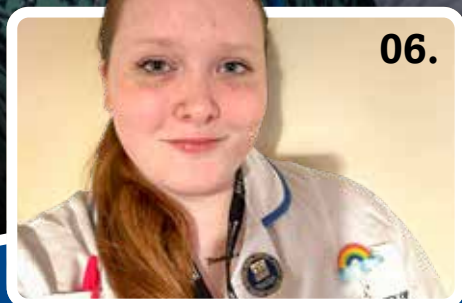


Connections

Our Trust magazine - summer 2024



06.

From patient to nurse

Inspired by the staff who cared for her, Rosie is now doing a degree in mental health nursing



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The role of Governors

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08. Our school nurses

School nursing has come a long way since the days of the 'nit nurse' - learn what it takes to be a school nurse in 2024



HELP SUPPORT THE NHS

BECOME A TRUST MEMBER



Why we have members

We are a Foundation Trust and this means that control is put back in the hands of the public, patients, service users, carers, staff and partner organisations who all have the opportunity to become members. Our public membership is very important to us. It allows us to have regular dialogue with our local communities who have an interest in the services we provide.

Your involvement will help us to improve the way we provide health services across Derby and Derbyshire. It is really important that our membership is reflective of the demographics of the local population and we encourage young people, disabled people and people from Black and Minority Ethnic, LGBTQ+ and Deaf communities to join us.

The benefits of being a member:

- Receive the membership e-newsletter/magazine that keeps you informed about the Trust
- Receive invitations to events and meetings including the Annual Members Meeting (see page 14) and Council of Governor meetings (see page 15)
- Share feedback on our services
- Vote in elections of the Council of Governors
- Stand for election of the Council of Governors
- Receive NHS discounts including discounts off holidays, insurance and at local restaurants and shops.



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.

Members can become Governors. Find out more on page 15



Become a member

www.derbyshirehealthcareft.nhs.uk/members

dhcft.membership@nhs.net • 01332 623723



Welcome...

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

In this issue we have a lot to celebrate



For this edition I thought it would be fitting to tell you a little about my role as Trust Chair. As Trust Chair I am responsible for leading the Trust Board and for ensuring that it successfully discharges its overall responsibilities for the Trust as a whole.

I ensure the Board is focused on improving outcomes in population health and healthcare, and fosters a culture of learning and continuous improvement, with a particular focus on quality, safety, access and patient experience. The purpose of the Board is to govern effectively, and in so doing build patient, public and stakeholder confidence that their health and healthcare is in safe hands. The Board meets in public bi-monthly, and I would encourage you to observe these meetings to find out what we do and what we are focusing on. More information about the meetings, meeting papers and submitting questions can be found on our Trust website www.derbyshirehealthcareft.nhs.uk/get-involved.

As part of my role I am keen to visit the services we provide. So far this year I have visited our Making Room for Dignity new build facility on our Kingsway Hospital site in Derby; Tissington House, our 18-bedded assessment and treatment ward for people over the age of 65 with functional mental health problems; the Catering Service which provides meals for our patients and staff; and Cherry Tree Close, our mental health rehabilitation and recovery unit, providing assessment, care and treatment to 23 service users. I am planning to visit other services we provide across Derbyshire during the year.

"Through feedback from our members, we are able to improve and develop the services we provide."

I would like to welcome our new members who have joined us this year. We really value the support from our membership. Through feedback from our members, we are able to improve and develop the services we provide. If you aren't already a member then please see the opposite page for details including how to join online.

I do hope you enjoy reading the inspiring stories and articles in this edition. We welcome your feedback.

Selina Ullah, Trust Chair.

Selina Ullah

Selina Ullah, Trust Chair



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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.

Direction of travel: An update from Mark Powell



The East Midlands Gambling Harms Service has used an innovative way to advertise its work in Nottingham, Derby, Lincoln, Northampton and Leicester over the last few months.

East Midlands Gambling Harms Service

Free NHS support to stop the harm caused by gambling



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



Mark Powell started as the Trust's Chief Executive just over a year ago. We catch up with him to see how the first year has gone.

What have your priorities been since the last issue of Connections?

It has been a busy first year in post as the Chief Executive of Derbyshire Healthcare NHS Foundation Trust. I have really enjoyed returning to the Trust to see and be part of developments taking place across our services. We have celebrated many achievements over the last year, including new service developments together with awards and recognition for good practice.

Over recent months we have introduced new services to meet the needs of local people, including a new gambling harms service for people living across

"The next few months will be very exciting as we progress our new mental health services being developed as part of the Trust's Making Room for Dignity programme."

the East Midlands. The Trust has also worked with partners to introduce wider support for people experiencing a mental health crisis.

Like many other NHS trusts, Derbyshire Healthcare ended the 2023/24 financial year in a deficit position. We have a strong focus on using transformation approaches; to maintain and improve patients' experiences of our services whilst increasing efficiencies and reducing expenditure to bring our costs in line with local budget allocations. We are currently focusing on financial sustainability for the 2024/25 financial year which started on 1 April 2024.

Recently we have spent time focusing on the development of a new Trust Strategy, with a number of engagement sessions taking place within and outside of the Trust. This is to ensure we develop clear priorities that meet the needs of our local patients and communities, work together with partners, manage any challenges and ultimately achieve our strategic vision.

As part of this engagement we have sought feedback on the Trust's vision and values, which will define our approach to achieving

the priorities outlined in the Trust Strategy. We aim to launch the final strategy in November 2024. If you have any comments on our current strategy or the Trust's vision and values, please contact dhcft.communications@nhs.net

How are you involving people with lived experience?

Involvement of people who use our services, their families and carers is central to our way of working and we are committed to further strengthening this approach through the involvement of people with lived experience, who are directly shaping and influencing the ways our services are delivered.

Our community mental health teams (CMHTs) are undergoing a national transformation to ensure they are best equipped to meet current challenges, promoting community resilience, with less dependence on medical interventions and diagnoses. The Living Well model, which is being introduced across Derbyshire, has been co-designed

with experts by experience to ensure it is person-centred, user friendly, and meets the needs of those using the service. Delivered through a multi-agency team which includes health, social and the Voluntary, Community and Social Enterprise sector, it also ensures that a person won't have to tell their story more than once (See page 10).

What does the future hold in store?

The next few months will be very exciting as we progress our new mental health services being developed as part of the Trust's Making Room for Dignity programme. This includes two new inpatient units which will each have 54 beds – the Carsington Unit in Derby and the Derwent Unit in Chesterfield – which will open towards the end of the year.

The programme also includes the development of Kingfisher House, a new Psychiatric Intensive Care Unit (PICU), and a new Enhanced Care Unit located at Audrey House, which are both located at Kingsway

Hospital in Derby. Our existing facilities at the Radbourne Unit will also be refurbished.

In Chesterfield, the first of our new services to open will be Bluebell Ward at Walton Hospital in Autumn 2024. This new unit will offer 12 beds for older adults with acute mental health needs. This follows the separation of older adults and working age adults within our inpatient unit, in line with national guidance.

Our teams are busy making preparations ahead of these services' moves and openings. We are committed to continuing to make ongoing improvements to our patient environments as these developments take place.

To view the current Trust Strategy, visit derbyshirehealthcareft.nhs.uk/about-us



Great progress is being made on our three completely new buildings: the Carsington Unit and Kingfisher House in Derby and the Derwent Unit in Chesterfield



The refurbished Bluebell ward in Chesterfield for older adults with mental health needs will have ensuite rooms



Bedrooms at Audrey House, the female Enhanced Care Unit in Derby, are taking shape and looking good!



For more on our new buildings and the many opportunities to work with us: makingroomfordignityjobs.org.uk





Follow us on  for more latest news @derbyshcft

From patient to nurse

The Radbourne Unit is a mental health inpatient unit in Derby

Rosie is in her first year of a degree in mental health nursing at the University of Derby



It was during her third admission to Derbyshire Healthcare's Radbourne Unit that Rosie made a life-changing decision.

Inspired by the nursing staff caring for her, Rosie vowed that the next time she set foot on the ward, she'd be the one wearing the uniform.

Rosie, 23, already had a degree in Security and Offender Management and experience working with vulnerable adults and in medical response, but her time as a mental health inpatient led her to consider a new career path.

An inspiration to me

She says: "I met some really great staff members in the Radbourne Unit. Lisa was a healthcare assistant who knew exactly how to make someone feel better about themselves. She would see the positive in most situations and that really inspired me. I will be forever grateful to her.

"And two nurses in particular were such an inspiration to me. Nom, who works nights, was fabulous. The humour and high energy she brought to the ward would lift everyone's spirits. Nom understood me. She knew I get unsettled at night so would work with me to set little tasks to keep my brain occupied.

"Lea was amazing and would often give up her weekends to help out at the Radbourne Unit. Knowing she cared that much really inspired me."

Rosie had already encountered Lea during a previous admission to the Radbourne Unit.

"When I first met Lea, I was in a very low state of mind. Lea knew straight away what to do to de-escalate the situation.

"The pride she takes in her work is beyond belief. She can be very abrupt but humorous and empathetic."

Lea and Nom both recognised qualities in Rosie which they believed would help her become a great mental health nurse.

"One was my work experience. Another was my own experience with mental health issues."

Bottling everything up

Rosie has struggled with her mental health since childhood but was always reluctant to seek help.

"I was taught from a young age to not talk to anyone about my problems or show emotions. This taught me behaviours that are hard to unlearn. I would bottle up my emotions, my trauma; everything."

"I was holding everything in and would get defensive if any teacher or friend asked if I was okay. I guess I still do that but I am much better at being upfront about my struggles and feelings."

Holding in her emotions began to affect Rosie's work as emergency medical responder for a private company.

"I witnessed some very traumatic scenes from the age of just 16 through to 19. These were so bad that I would become more and more panicky before each shift."

Eventually Rosie left to become a support worker, a job she loved for two years until she injured her back.

1. What is the Radbourne Unit?

The Radbourne Unit is the main mental health inpatient unit for Derby and southern Derbyshire. It is on the site of the Royal Derby Hospital. Being an inpatient unit means people stay overnight.

2. Who is it for?

It is for people aged 18 to 65 with acute mental health needs who are not safe to be at home.

3. How do you care for people?

In a safe space, a variety of healthcare professionals give time to listen and understand each person's needs. Working with each individual and their carers, a care plan is created, which focuses on the person's strengths and promotes resilience, self-care, well being, and recovery.





“I truly believe if it wasn’t for Lea and Nom I would not be where I am today. For that, I am forever grateful.”

“During my time off, I had too much time to think and eventually had a massive breakdown. I was having a lot of flashbacks; I wasn’t sleeping nor was I eating very well. I felt like life was not worth living and I self-harmed frequently. The thoughts were getting more overpowering each day and led me to an attempt to take my life.”

Rosie initially contacted mental health helplines but after further attempts to end her life, and talking to the liaison team in A&E, she realised she needed more help and was admitted to the Radbourne Unit.

Receiving support

“It was a very hard struggle. It took me a while to be kind to myself and allow myself to get the treatment and help I needed. It took a lot of one-to-ones and group sessions to help me discover the acceptance and kindness I needed to show to myself.”

Rosie was admitted to the Radbourne Unit on two more occasions and during the most recent admission, Lea and Nom planted the idea of a career change.

“The next thing I knew, they were giving advice on cover letters and CVs for university!”

Rosie was discharged from the Radbourne Unit in July 2023 and is now in her first year of a degree in mental health nursing at the University of Derby, on her first work placement and finally wearing that nurse’s uniform.

“After my last admission I thought ‘enough is enough’. The Radbourne

had given me all the resources they could give and I needed to take accountability for my own mental health.

“Suicidal thoughts or thoughts of self-harm do not just go away unfortunately. Acute wards are not for curing you. They teach you coping skills and emotional regulation so you can calm yourself and seek help without being a danger to yourself. With the resources I gathered, I have continued to thrive.”

Building confidence

Rosie firmly believes her university studies have helped her mental health.

“This is the longest I’ve been out of hospital since my first admission. I feel I haven’t struggled as much this time. Uni is really helping me to keep myself accountable for my own mental health by focusing my mind.

“I am very proud of myself because I have received some really good feedback at uni which has given me a wave of confidence. I particularly enjoy clinical skills and placement where it is hands on and busy.”

Rosie is determined to make a difference having experienced the devastation of losing two friends to mental ill health. She says their tragic loss gave her another reason to keep fighting when she felt like giving up.

“I kept thinking, if you are ever in doubt, you should think of the people who need you to be a voice for them, as they are no longer able to be a voice for themselves.

“If I can be a mental health nurse who is anything like Lea or Nom, then I’ll be happy. I truly believe if it wasn’t for Lea and Nom I would not be where I am today. For that, I am forever grateful.

“I want to thank all of the staff at The Radbourne Unit. You are all amazing in your own unique ways and I wish you all the best.”

Celebrate staff

Experienced great care from one of our staff? Nominate them through our Delivering Excellence Everyday (DEED) recognition scheme. Complete the short online form at derbyshirehealthcareft.nhs.uk/deed

Improvements to the Radbourne Unit

Over the coming weeks and months, work will start on the refurbishment of the Radbourne Unit. This will deliver the same national standard of single-room, en-suite accommodation as our other new facilities.

.....
The refurb will have en-suite rooms, which will greatly improve privacy and dignity.

.....
Single rooms will ensure better infection control and reduce the risk of incidents.

Find out more at
makingroomfordignityjobs.org.uk



So what do school nursing teams do?



School nursing has come a long way since the days of the infamous Nit Nurse who made an appearance once a year.

These days you are just as likely to find a member of the school nursing team on a multi-agency panel talking about how best to support a young carer, or at the end of an innovative new text service, ChatHealth, exchanging messages with a young person or parent who wants some confidential advice.

Tracey Hancock first joined the Derby children's health team as a school nurse in 2002 and has seen the role grow as the world has changed around us.

Health assessments

"Our work is now mainly based around the Lancaster Model, which sees children having health assessments in reception, then in year six and year nine," she said.

The Lancaster Model generates alerts to identify and support children before any issues become substantial problems.

Parents fill in the assessment online for Reception age children, and can raise any early concerns they may

have about their child. The process is repeated in Year Six, which children complete themselves with consent from their parents. They are asked questions about their health – for example, if they've been to the optician or dentist – and also about their life, such as if they feel safe, whether that be crossing a busy road on the way to school, bullying, or issues at home.

Tracey explained: "In Year Nine, young people can consent to complete the assessment themselves, and it covers sexual health, safety in the community, substances, vaping and smoking. They are then offered further help and support if they

need it, which allows us to address health issues on a one-to-one basis or in conjunction with their parents or families if it is appropriate."

Tracey said: "This work takes up a lot of our time, but it isn't all we do.

Safe spaces to talk and share

"Every secondary school in Derby can have a school nurse drop in once a fortnight, which gives young people a safe space to talk about their worries, whether that's exams, health or even just to say they're having a rubbish day – and we listen and help.

"We also attend multi-agency meetings for early support, for safeguarding or child protection," she said. "Or it might be a health condition that needs us to work with other professionals and families to support the young person."

Advancements in technology have seen the development of



If you are a parent or carer for a child aged between 0 -19 and want advice or have any worries you can text the Parents and Carers ChatHealth Service on:

07507 327754



You can now get confidential advice and support with any concerns such as hearing or vision, feeding problems, weaning, emotional wellbeing, and behaviour or general health queries.



WRITING COMPETITION

For children and young people

“Every secondary school in Derby can have a school nurse drop in once a fortnight, which gives young people a safe space to talk about their worries...”

ChatHealth, a text service that parents and young people can use to contact a qualified school nurse on a range of issues from rescheduling an appointment to discussing a health concern.

It can even be used anonymously, which gives young people extra confidence to share issues that are troubling them and access the help they need.

“We are using technology to the best advantage,” said Tracey. “It gives young people the chance to ask questions they may not feel confident enough to ask face-to-face.

Support in a changing world

“Children have always needed emotional health support, but much more effort now goes into promoting positive emotional health,” she said. “The world has changed and it has given children and young people a lot more to worry about. We are now in a far better place than we were even five years ago, to give that support.”

But despite the changes in society, technology and the world around us, Tracey added: “I have been doing this role for a long time. I’ve seen the role expand and change but the ethos has always remained the same. We provide universal access to health, enable young people to share concerns and help them to access support – and that has never changed.

“And that’s the reason I love my job.”

We would love to hear from you around the theme...

‘What it’s like to be me’

Derbyshire Healthcare NHS Foundation Trust and its Council of Governors hope that this competition will celebrate equality, diversity and inclusion by giving entrants the opportunity to write about themselves and to share their experiences with others.

Please send us a poem, prose, letter, diary entry or blog post (maximum 500 words).

The competition is open to children and young people up to and including the age of 18 years in Derby and Derbyshire.

Winning entries will be announced at the Trust’s Annual Members Meeting, which will focus on ‘The health of our children and young people’. Prizes will include a certificate and book voucher.

Visit derbyshirehealthcareft.nhs.uk/writing to enter and for more guidance or email dhcft.membership@nhs.net or telephone **01332 623723**



Closing date: 5pm Friday 26 July 2024

Living Well Derbyshire

New services open across the county

An exciting new model of care

In 2018, Derbyshire's health and care providers started to work on a new vision for mental health services. The release of 2019's national Community Mental Health Framework (CMHF), a part of the NHS Long Term Plan, meant that ambitions in Derbyshire grew, and the goal became to create a seamless community service that included all the Community Mental Health Teams (CMHTs), voluntary and community sector workers and social care. The result? The Living Well Derbyshire model of care.

What is Living Well?

The county-wide Living Well programme (called Derby Wellbeing in Derby city) promotes a whole-person approach to mental health care, with less dependence on medical diagnosis and treatment.

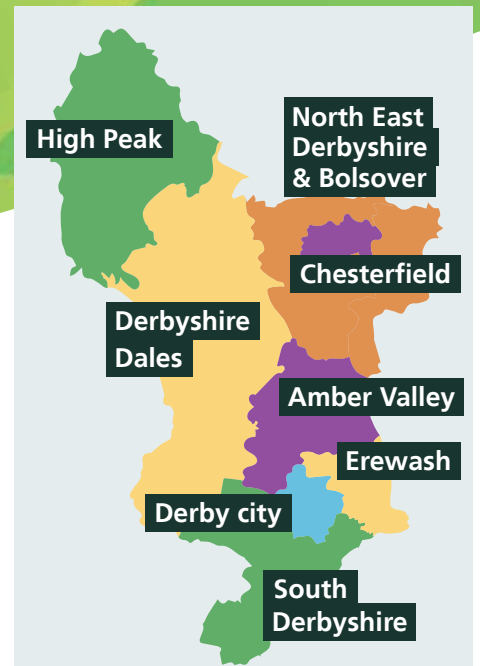
Local people are supported by a multi-agency team which includes health (Derbyshire Healthcare NHS Foundation Trust), social care (Derby City Council and Derbyshire County Council) and the voluntary, community and social enterprise (VCSE) sector. In this way, people

only have to tell their story once. It is hoped that this multi-agency approach will also improve access to community networks and support.

Where we are now

Colleagues across Derbyshire, and particularly within our CMHTs, have been working hard to ensure that all eight Living Well teams have been opened to provide short term (up to 12 weeks) mental health support. The short-term Living Well teams assist those who fall through the 'gaps' between GP services and traditional secondary care services like CMHTs, and people who need support with different aspects of their life that can affect their mental health, such as housing advice, loneliness support or physical healthcare needs.

The transformation is taking place in stages, with a 'phase one' service opening to the public via GP referral. Phase two (coming later in 2024) will focus on movement between the short-term offer (Living Well) and the long-term offer (traditional CMHT) as well as expanding the 'front door' and developing a local network to improve the patient journey.



The Derbyshire Living Well teams

The teams cover the High Peak, Derby city, Chesterfield, North East Derbyshire & Bolsover, Erewash, Amber Valley, South Derbyshire and Derbyshire Dales, each providing a long-term offer of support which is the traditional CMHT route, or a Living Well short-term offer of support. The teams are embedded in their local communities, with a shared vision that health issues and inequalities can be tackled on a local level to best meet the needs of the people in those areas.



Benefits of Living Well, for...

People

ONE
STORY

A person will not have to tell their story more than once. This is something people have told us they find difficult when they are supported by different services and will therefore improve the experience of people accessing care. It will also enable people to receive the most suitable service for their needs quickly.

Carers

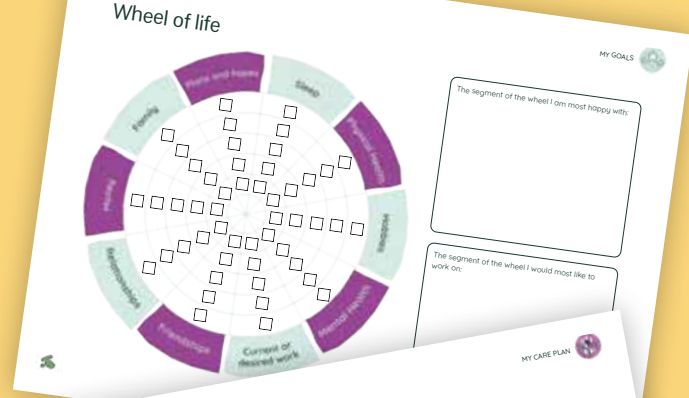


The short-term support will help increase community resilience, by allowing carers to harness the support of local services. This should also create less pressure for those who provide care, increasing wellbeing for both the person accessing care and the carer.

Colleagues



This offers a chance to work in new ways by utilising the teams providing short-term support. In addition to providing people with a wider range of support, this approach should have a positive impact on referral numbers to the traditional model and an opportunity to reduce caseload numbers of people who require a shorter-term intervention.



The Living well teams have a number of tools that are used collaboratively by professionals, people receiving support and carers

Richard's story

"I've been a part of Derby Wellbeing for almost three months now, and I truly believe it has been life-changing.

"Throughout my teenage years, anxiety became my close friend – day and night. My ADHD brain can also make it difficult to focus. I tried lots of jobs, and was always told how great I was, but that I wasn't fit for the role. I was emotionally unstable.

"I'm now the happy one out of my friendship group. They now look to me for support. My coach and I have built a mental health toolkit together. Now no matter what happens in life, I have the tools to cope with how I feel and have the strength to continue breaking down the walls that have trapped me for so long. For the first time, the future is bright."



Join us at the Trust's Annual Members Meeting



This year's Annual Members Meeting (AMM) is taking place on the afternoon of Thursday 26 September 2024 in the Research and Development Centre at our Kingsway Hospital site in Derby.

The AMM is an opportunity for anyone with an interest in health and wellbeing to come and hear about the progress the Trust has made in 2023/24 and our plans going forwards.

The theme this year is 'The health of our children and young people'. We will be focusing on the key issues, what we do to help our children and young people, and outlining the different services we provide for them. Mark Powell, our Chief Executive will also outline future plans for these services including partnership working in his report.

We will also be hearing from our Children and Adolescent Mental Health Services (CAHMS) Participation Team which is made up of experts by experience (parent carers and young people) who are interested in developing CAHMS.

The AMM will close with the announcement of the winners for our children and young people's writing competition (see page 9.)

Of the AMM, Selina Ullah, Trust Chair said: "I am looking forward to meeting members and the public at our AMM and hearing what they have to say about our Trust. Their support is really valued and it is an opportunity to meet members of the Trust Board and Council of Governors, and to hear first hand about the services we provide."

How to book a place



Places will be limited so it is really important that you book your place in advance. Please book a

place at eventbrite.co.uk/e/annual-members-meeting-derbyshire-healthcare-nhs-foundation-trust-tickets-933497715797. If you are unable to access the link please email dhcft.membership@nhs.net or call 01332 623723.

How to submit questions

Advance questions are encouraged and there will be some opportunity to ask questions during the AMM, time permitting.

If you would like to submit a question in advance please email dhcft.memberships@nhs.net or call 01332 623723.

Further information

We will also be circulating updates to members via the members e-newsletter and on the Trust website derbyshirehealthcareft.nhs.uk/members. If you are not receiving copies of our members e-newsletter

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 up 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.

and would like to please complete the online membership form: <https://secure.membra.co.uk/join/derbyshirehealthcare>

STOP PRESS! Impact of the general election on the date of the AMM

Due to the general election on 4 July 2024, there is a possibility that this event may need to be rescheduled for a later date. The election has caused a delay in our 2023/24 annual report being laid before Parliament. The Annual Members Meeting cannot take place until the annual report has been formally presented to Parliament in this way. If there is a delay, we will provide more information and give the new date on our website. We will also directly contact everyone who has booked a place.

Staff success

Autism Assessment Team recognised for 'remarkable' effort

Assessing adults for Autism is a major challenge for the NHS in Derbyshire, with a 350% increase in referrals since 2022. But the Autism Assessment Team is doing everything it can to support local people – and has won a national award for its efforts.

The team took home the Great Autism Practice Award at the National Learning Disabilities and Autism Awards on 20 June after reducing waiting times by almost 50% in the last two years. This was made possible through a much quicker turnaround of assessments and simpler report writing. The judges described the team's impact as "remarkable".

The Community Learning Disability Service was also shortlisted at the awards for promoting GP annual health checks for people with a learning disability. These checks are important in highlighting physical health issues that might otherwise go undetected.



At the double: Leanne publishes second book and presents two national awards

Leanne Walker, a mental health and expert by experience worker, is celebrating after publishing her second book and being invited to present two awards at a prestigious national mental health awards ceremony – all in the space of a few weeks.

Leanne, who formerly received support from our CAMHS (children's mental health services), has illustrated new book 'The Kid in the Crate' – an allegorical tale, published in April, on how best to support children and young people experiencing mental health difficulties. Then, in May, Leanne was asked to present at the national Positive Practice Awards, handing out two awards: the children and young people's award and the peer support award.

"I want The Kid in the Crate to be a conversation starter around mental health and broader factors in care," said Leanne. "The awards ceremony was a wonderful occasion and it goes to show how far I've come."



Liam leads the way with research fellowship

Clinical psychologist Dr Liam Ennis has been awarded a prestigious national fellowship to help develop a new care pathway for people with complex emotional needs experiencing a mental health crisis. Liam has secured a National Institute for Health and Care Research (NIHR) Doctoral Clinical-Academic Fellowship to look at how to improve the experience of people with complex emotional needs using emergency mental health services.



Lesley's dementia work is the genuine article

Lesley Fitzpatrick, an Advanced Clinical Practitioner, has been shortlisted for a National Dementia Care Award after publishing a pioneering article on alcohol-related dementia.

Lesley has been selected as a finalist in the 'dementia care innovator' category after collaborating with Gerri Mortimore from the University of Derby on an article in the British Journal of Nursing discussing alcohol-related dementia and its impact on the brain.

The article looks at the association between alcohol use and changes in cognitive function and dementia, and asks whether alcohol is taken seriously as a key factor of dementia. The winner will be announced on 13 June – good luck, Lesley!



The impact governors have in supporting the NHS

Introducing your new public governors

The Council of Governors performs an important role. The majority of governors are elected from the Trust's membership and have a number of statutory responsibilities including representing the views and interests of members and the public and appointing Non-Executive Directors (NEDs). They are consulted on the Trust's forward planning and ensure that the Trust operates in a way that fits with its purpose and authorisation. This is done through the full Council of Governors meetings where they hold the NEDs to account for the performance of the Board and receive reports on Trust performance and services.

We are pleased to welcome four newly-elected public governors to the Trust's Council of Governors who joined us in February:

Dave Allen, Public Governor, Chesterfield

I am looking forward to playing my part as a governor.

With the pandemic and financial crisis, the problems of the NHS will be with us for some time. As governors we need to examine the plans and service developments that the board propose to ensure that the views and needs of the public are heard and influence their decisions.



I enjoy travelling, politics, cooking, walking the hills of Derbyshire, supporting Chesterfield football club and local history.

Fiona Birkbeck, Public Governor, High Peak and Derbyshire Dales

I work at the University of Nottingham and have conducted research into recruitment and retention in the NHS. I became a governor because during this research I realised that I wanted to do something practical to support practitioners and their patients.



I am delighted to say that I have recently qualified as a Tai Chi Movements for Wellbeing (TMW) practitioner, which uses the principles of tai chi to promote general fitness, reduce stress and to assist pain management. I enjoy cold water swimming and watching films – not at the same time!

Anson Clark, Public Governor, Rest of England

As a former student mental health nurse and service user, I am passionate about quality mental health care. I also have an interest in mental health and the arts and feel that artistic endeavours can promote good health outcomes. Being a governor is an opportunity



Discussions at a recent governors meeting

for me to give back to the NHS. Being a former Derby resident I feel a connection to Derbyshire.

My main passion is creative writing, whether that be writing poetry, fiction, or theatrical works. I have recently become a member of a film club in Manchester and enjoy watching a range of movies, from art films to Hollywood blockbusters. I also enjoy drinking single origin coffees.

Rob Poole, Public Governor, Bolsover and North East Derbyshire

I'm delighted to have been re-elected for a third term. I'm a retired primary school headteacher with over 30 years' experience as a school governor. I'm passionate about the NHS and want to help protect its future, ensuring it is fit for purpose and resourced appropriately; and that it puts the health of patients above all other interests. I want to challenge inequalities so that all of us get the healthcare we need and deserve.

I love traveling, especially to Italy, Spain, and Crete. Cooking daily and summer barbecues are my passions. I'm a Stoke City fan, enjoy single malt whisky, and watch rugby league and cricket.



We would like to take this opportunity to thank those members who stood in the elections and to those who voted.

Come and see your local governor...

You can meet your governors at the following events:

Annual Members Meeting which is taking place in the afternoon on **Thursday 26 September** (for more information please see page 12)

Our remaining Council of Governors meetings for 2024 are:

Tuesday 3 September from 2pm-5pm

Tuesday 5 November from 2pm-5pm

These meetings will be held as hybrid meetings so you can either attend online or in person. Further information, along with the papers for the meeting will be posted on the Trust website www.derbyshirehealthcareft.nhs.uk/governors If you would like to attend the next meeting or raise a question, please email dhcft.membership@nhs.net or call us on **01332 623723**.

Contact your governors

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 to the population in Derbyshire. You can contact your local governor by emailing dhcft.governors@nhs.net (please share your location so we can forward your message to the appropriate governor) or by calling the membership office on **01332 623723**.

If you have any feedback about the individual care you have received please contact our Patient Experience Team by email dhcft.patientexperience@nhs.net or call freephone **0800 027 2128** or **01332 623751**.

How to become a public governor

First you need to be a member of the Trust (see page 12 for details on how to join). Our elections take place in January of each year. Terms of office are usually for three years. Further information will be shared later in the year. If you would like to learn more about the governor role please email dhcft.governors@nhs.net or call **01332 623723**.



Governors at a recent meeting



"I became a governor representing Derby City West, because I believe the NHS can provide better mental health services for the population. I also wish to learn more about leadership roles to carry out my role more efficiently."

Ogechi Eze, Public Governor Derby City West



"As a governor you are the voice of your constituents and you hold the Non-Executive Directors to account for the performance of the Board. We are in a struggling situation financially but we are still expected to give 100% service. As a governor you can see if this happens and have a say in how it happens. I feel so fortunate to be in this role and strongly recommend it for any volunteer who wants to make a difference."

Christine Williamson Public Governor Derby City West



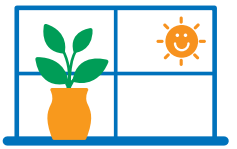
Find out more about the Council of Governors

Information on the Council of Governors can be found on the Trust website

derbyshirehealthcareft.nhs.uk/governors



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