

Connections

November 2023, edition 15

Amy Hudson, super cyclist!

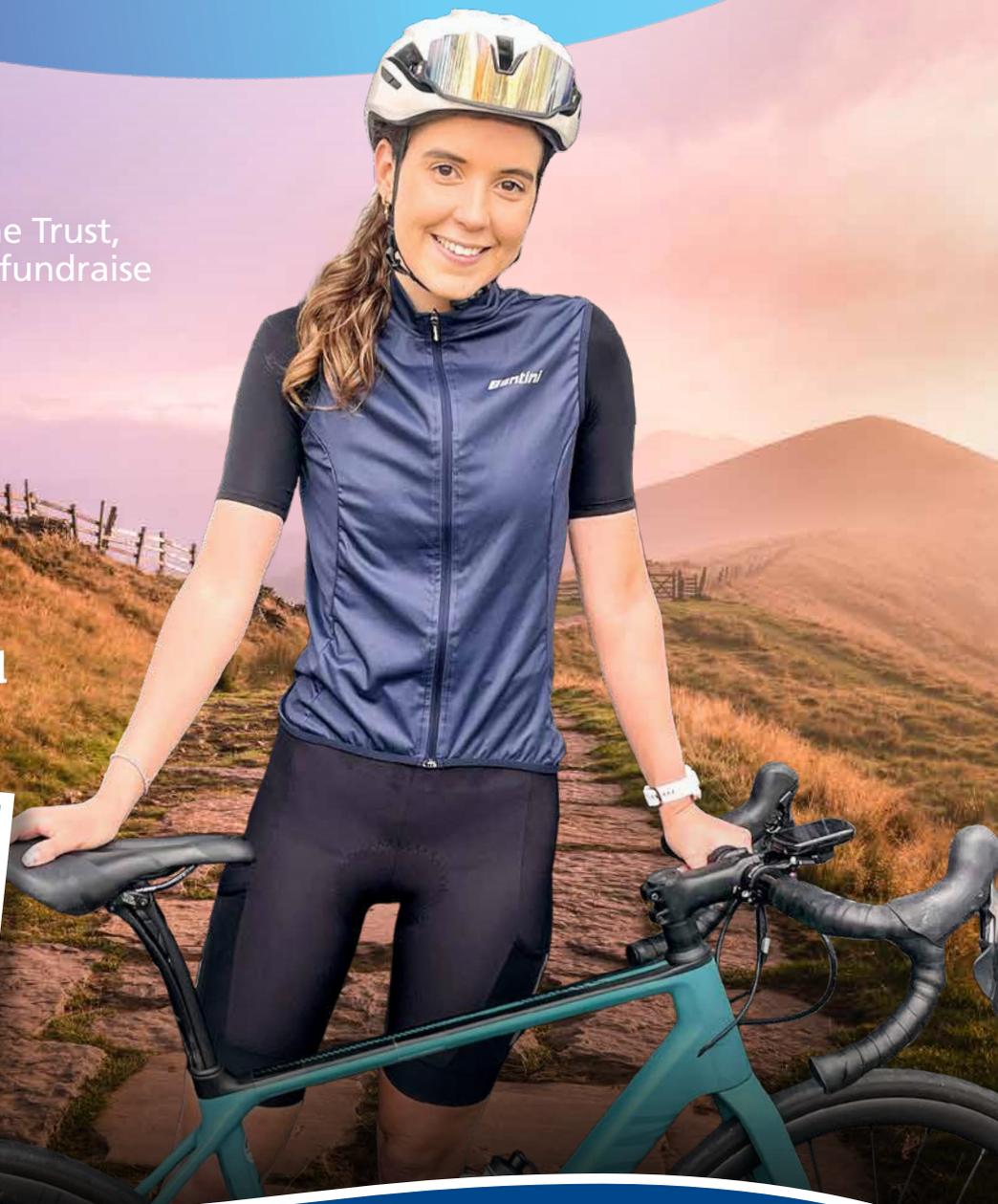
Amy, Finance Assistant at the Trust, cycles 1150km in a week to fundraise for mental health charity



Spotlight on our Lead Governor, Susan



Involving experts by experience



Stand in our governor elections

We need governors to represent areas including Bolsover and North East Derbyshire, Chesterfield, Erewash and High Peak and Derbyshire Dales



WE NEED YOU!

Stand in the Trust's forthcoming public governor elections



Could you be a governor?

Would you like to volunteer to become involved in developing and improving NHS services? If so, make a difference by putting your name forward to be a public governor!

The Trust's governors have an important role working alongside Trust staff to represent the needs and views of their local members,

with a shared aim to improve local NHS services.

Governors are elected by members of the Trust for a period of up to three years. Although you don't get paid to be a governor, you'll be able to claim money back for travelling costs when attending meetings or events on behalf of the Trust.

Interested?

The best way to submit a nomination is online at www.cesvotes.com/DHFT2024 where you can upload your election statement, photo and get instant confirmation. Or you can email: ftnominationenquiries@cesvotes.com, telephone: 0208 889 9203 or text: 2FT DH and your name and address to 88802.



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, usually on a Tuesday)
- Act as an ambassador for the Trust
- Hold non-executive directors to account for the Trust's performance.

We need members of the public to stand in our governor elections for:

- Bolsover and North East Derbyshire (two vacancies)
- Chesterfield (one vacancy)
- Erewash (one vacancy)
- High Peak and Derbyshire Dales (one vacancy)
- Rest of England (one vacancy)

Nominations are open from Friday 10 November 2023 until 5pm on Monday 11 December 2023.

Find out more on page 15



Welcome...

...to the latest issue of **Connections**.
In this issue we have a lot to celebrate



"I would like to encourage local people to stand in the public governor elections. It is really important that members of our local communities are represented on the Council of Governors so that they can influence how services are provided and ensure the Trust is listening and responding to issues raised by them. Governors bring a wealth of expertise and insight which helps the Trust to be more responsive. I look forward to working with our newly elected governors."

Selina Ullah, Trust Chair

We continue to value service users and experts by experience (patients and carers) in helping us to develop and improve the services we provide. We highlighted and celebrated their contributions made at the Annual Members Meeting (AMM). The theme of the AMM was 'working with you' – you can find out more on page 5.

This edition continues with that theme and the work of our service users and experts by experience; see pages 8 and 9. We appreciate everything they do in helping us to improve and develop our services.

We also share insight into the role of our Occupational Therapists (OTs) who plan activities to help our services users in their recovery; see page 6.

In the last edition of *Connections* we welcomed our new Chief Executive Mark Powell. On page 4 you can find out what his priorities are moving forwards.

If you would like to join us on our journey, I encourage you to consider standing in the forthcoming public governor elections in the areas where there are vacancies. You can always check which membership area you live in by calling the Membership Office on 01332 623723. Governors are volunteers and many have said how rewarding they find the role – see page 15



Derbyshire Healthcare NHS Foundation Trust

We are a provider of NHS mental health, learning disabilities and substance misuse (drug and alcohol) services in Derby city and Derbyshire county. We also provide a wide range of children's health services in Derby and southern Derbyshire and we run the East Midlands Gambling Harms Service.

to find out more. The Trust's Lead Governor, Susan Ryan, shares her experience of being a governor on page 14.

Thank you to all of you who completed our survey so we could find out your views. The results of the survey are on page 15.

I hope you find the articles interesting and useful – I really welcome your comments and feedback.

Selina Ullah

Selina Ullah, Trust Chair

Contact

If you have any comments or feedback, we would love to hear from you. Please contact us by emailing dhcft.membership@nhs.net or call the membership team on **01332 623723**.

A catch up with our Chief Executive, Mark Powell



Mark Powell started as the Trust's Chief Executive in April 2023. We welcomed him in the last edition and return to talk about his experience so far.

Mark – how have you found your first few months in post?

It's been a really great first six months in post. The Trust provides a wide variety of services across Derbyshire, and I've been really impressed by people's commitment and enthusiasm to offer the best care to local people. We have strong partnerships in place with local voluntary and community sector organisations, together with a commitment to co-production and patient engagement. This has reflected the strong values and 'people first' approach that I know is central to Derbyshire Healthcare.

What excites you most for the future?

That's a big question – where do I start?! It's a really exciting time for Derbyshire Healthcare. In the

next 12-18 months we will be opening some new, purpose-built facilities that offer vastly improved environments to support local people as they recover from mental ill health. We are transforming the way our services work in the community, working with local partners to offer a greater range of support through a new collaborative model – all shaped by people with lived experience. We are starting to offer new services for people in Derbyshire and the East Midlands, including new support for people who experience problems with gambling and those who need a greater level of hospital-based care.

We are exploring the way we use our data and I am excited by the opportunities to know more about people who use our services, how and where, so that we can be more focused in the care we offer, in response to local needs.

What are your next steps?

Next year we will be talking to people about our future priorities and how these can be achieved, working closely with Trust colleagues, partners, people with lived experience and carers. I am keen to receive feedback from Trust members via the Council of Governors.

What three words would you use to sum up the last six months?

Positive, engagement and opportunity.

Details of the current Trust Strategy and latest news can be accessed on the Trust's website: [derbyshirehealthcareft.nhs.uk](https://www.derbyshirehealthcareft.nhs.uk)



Mark signing the Armed Forces Covenant for a second time, restating the Trust's commitment to the armed forces community



Mark with former English rugby union player and 2014 World Cup winner, Maggie Alphonsi MBE at the recent Staff Conference.



Mark Powell with Dame Margaret Beckett (left), MP for Derby South, and Councillor Baggie Shanker (right), leader of Derby City Council, viewing the progress of our new healthcare facilities.

Reflecting on our AMM

The Trust's Annual Members Meeting (AMM) took place virtually on Wednesday 20 September and received positive feedback.

The meeting began with an outline of the activities that our Occupational Therapists (OTs) provide on our wards and in the community. These include gardening, walking, visits, arts and crafts, sensory creativity, creative writing and baking. You can find out more on page 6.

Attendees particularly enjoyed hearing from carers and experts by experience about how they help the Trust in developing and improving our services. You can find out more about their involvement on pages 8 and 9.

During the meeting, directors and governors summarised key points of the Trust's performance including:

- An increase in people accessing our services
- Development of new health services including the launch of a new regional gambling harms service, led by Derbyshire Healthcare, and the expansion of perinatal services
- Greater partnership work across the city and county through Joined Up Care Derbyshire, and across the East Midlands through the East Midlands Alliance.

The Trust's Annual Report and Accounts were formally adopted. These can be viewed on the Trust's website under 'about us', 'who we are', 'annual report'.

The meeting closed with a presentation about the therapeutic areas that will be available within the new facilities being built in



Activities Occupational Therapists provide include gardening, arts and crafts and sensory creativity.

Chesterfield and Derby as part of our Making Room for Dignity programme, which will result in all our wards having single rooms, with en-suite bathrooms.

The AMM for 2024 will take place on 26 September 2024. Further information will be shared with members nearer the time.

OUR ACTIVITY DATA DURING 2022/23



1,252
INPATIENT
ADMISSIONS



76,906
CHILDREN TREATED THIS YEAR



82,272
REFERRALS
RECEIVED



562,630
ATTENDED CONTACTS



247
INPATIENT BEDS



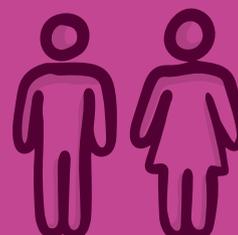
THE TRUST
CARED FOR
2,955
BABIES BORN
IN DERBY CITY



6,192
FACE TO FACE
FOLLOW UPS
FOR THOSE IN
OUR LEARNING
DISABILITY
SERVICES



73,804
PEOPLE SEEN



44,778
ADULTS TREATED
THIS YEAR



A focus on Occupational Therapists



Fiona Rushbrook

At Derbyshire Healthcare we have Occupational Therapists (OTs) in almost all our services including community and inpatient mental health services, both for adults and older adults, neurodevelopmental services, eating disorder services, children’s complex therapies and child and adolescent mental health services (CAMHS).

Fiona Rushbrook, Lead for Occupational Therapy in our mental health rehabilitation services, answers our questions about what OTs do and why they are important in aiding the recovery of our services users.

Who are Occupational Therapists?

OTs are one of the Allied Health Professions and are professionally qualified and regulated by the Health Care Professions Council (HCPC). OTs work alongside

people to support them to take part in meaningful activities, or occupations, that aid recovery, maximise independence and realise the person’s potential.

“Our OTs give people a sense of hope, pride and meaning in what they do, and enable them to manage their own conditions through meaningful occupation. OTs ensure that people live lives that are as full and independent as they want.”

What do OTs do?

Occupational Therapists work with people to identify their own goals to live the life that they want to live. They identify people’s strengths and areas of need. By working alongside an individual who is engaging in an occupation of their choice, OTs can assess a person’s cognitive, motor and process skills and design activities that help them build on their strengths and overcome the difficulties they may be having.

Occupational Therapists use therapeutic activities such as crafts, cooking, outdoor pursuits, sports, furniture renovation and horticulture to engage the person in an activity of their choosing. They can then use their trained observational and interview skills to assess dexterity, concentration, task sequencing, balance, posture, problem solving, motivation, self-worth, anxiety management and coping strategies, to name but a few!



How are Occupational Therapists important in the recovery process?

OTs use therapeutic activity to educate people, empowering them to take control over their own lives and connecting them to their local communities. Our OTs give people a sense of hope, pride and meaning in what they do, and enable them to manage their own conditions through meaningful occupation. OTs ensure that people live lives that are as full and independent as they want.

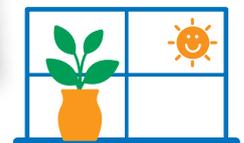
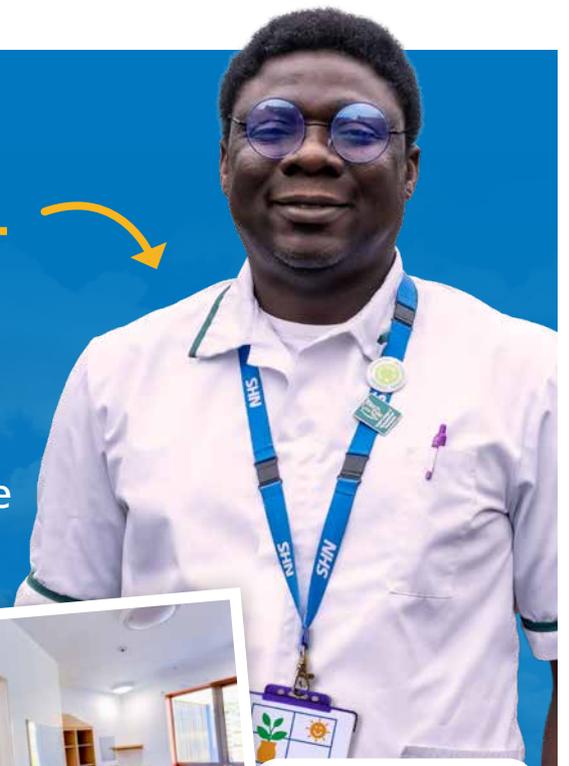
We value Occupational Therapists – they make life better for everyone!

You can find out more about our OTs on our website in the ‘work for us’ section.

derbyshirehealthcarejobs.co.uk/join-us/join-us-allied-health-professional-ahp

ARE YOU AN OCCUPATIONAL THERAPIST?

Make a positive difference at our pioneering new mental healthcare facilities



See the many opportunities at makingroomfordignityjobs.org.uk

**Making Room
for Dignity**

This is the wildflower garden at the Kedleston Unit. OTs use therapeutic activities like gardening to empower people to take control over their own lives and connect them to their local communities.

A service user's experience of Occupational Therapy

"I was signed onto the 'Active Confidence' course after a very difficult period in my personal life which left my self-confidence and self-esteem at an all-time low. I had lost most of my friends, was lonely and couldn't see much of a future.

"For the first two or three weeks I was very quiet, didn't contribute much and certainly couldn't see the point of the outdoor activities we were doing - they seemed pointless and childish. But as the course progressed, I began to relax, talk to the others, and even enjoy it. After about the fourth session, I remember commenting to one of the facilitators that I'd particularly enjoyed the activity that day, and that 'I think I'd forgotten how to have fun'. That was definitely a turning point for me."

SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder (SAD) is sometimes known as "winter depression" because the symptoms are usually more apparent and more severe during the winter. Symptoms of SAD can include:

- A persistent low mood or Irritability
- A loss of pleasure or interest in normal everyday activities
- Feelings of despair, guilt and worthlessness

For some people, these symptoms can be severe and have a significant impact on their day-to-day activities. A range of treatments are available for SAD. A GP will recommend the most suitable treatment programme for you.

If you are struggling with your mental health during the winter, remember that the **Derbyshire Mental Health Helpline** and Support Service is open 24 hours a day, seven days a week.

 **CALL 0800 028 0077**

Involving experts by experience

Experts by Experience (also referred to as expert patients or expert carers) are people who have recent personal experience of using health or social care services. Here we focus on how experts by experience have helped two Trust services: our Psychiatric Teaching Unit and a new East Midlands partnership in perinatal (mother and baby) mental health.

Involving experts by experience in educating doctors

The Trust's Psychiatric Teaching Unit (PTU) delivers teaching and clinical experience to Nottingham University undergraduate medical students during their psychiatry placement. Throughout the curriculum and alongside clinical tutors, the Trust involves members of the team who have lived experience of mental ill health. We also offer sessions involving our Expert Patient (EP) volunteers, who share their experiences of mental ill health with students to enhance their learning.

"The programme helps teach and influence our future doctors by sharing their personal experiences."

"Our EP programme offers a safe space for students to ask difficult and sensitive questions with a fully supportive team," says Dr Arun Chidambaram, the Trust's Medical Director. "The programme not only benefits students but empowers our EPs to help teach and influence our future doctors by sharing their personal experiences."

"We involve our expert patients in the development of the work we do, and the sessions we deliver, from the very start. They are involved right through to the delivery and implementation, as well as ongoing review and evaluation. So we really embed this 'co-production'."

An expert patient's viewpoint...

We asked Meg Rayner, a former expert patient who is now employed as a Lived Experience Facilitator for the PTU, about involving experts by experience:

What made you want to participate in this work?

When I volunteered to become an expert patient (EP), I was in recovery from an eating disorder. Talking through my life experiences was a sort of therapy in itself, and helped me understand myself more. I also received amazing support from the PTU staff to overcome any challenges and, because my wellbeing was the priority, I felt extremely comfortable in the sessions.

What is the most rewarding part of your role?

Working with both students and our EPs, with lived experience of mental health conditions, is incredibly rewarding as I get to see every day how the process benefits both parties. Patients feel empowered and students learn so much. What I found most rewarding was knowing that I was making a difference, not only to a student's learning, but also to a team of educators – to ensure that the next generation of doctors know the best way to care for patients with mental health problems, whatever speciality they decide to go into in future.



What do you get out of it?

Becoming an EP, at a time that was right for me in my recovery, gave me the feeling that I was doing something worthwhile. Knowing that people appreciated my time in volunteering for the role, made me feel valued. This massively improved my mental wellbeing and general outlook on life. I developed more confidence and felt happier in myself, which vastly improved my progress in recovery.

How has it helped you?

I have since become a Lived Experience Facilitator and now Team Leader, working with the team in psychiatry teaching sessions and facilitating EP sessions myself. I also now manage the Lived Experience team and the co-ordination of our 'Expert Patient' programme within the teaching we offer our students. I love my role, because I am passionate about the programme, and continue to find it incredibly rewarding. So, the EP programme definitely opened doors!



Involving experts by experience in perinatal mental health services

On 1 October 2023, the running of inpatient mental health services for pregnant women and new mothers in the East Midlands region became the responsibility of a new local partnership of healthcare providers, led by Derbyshire Healthcare.

These perinatal mental health inpatient services – such as The Beeches in Derby and the Margaret Oates Mother and Baby Unit in Nottingham – were previously overseen by NHS England. Now, in line with changes set out in the NHS Long Term Plan, they are being overseen by a group of five NHS trusts and one private healthcare provider from the region, who are working together as the East Midlands Perinatal Mental Health Provider Collaborative.

The Trust is the lead provider of this collaborative. All the partners are involving experts by experience to ensure that the service user's voice is heard at every stage of their treatment and recovery.



"The Trust would like to take this opportunity to thank all our experts by experience for the invaluable work they do and the huge contribution they make in helping us to develop and improve our services."

*Dave Mason,
Interim Director of Nursing and Patient Experience*

An expert by experience's viewpoint...

Nicky Bunning is an expert by experience who is helping to shape the work of the collaborative. Nicky has contributed to the development of the quality processes for the perinatal collaborative, ensuring that the patient's voice is heard in service quality reviews and clinical escalation processes. We asked Nicky to share her story with us.

Why did you want to get involved?

Being hospitalised with postpartum psychosis was a truly life-changing experience. I received such incredible care during my stay at Margaret Oates Mother and Baby Unit that, when I left, I knew I wanted to give back. When I heard about the opportunity to join the Experts by Experience group for the East Midlands Perinatal Mental Health Provider Collaborative, I was really keen to get involved. Having had no experience of working in the NHS, I didn't really understand what a 'provider collaborative' was, but I knew that I wanted to use my experience to help others.

Why is it important for experts by experience to be involved?

It is vital that experts by experience are included in the collaborative as they offer a unique perspective, ensuring that patients are at the heart of decision making. For me, it has been transformative to join a supportive group of other former patients who have similar experiences, share the same values and have the common goal of ensuring there is high quality, equitable care for patients from all backgrounds.

What is your role?

Since joining the collaborative, I have engaged in meetings for both the Clinical and Professional Reference Group and the Partnership Board. It is vital that the patient voice is heard at all levels to ensure that the patient



journey is considered in every decision.

Our Experts by Experience group is a small but dedicated group of mothers, who share the same passion for perinatal mental health. Organising a group of Experts by Experience within the field of Perinatal Mental Health is not without its challenges; we are mothers recovering from both childbirth and severe mental illness, whilst juggling caring for babies with our other commitments. Nevertheless, this dedicated group is committed to using their experience to help others.

What are your hopes for the future?

My vision for the future of the role of Experts by Experience is for us to be truly embedded within the collaborative, playing a meaningful role in co-production, regularly reviewing the quality of care across the East Midlands and guiding the work of the collaborative. I would also like to see the group expand to have a more representative voice for our population.

It is heartening that the role of experts by experience is truly valued by the collaborative, and that we are treated as equals, with support in place that recognises our contribution. I look forward to continuing to work together to develop the collaborative and improve perinatal mental health services for women and babies across our region.

Nicky supports the charity Action on Postpartum Psychosis. Learn more about postpartum psychosis by visiting www.app-network.org

Brain training time!

Have a go at a Sudoku puzzle.

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

© www.mathsphere.co.uk

Fill in the grid so that every row across, every column down and every three by three box contains the numbers 1 to 9.

COVID-19 boosters

This year's booster COVID vaccines are being offered to people most at risk from COVID-19.

The NHS will let those who are eligible know when its their turn to have a vaccine.

If you are eligible for a free NHS flu vaccine, please get this at your GP or local pharmacy.

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 included in a monthly DEED bulletin, shared with all staff. **Complete the short online form at derbyshirehealthcareft.nhs.uk/deed.**

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 623 700** ext 33302.

If you have to leave a message, please give your name and number so we can call you back.



EQUAL

In Knowledge & Influence

Your voice helps to shape the care provided

"...I began to see that I could make a difference by speaking on behalf of other people who feel unable for various reasons. That's why I'm involved in EQUAL."

Jose – EQUAL member



If you have used any service at **Derbyshire Healthcare NHS Foundation Trust**, either as a service user or carer, we would love you to be a part of the **EQUAL feedback network**.

Being part of EQUAL will give you the opportunity to discuss what you believe to be working well and what could be improved. This shared knowledge is hugely valuable in continuing to provide excellent care.



If you are interested, please visit our website:

derbyshirehealthcareft.nhs.uk/equal

Involving carers



Karen Billyeald is a Clinical Nurse Specialist at Derbyshire Healthcare NHS Foundation Trust.

The Trust values the involvement of carers in helping to improve services. We asked Karen Billyeald, Clinical Nurse Specialist about the Triangle of Care: Carers Included membership scheme and its importance to the Trust.

Why do we need to involve carers?

Mostly we involve carers because it's the right thing to do. If we work with carers, their loved ones will probably receive better, safer care.

What is the Triangle of Care: Carers included scheme?

It is a national membership scheme run and accredited by the Carers Trust. There are six standards that our teams must measure themselves against. The scheme also provides a framework for teams to review and improve their practice.

The Trust is a member of the scheme and we have been awarded two gold stars.

What did the Trust do to achieve the two-star status?

We had to show that we were committed to working with carers and supporting them at every point of their loved ones' journey. We also needed to 'see carers as carers'. Carers tell us that identifying this early on is important as it means they are involved and can be supported. (Sometimes people in caring roles do not identify as carers but may still need support and signposting). We also need to listen and involve carers as full partners in care.

"The Triangle of Care makes sense, you can tell that carers designed it."

Carer representative

How do we involve carers?

In addition to carers being involved in the care and treatment that the Trust is providing to their loved one, we run Carer Awareness training for staff and have a network of Carer Champions. There are

"Triangle of Care has given us the right tools to develop and shape services which recognise the importance and value of carers, families and supporters of people in our services. Triangle of Care has helped us adjust perspectives, change culture, and provide better care"

Staff member

carer networks, carer forums and meetings, and carer resources. We invite feedback from carers about our services, too, for example through a Carer's Survey.

Find out more about how we involve carers on the new family and carers page on the Trust website.

www.derbyshirehealthcareft.nhs.uk/families-and-carers

If you have a question about how we involve carers, please email

dhcft.corecarestandards@nhs.net



The Trust has the two-star Triangle of Care award from the Carers Trust for its efforts to involve carers in the treatment of their loved ones.

News in brief

Success at national NHS awards – including Trust of the Year

The Trust and two of its members of staff received awards and recognition for work carried out within the NHS at the Asian Professionals National Alliance (APNA) NHS awards in September. Derbyshire Healthcare was named Trust of the Year for its efforts to promote and drive forward the equality, diversity and inclusion agenda, while Ade Odunlade, Chief Operating Officer, won the Mentoring and Coaching Champion Award. Amber Ghei, Communications Officer, also received a certificate of merit in the Rising Star category.



 Amber Ghei

Colleague and former patient wins national award for contribution to children and young people's mental health services

Leanne Walker, a mental health and expert by experience worker at the Trust, has won a National Service User Award for her efforts to ensure that young people can participate in their care and in service improvements.

Leanne, who first accessed Child and Adolescent Mental Health Services (CAMHS) in Derby when she was 15, won the Lived Experience Leader Award after working to improve services at a local, national and international level. Leanne recently co-edited a book on the challenges surrounding children and young people's participation in shaping mental health services, published by Routledge.



 Leanne Walker

Dedicated nurse receives national award for contribution to school nursing

A Lead Nurse at the Trust has been presented with the prestigious Queen's Nurse award for their work within children's services and is now a member of the Queen's Nursing Institute. Susie Scales, Clinical Lead School Nurse across Derby city, was recognised for demonstrating a high level of commitment to patient care and nursing practice within the community.



 Susie Scales

New partnership with mental health charity to promote Hub of Hope

The Trust has partnered with Chasing the Stigma, the charity which manages the Hub of Hope website and app, to ensure that searches on the site direct people to a wide range of local options for life-changing and even lifesaving mental health support. The Hub of Hope search tool can now be accessed on the Trust's 'help in a crisis' page. The Hub of Hope can also be found online at:

www.hubofhope.co.uk

Trust doctors receive fellowships from Royal College of Psychiatrists

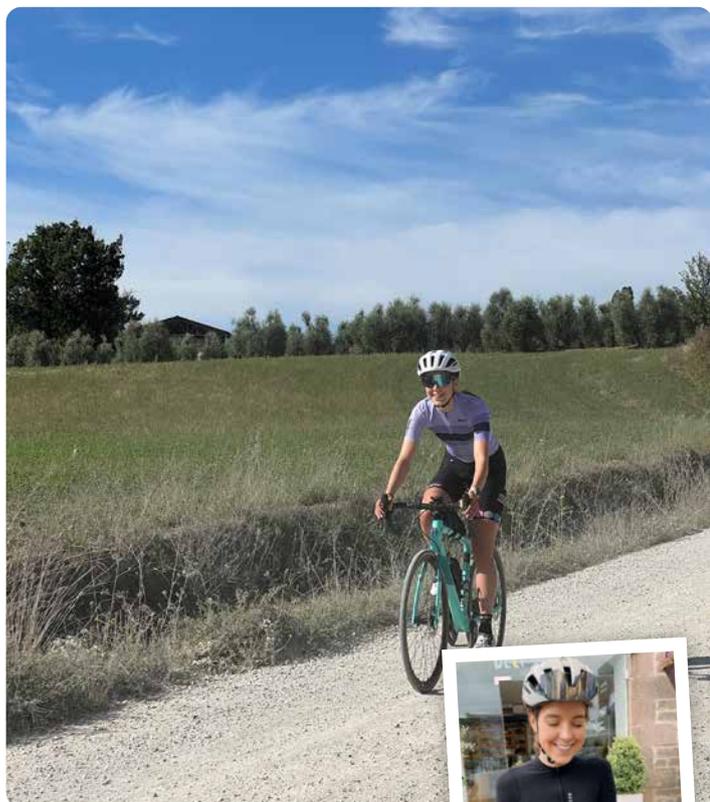
Congratulations to consultant psychiatrist Dr Rais Ahmed and consultant forensic psychiatrist Dr Chinwe Obinwa, who have been recognised as Fellows by the Royal College of Psychiatrists for their contributions to mental health.

Dr Ahmed and Dr Obinwa attended a ceremony as guests of College President, Dr Adrian James, and Chief Executive, Mr Paul Rees MBE, to receive their fellowship awards.



 Dr Chinwe Obinwa and Dr Rais Ahmed

Trust's cycling superstar raises over £5,000 with charity bike ride



Amy Hudson, a Finance Assistant at the Trust, has raised more than £5,000 for a mental health charity after cycling over 1,000km in a week.

Amy completed the sponsored cycle ride during the week of World Mental Health Day (10 October) and raised funds for Rethink Mental Illness, to help those struggling with mental health.

Amy managed 1,150km in total – a target she'd set after learning that an average of 115 people die by suicide in the UK every week.

Amy explained: "I turned to cycling to support with my own mental health as I have struggled with this and wanted to put my mind to a challenge that was important to me.

"I completed the challenge with a 215km ride on the final day. The hardest times were when it was raining as I was having to ride on my own and motivate myself to keep going."

Amy has written a book about how she overcame her mental health issues with the help of cycling and her bike ride adventures. The book has been accepted for publication and is likely to be available for sale next year.



'Fantastic' physio praised by parents

A children's physiotherapist at the Trust has been praised by a local family for providing exceptional bespoke care to a young patient struggling with mobility issues since birth.

Emma Graham, a Senior Physiotherapist within our Children's Services, has supported a young patient, Logan, with his long-term disability. Logan's mum, Kirsty, explained that her son needed consistency, familiarity and trust in a physiotherapist as it is an uncomfortable process for him to endure.

Kirsty said: "Emma took her time to communicate and get to know Logan before any physio took place, which helped to build a better rapport with him. Emma just gets it. She sees the child first and then their disability and that's why progress has been made with my son.

"I hope that people like Emma understand how much of a positive impact they have on not only their patients but their loved ones too."



Making Room For Dignity: new facilities taking shape

Progress is continuing on our new mental health inpatient units which comprises three new builds and three refurbishment projects in Derby and Chesterfield.

Some of our senior clinical staff visited the site of the new 54-bed Derwent Unit in Chesterfield, which is part of our exciting Making Room for Dignity programme. Interim matron Pete Collumbine said: "I see the construction site every day but it's not the same as actually visiting. I can now picture how the rooms and sky garden are going to be. It's going to be so much better for the patients, and a great place to work."

We are taking a proactive approach to recruiting staff for the new facilities, attending and holding events across the county and beyond. Our Kingsway Open Recruitment Event in September was attended by more than 100 people.

Find out more:

www.makingroomfordignityjobs.org.uk



sky garden 



Follow us on Twitter for more latest news @derbyshcft

Spotlight on Susan Ryan, our Lead Governor



Susan Ryan is a public governor for Amber Valley and Lead Governor at Derbyshire Healthcare NHS Trust. We asked Susan to share her views on the importance of the governor role and why she became a governor.

“When I reflect on my 38-year NHS career, I think about what the NHS has given me. I was elected as a Public Governor for Amber Valley in 2020 and since then I’ve been able to share my career experience, my life experience, my passion for the NHS and give something back in return for all the NHS has given me. In doing so, I’ve been able to contribute to ensuring we continue to maintain a thriving, accessible and compassionate NHS for all our communities.

As public governors we play an important role in the Trust, particularly by helping it be responsive and accountable to

local people, staff and partners across Derby and Derbyshire. Our governors come from a wide variety of backgrounds and all have unique and important experiences. We represent the communities we live in and we use our collective knowledge, networks and experiences to help inform the Trust’s priorities, plans and strategic decisions.

As Derbyshire Healthcare NHS Trust governors, we are the direct representatives of the local communities we represent. As governors we do not manage the operations of the Trust; rather, we hold the Non- Executive Directors to account for the performance of the board. We play an extremely important role reflecting the views of the Trust’s members and help the Trust to decide what sort of services we should be offering to our service users across Derby and Derbyshire. In addition, we perform several important governance roles including, appointing the Trust Chair and Non-Executive Directors and receiving the annual report and accounts.

“I’ve been able to share my career experience, my life experience, my passion for the NHS and give something back in return for all the NHS has given me.”

I would strongly encourage people to stand in the elections – everyone has a different reason for wanting to be involved including having been employed by the NHS, using Trust services or caring for people who use our services. It is a great way of learning more about the Trust too.”

Are you a member of the Trust?



If not, why not join and help us to improve the local NHS services

we provide across Derbyshire? Simply sign online today or scan the QR Code. You can find out more about becoming a member on our website at derbyshirehealthcareft.nhs.uk/members or contact the membership team on **01332 623723** or email dhcft.membership@nhs.net.



Once you have signed up as a member, we will keep you up to date with news and developments from within the Trust through Connections, our membership magazine, which is produced twice a year and through Members’ News, our monthly e-newsletter.



Providing your email will also help to save printing and postage costs and save a few trees on our planet.

Who are the Council of Governors?

The Trust's Council of Governors consists of 16 elected public governors and six elected staff governors alongside six representatives from local partners and councils (known as appointed governors).

Governor responsibilities

The Council of Governors performs an important role. It is responsible for representing the interests of the Trust's members, the public and partner organisations, in how the Trust is run; and holding the Non-Executive Directors to account for the performance of the Board.

Come and see your governors in action!

All Trust members (and the public) are invited to attend and observe Council of Governors meetings. At these meetings, the Trust's governors and Board of Directors meet to discuss issues and governors give feedback from their constituents. Our next meeting will be taking place on **Tuesday 5 March 2024 from 2pm** either face-to-face at Kingsway Hospital, Derby or virtually. More information about the meetings, meeting papers, submitting questions can be found on the Trust website www.derbyshirehealthcareft.nhs.uk under 'get involved', Council of Governors meetings'. You can also email dhcft.membership@nhs.net or call us on **01332 623723**.

How 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 or by calling the membership team on 01332 623723.



Who can stand in the Governors 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 and free to join by completing the online form on the Trust's website at

www.derbyshirehealthcareft.nhs.uk/members

If you're not sure which constituency you live in then our membership office will be glad to help – call them on **01332 623723** or email dhcft.membership@nhs.net

Interested?

The best way to submit a nomination is online at www.cesvotes.com/DHFT2024 where you can upload your election statement, photo and get instant confirmation. Or you can email: ftnominationenquiries@cesvotes.com, telephone: **0208 889 9203** or text: 2FT DH and your name and address to **88802**. Find out more on page 2.



Feedback from our members' survey

In the last edition we asked members to complete a questionnaire to learn about your experiences as members of the Trust, how you prefer to receive information and what topics you would like to cover

The feedback from those who completed the questionnaire was overall really positive:

81% enjoy reading Connections

72% enjoy reading the members' e-newsletter (13% are unable to access this as they don't have an email address)

95% found information on Trust news and developments and information about our services really useful

81% of respondents prefer the Trust to communicate via email

54% of respondents knew how to contact their governor.

Members wanted to know how they can get involved in the Trust. You can:

- Observe and submit questions to the Council of Governors meetings (see above for details)
- Attend the Annual Members' Meeting which will be on the 26 September 2024

- Become a Trust Governor (see above for details)
- Contact governors – email dhcft.governors@nhs.net with comments/issues relating to services that the Trust provides.

Thank you

Thank you to all those members who completed the survey. Congratulations to **Mr Harrison** of Derby City West whose name was first drawn. A puzzle book is on its way to you.



Continue to tell us what you think

Free NHS
support to
stop the harm
caused by
gambling



East Midlands Gambling Harms Service

www.eastmidlandsgambling.nhs.uk
0300 013 2330 • dhcft.emgamblingharms@nhs.net



If you would like this information in a different language or format, including Easy Read or BSL, contact dhcft.communications@nhs.net

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť dhcft.communications@nhs.net

Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte dhcft.communications@nhs.net

如果您希望以另一种语言或另一种格式接收此信息, 请联系 dhcft.communications@nhs.net

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter dhcft.communications@nhs.net

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z dhcft.communications@nhs.net

Heke hûn dixwazin ev agahdariyê di zimanek cuda an formatê bixwazin kerema xwe ji re têkilî bikin dhcft.communications@nhs.net

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روايس ك امي ان ابزى رس ودي س ك ت ام دل عم هي ب آرگ
م رك هارب وت ن ي ه س ت ه لچ ان رك ل ص اح ن ي م ت ي م راف
س ي رك ه ط ب ار
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