to whether individuals have a copy of their care plan. In all of these experiences our Board and I are very grateful for our volunteers personal contributions towards the Trust’s overall vision to make a positive difference in people’s lives by improving health and wellbeing. Our community is stronger for our volunteers and I see what they achieve.”



Meet Noel O’Sullivan, Peer Support Volunteer...

“The reason I have been volunteering at the Trust is to give something back for the excellent care I received when I was a patient in the Radbourne Unit and for the support I received in the community. I find it really rewarding helping others on their road to recovery – I am able to identify with services users because of my own lived experience with mental ill-health. I have been volunteering for the Trust for three years – it also gives me a sense of wellbeing and achievement. It is heart-warming when people thank me for supporting them.”

(You can read more about Noel’s work on page 13.)



Kate Smith, Peer Support Volunteer...

“Over the years I still continue to be overwhelmed with the professional help and support from nurses, support workers and doctors. So as a ‘thank you’ I enjoy giving something back to help others who have similar issues, using drawing and creativity. Volunteering has opened new doors for me, new opportunities and experiences such as developing the Doodle Pads for service users, running creative groups, peer support training, delivering presentations and much more. It’s always a delight meeting and working with people who work within the NHS Trust as I learn so much from them too.

“I’m doing things now that I would only have dreamt about doing a few years back and I’m excited about the future projects that we’re developing at the moment.

Volunteering gives me a sense of belonging; confidence and self-esteem and is always enjoyable to be part of the team.”

Meet Simon, Peer Support Volunteer...

Simon, who has been a volunteer for a year, works on a voluntary basis at the Radbourne Unit in Derby. Simon shares his experiences below.



Why did you want to volunteer?

A few years ago I was a patient at the Radbourne Unit and I am really grateful that I was put on the path to being well again. I felt a real urge to do something to help, because of the help I was given on my road to recovery.

What is your role?

I am a Peer Support Volunteer and I co-facilitate courses with an Occupational Therapist. Together we run a course on anxiety, which includes giving service users tools to help them manage their anxiety.

How does your role help other people who are experiencing mental ill-health?

I like to think that service users can identify with me because I too was a service user – they can see that you can recover from mental ill-health and that there is light at the end of the tunnel.

How does it feel to be able to help other people experiencing mental ill-health?

I get a great deal of satisfaction knowing that I have helped to make a difference in people’s lives. It is humbling when people compliment me on the work that I do – I know then that I have been able to help and offer support to people.

What would you say to others who are considering volunteering?

Volunteering for the Trust is the most rewarding thing that I have ever done. I had a successful career which I had to leave due to illness. I was struggling to find something that would give me a sense of purpose and meaning. Knowing that I have helped someone to move forward and live a better life is far more rewarding than earning money.

What are your plans for the future?

I also have a part-time paid job that I do alongside being a Peer Support Volunteer.

Simon is one of a number of volunteers who have been nominated for the Trust’s annual Delivering Excellence Awards in the ‘volunteer of the year’ category. The winners will be announced at the Trust’s award ceremony in November and the winners will be featured in the next edition of *Connections*.

Want to find out more about volunteering?

To find out more about volunteering for the Trust visit the Trust’s website: <https://www.derbyshirehealthcareft.nhs.uk/get-involved/volunteering> and click on the ‘Get involved’ tab followed by clicking on ‘Volunteering’.

You can read more about the Trust’s volunteers in our Children’s services on page 7.

We need you...



Derbyshire Healthcare
NHS Foundation Trust

Stand in the Trust's forthcoming public governor elections

Derbyshire Healthcare is a specialist provider of children's, learning disability, substance misuse and mental health services – across community, inpatient and specialist settings.

Could you be a governor?

Would you like to become involved in developing and improving the Trust's services? If so, make a difference and put your name forward to be a public governor. The Trust's governors (who are volunteers) have an important role, working alongside Trust staff to represent the needs and views of their local members, with a shared aim to improve the delivery of local NHS services.

We are looking for members of the public who are motivated, enthusiastic and willing to engage with their local community to stand in our governor elections for:

- Amber Valley (two vacancies)
- Bolsover and North East Derbyshire (one vacancy)
- Derby City West (one vacancy)
- High Peak and Derbyshire Dales (one vacancy)
- South Derbyshire (one vacancy).

As a governor you will:

- Represent the interests and views of local members
- Attend the Council of Governors meetings (all meetings are held during the day)
- Act as an ambassador for the Trust
- Hold Non-Executive Directors to account for the Trust's performance.

Of being a governor Lynda Langley, Lead Governor and Public Governor for Chesterfield said:

"It is a privilege to be a governor as I get to work alongside like-minded people who are passionate about local mental health and related issues. The role gives me a sense of wellbeing, knowing that I am making a positive contribution to shaping the future of the Trust."



"If you are considering becoming a governor you do not need any formal qualifications or previous experience but you do need to have a passion for improving mental health services and other services provided by the Trust. The Trust will provide you with the training and support you need to carry out the role of a governor."

Interested? The best way to submit a nomination is online www.cesvotes.com/DCHF19 where you can upload your election statement, photo and get instant confirmation. Or you can email: ftnominationenquiries@cesvotes.com, telephone: 020 8889 9203 or text: DH and your name and address to 88802.



Nominations open from Wednesday 13 November 2019 until Wednesday 11 December 2019.

For more information on the governor role please email dhcft.membership@nhs.net or calling 01332 623723 for an information pack. You can also find about being a governor on the Trust's website: www.derbyshirehealthcareft.nhs.uk – under 'get involved', 'Trust membership', 'become a Trust governor'

Who can stand in the elections? You must be a member of Derbyshire Healthcare NHS Foundation Trust and be over the age of 16. If you are not a member it is simple to join by completing the online form on the Trust's website www.derbyshirehealthcareft.nhs.uk – under 'get involved', 'Trust membership'

New support available to carers

Comments from carers attending included:

The Trust recently trialed a new six-week course, aimed at educating carers about diagnoses and providing information and support about being a carer.

Following 100% positive feedback, the course is set to be offered on a rolling programme to carers within the Trust. Jo Bowden, Senior Nurse at the Radbourne Unit, and Jo Foster, Senior Nurse at the Hartington Unit, will run the programme in Derby and Chesterfield every three to four months, either for new or existing carers.

The programme covers issues including neurosis, psychosis, the Mental Capacity Act and Mental Health Act, care planning, and personality disorder. The initial course also included an expert panel (comprising Psychiatrist, Psychologist, Crisis and peer support) who provided advice and help to carers attending.

"I feel more able to care for my relative"

"I feel this course should continue in order to help others."

"All carers should have access to courses like this. It increases understanding, confidence on what to do and is particularly useful for new carers. Knowledge is power!"



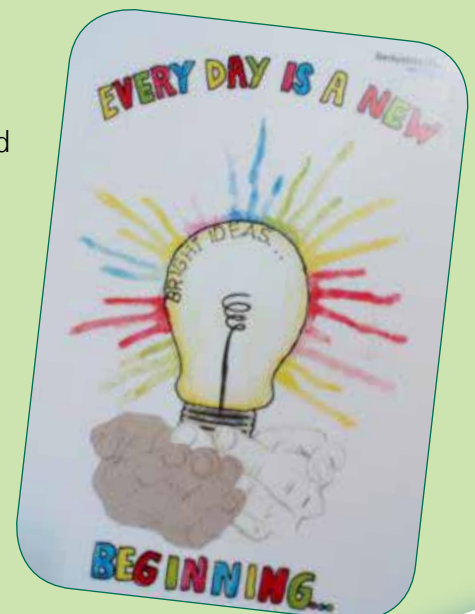
The Trust will be running the course in spring 2020. For more information please contact Jo Foster, Senior Nurse by email joanne.foster15@nhs.net or telephone 01246 512550.

Equal in voice and experience

A new Equal Forum has been launched following engagement with patient groups and colleagues from our community and voluntary sector organisations. The Equal Forum is a new patient council for Derbyshire Healthcare, which launched earlier this year. To date the Forum have produced a new 'Bright Ideas' notebook, which is aimed at giving service users and anyone else a place to jot down their thoughts and ideas. The notebook is the brainchild of Trust Peer Support Volunteer O'Sullivan, a former service user with the Trust, who suggests that ideas written down do not need to be world-changing, "just something that will make your journey a little bit easier". (You can read more about Noel on page 10)

The cover of the notebook is designed by Cairon, a Trust service user who has found that writing and creative work has really helped in her recovery. She said: "Using the notepad has given me a healthy way of coping with what I was feeling. Bright Ideas gave me a place to express my views and a chance to say what I think and want."

The notebook is being distributed to the Trust's wards and services. If you would like more information on the Equal Forum please email dhcft.equal@nhs.net.





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Refreshing our strategic direction

The Trust has recently refreshed its strategy, following approval by the Trust Board and Council of Governors this summer. The refresh aimed at making the strategy more accessible and to ensure it reflected and addressed the challenges of the day.

The refreshed strategy outlines three strategic objectives, which cover key areas of focus for the Trust. These are:

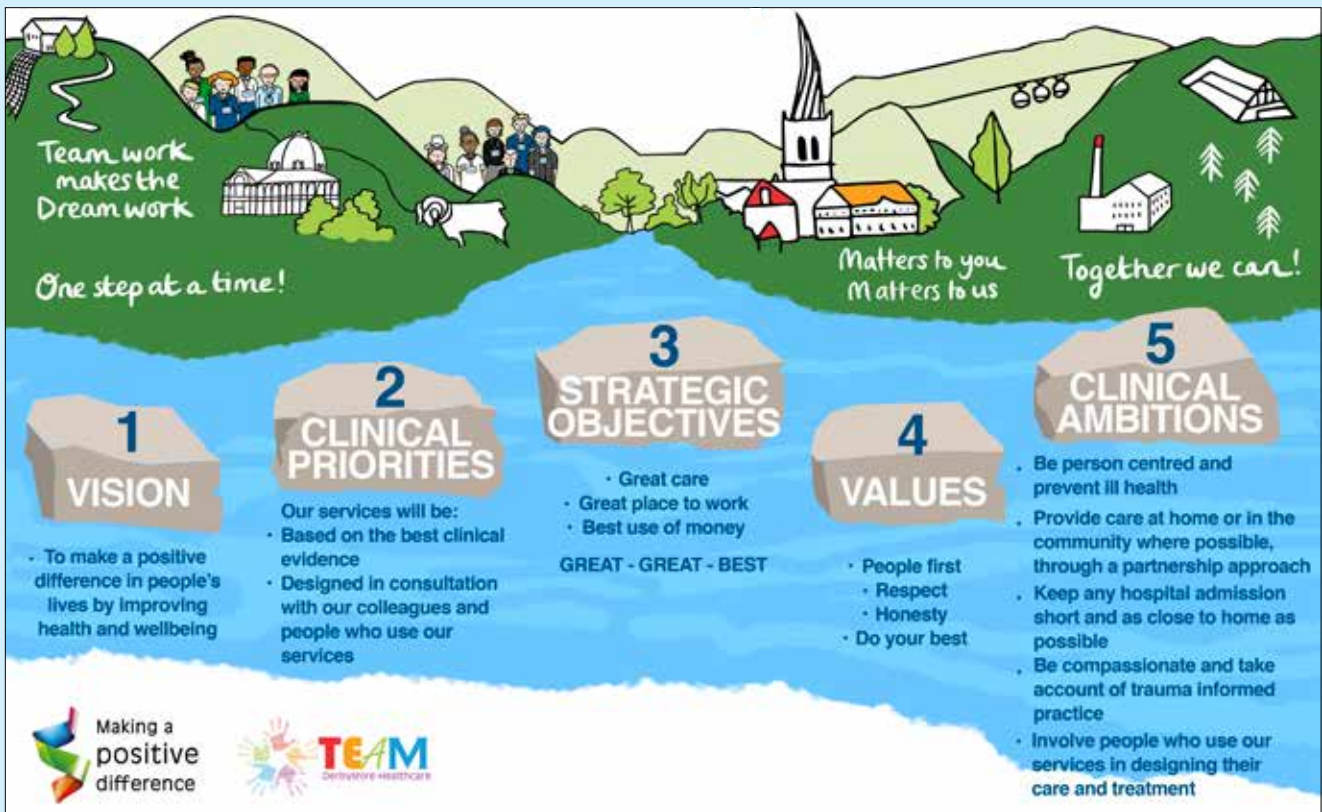
- Great care
- Great place to work
- Best use of money.

To learn more, you can read the strategy document which can be found on the 'our strategy, vision and values' page on the Trust's website.



Our 'strategy stepping stones'

We have created a 'plan a page' to help make our strategy memorable and easy to understand. It captures the Trust strategy and key elements of what our plans are aiming to achieve. It is built on a 12345 principle (1 vision, 2 clinical priorities, 3 strategic objectives, 4 values and 5 clinical ambitions) – take a look, below!



New Board Appointments



In August, the Trust's Council of Governors confirmed the appointment of **Richard Wright**, current Non-Executive Director, as the Trust's Deputy Chair.

Thank you to Julia Tabreham, who has been the Trust's Deputy Chair since November 2016. Julia will continue as a Non-Executive Director for a further term of office.



Suzanne Overton-Edwards joined the Trust Board as an interim Non-Executive Director on 3 September 2019. Suzanne, who has a background in further education across London and Leicester,

participated in the NEXt Directors' Scheme at the Trust.

Suzanne is currently a Board member of the Leicester Lesbian Gay Bisexual and Transgender Centre and is a Trustee at Phoenix, a charity in Leicester for independent cinema, art and digital culture.



Perminder Heer joined the Trust Board on 1 August under the NEXt Directors' scheme, which aims to increase the diversity of Board members across the NHS.

Currently a Non-Executive Director with the Futures Trust (a multi-agency school academy), Perminder is a commercially focused HR professional and will work with the Trust over the next year.

Trust Members



Derbyshire Healthcare
NHS Foundation Trust

We are keen to learn about your experiences as members of the Trust. In particular, we would like to understand how you prefer to receive information and updates from us and what subjects you would like these to cover.



1. Do you enjoy reading and receiving Members' News the monthly e-newsletter?

Yes No Don't receive it

(Please insert your email address in the box below so that you can receive a copy.)

Comments

2. Do you enjoy reading and receiving Connections magazine for members (produced twice a year)?

Yes No

Comments

3. How would you prefer the Trust to communicate with you? (For environmental and financial reasons, we are looking to reduce the use of printed materials.)

Email Text Post

Comments

4. What information is useful to you as a member?

Trust news and developments Information about our services Invites to events
Information about the work of our governors Opportunities to get involved as a member

Other (please specify)

5. Do you know how to contact your governor(s) if you need to?

Yes No Not sure

Comments

6. Are there any topics you would like to be considered for the 2020 Annual Members' Meeting or to be covered in the members' magazine. (Please outline below.)

Yes No

Comments

We would be grateful if you could spend a few minutes completing this very short survey. This will help us to develop our communication with you. You can complete the survey online <https://surveys.derbyshcft.nhs.uk/s/WJM4S/>; email your answers to dhcft.membership@nhs.net or post the completed survey to: **Freepost RRGK-SRZC-JZAB Membership Office, 1st Floor, Ashbourne Centre, Kingsway Site Derby, DE22 3LZ.**

Brain training time!

Have a go at a Sudoku puzzle.

7			8	4		2		5
	3		1	5		4		
		5		6			7	
	9			3	4	5	8	
	2	8	7			9		3
5		3	9			6		
		4	5	2			9	
		9	4		8			
8					1	7		

Fill in the grid so that every row across, every column down and every three by three box contains the numbers 1 to 9. For the chance to win a puzzle book, email your completed puzzle, along with your name and address to dhcft.membership@nhs.net or post to:

Freeport RRGK-SRZC-JZAB, Membership and Involvement Manager, Ashbourne Centre, Kingsway Hospital, Derby DE22 3LZ.

© MathSphere www.mathsphere.co.uk/

Winner for Sudoku

Thank you to all those members who sent in the completed puzzle. Congratulations to Mrs S Ridley from Chesterfield whose name was drawn out of the hat. A puzzle book is on its way to you.

Help us save trees: share your email address

Are you receiving this magazine as a paper copy? Please contact the Trust via email dhcft.membership@nhs.net and share your email address. This will give you access to a monthly bulletin, plus latest news about Derbyshire Healthcare.

Celebrate staff all year

Experienced great care from one of our staff? Nominate them through our Delivery Excellence Everyday Scheme (DEED) recognition scheme. It's quick and easy, and everyone who is nominated will be considered for the DEED colleague or team of the month award culminating in being put forward for the annual awards. Complete the short online form at www.derbyshirehealthcareft.nhs.uk/get-involved/celebrate-our-staff. You can now nominate teams for the award. Just click the team box on the online application form. Anyone struggling to access or complete the form can also submit a nomination by telephone, call: 01332 623723.



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