

# CONNECT

Meet  
Marvin...

...and Andy

**"I learned to  
laugh again..."**

Marvin spent 25 years addicted to heroin and crack cocaine before finding help from Andy and the Derby Drug and Alcohol Recovery Service.

## **New strategy, new priorities**

Chief Executive Mark Powell shares the Trust's new vision, values and priorities for the years ahead.

## **Derbyshire's new facilities**

Sensory environments and access to outdoor spaces are just two ways occupational therapy is being placed at the heart of care.

# HELP SUPPORT THE NHS BECOME A TRUST MEMBER



“ Being a member means that you find out what is going on in the Trust. The NHS gets so much bad press but the Trust’s Annual Members Meetings are so dynamic. This year the focus was on the Trust’s children’s services and the innovative work that is taking place. ”

*Hazel Parkyn, member  
South Derbyshire*

## Why become a member?

Becoming a public member of our Trust means that you can be involved in the development and delivery of local health services.

Your involvement will help improve the way health services are provided across Derby and Derbyshire, so it is really important that our membership is reflective of our local population.

## Members can:

1. Help shape the services and care the Trust provides
2. Receive this membership magazine
3. Receive NHS discounts including discounts off holidays, insurance and at local restaurants and shops
4. Be able to attend our Annual Members Meeting (see page 14) and Council of Governor meetings
5. Vote and stand for election to our Council of Governors which holds the Non-Executive Directors to account.



Contact us to become a member  
dhcft.membership@nhs.net • 01332 623723  
[derbyshirehealthcareft.nhs.uk/members](https://derbyshirehealthcareft.nhs.uk/members)

*Become  
a member  
today!*

# Welcome



Welcome to Connect, the new name for our magazine. As we leave Autumn behind and Winter approaches it seems fitting that we have a new format for the magazine, along with a new name. We hope you like the design and layout which coincide with the launch of our new Trust values, which are illustrated on the right.

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

A lot has happened since the publication of the Summer edition of this magazine. Apart from launching our new values, we have held our Annual Members Meeting, announced the winning entries of our children and young people’s writing competition, progressed with our new facilities, launched our new Trust Strategy, won a variety of local and national awards and have recently begun the nominations process for our forthcoming public governor elections. You can read all about these items in this magazine. This edition also includes patient stories, features on our children’s services and drug and alcohol services which I am sure you will find inspirational.

I would like to welcome our new members who have joined us since the Summer. If you aren’t already a member please see the opposite page for details. As a member you can also stand in our public governor elections which you can read about on page 15.

I do hope you enjoy reading this edition as much as I have. We welcome your feedback on our new look.

Selina Ullah

Trust Chair



Our values

♥ Caring

We provide safe care and support people to achieve their goals.

👤 Inclusive

We respect everyone in all we do.

★ Ambitious

We offer high quality services, and we commit to ongoing improvement.

🗨 Belonging

We come together to create a culture that is welcoming, open and trusting.

🔗 Collaborative

We work together to achieve the best outcomes for our people and communities.

## Contents

- 04. I’ve learned to laugh again: from Marvin Richards
- 06. New strategy, new priorities
- 07. Reflecting on our Annual Members Meeting
- 08. The winning entries from our writing competition for children and young people
- 10. Celebrating South Asian Heritage Month and Black History Month
- 11. Staff success
- 12. Therapeutic based care at the heart of recovery
- 14. Find out about our Participation Team
- 15. Our Council of Governors
- 16. Could you be a governor?

# I've learned to laugh again



**"I've learned to laugh again over the last 83 days. I used to be such a miserable bloke, but now I'm laughing again."**

**These are the words of Marvin Richards, who spent 25 years addicted to heroin and crack cocaine and is finally clean thanks to help from Derby Drug and Alcohol Recovery Service.**

## A DARK PATH

Marvin was just 17 when he tried heroin for the first time. "I'd already been smoking a bit of hash and drinking," he recalled. "But we moved to a new area, and at the bottom of the street was a block of flats. It seemed that everyone who lived there used heroin."

At first Marvin and his mates stayed well away from the drug users in the flats but one by one, the group of five all succumbed. It was an argument with his dad that finally

pushed Marvin to try it. "We'd had a huge fight and I just thought, stuff it, I'm going to get a bag," he said.

For around six months, Marvin used heroin on and off, but then came the incident that changed his life forever. "My Dad took his own life when I was 18. The fact he killed himself made me so angry and I couldn't talk to anyone. I just thought, I don't care any more," he said.

As his addiction grew, his relationship with his mum and brother deteriorated. "I spent everything I had. And when I ran out of my own money, I stole from my mum," said Marvin. "I knew it was wrong at the time but all I cared about was the drugs. I just wanted more heroin."

Eventually his mum and brother moved out of the family home, leaving Marvin alone. "I wasn't working, so everything I had, I sold.

**“ The staff at Derby Drug and Alcohol Recovery Service at St Andrew's House have been absolutely amazing. ”**

Marvin



## Derby Drug and Alcohol Recovery Service

**If you are concerned about your drug or alcohol use, or if you want to find out more about what support is available in Derby, you can:**

**Call us on 0300 790 0265**

## Contact us

 Drop in to our base at St Andrew's House in Derby (9am-5pm Mondays and Fridays; 12-5pm on Tuesdays and 9am-8pm on Wednesdays and Thursdays)

 Visit our website for more information [derbydrugandalcohol.nhs.uk](http://derbydrugandalcohol.nhs.uk)

**You're not alone, we're here to help!**

My stuff had all gone, so I sold my Mum's stuff. It pulled me down a very dark path for years, but it took the feelings away."

For a while, Marvin managed to get his addiction under control, even building up his own business, but lost it all after relapsing. "I spent a long time in a cycle of getting arrested and being sent to prison and, although there was help while I was inside, there was no support with recovery when I came out."

By this time Marvin had become a father but his relationship failed because the drugs had too tight a grip on him. "I don't blame my partner for leaving me," he said. "I wasn't a nice person, and it was all because of the drugs."

### TIME TO CHANGE

This year, Marvin, from Derby, turned 42. "I thought, something has got to change," he said. "My ex sent me details of a rehab centre and it was finally time for me to do it. My Mum and Gran had both offered to pay for me to go to private rehab in the past but I would say no, no, you can't spend that much money on me. It was actually because I wasn't ready to change – but this year, I knew it was time."

A self-confessed "mess" whose weight had dropped to eight stone, Marvin said he knew if he carried on with the drugs, it would kill him. "I've got a kid," he said. "I know how much it messed me up when my Dad died – I didn't want that to happen to them."

He spent some time in rehab then got help from Derby Drug and Alcohol Recovery Service.

"I knew what I had to do, and that was engage with recovery. I had to go to Narcotics Anonymous, get a sponsor and follow the steps."

As well as giving up drugs, Marvin has had to break ties with all his old friends. "They're not friends, people you take drugs with. They're



*Andy works at St Andrew's House and is a recovering addict himself.*

**“ I am humbled to be a part of this service. The support I have had from my managers and all the key workers has been phenomenal and it's given me a second chance at life. ”**

associates," he said. "They don't care about you, they only care about drugs.

"I've got proper friends now, who check in on me, who care if I'm ok. I've had to work on myself and recognise things about myself that weren't comfortable, but I needed to be told.

"The staff at Derby Drug and Alcohol Recovery Service at St Andrew's House have been absolutely amazing. I've gone to every meeting, I've done courses in skills for life and intuitive thinking and I'm learning how not to be an addict."

### ANDY'S JOURNEY

Someone who has helped Marvin on his journey is Andy Fountain, who works at St Andrew's House and is a recovering addict himself.

"I thought I was bullet proof when I was younger," he said. "I thought I was Jimi Hendrix and was going to live fast and die young.

"My life revolved around using drink and drugs and everything else was on the periphery, even the huge important moments in life like my kids being born. I lived for the party drugs, for whisky, weed, and crack."

Things came to a head when Andy started to experience suicidal thoughts and finally turned to his GP, who prescribed anti depressants and referred him to Derby Drug and Alcohol Service.

He is now three years clean and employed as the Recovery Champion for the service, leading a variety of groups.

"I am humbled to be a part of this service," said Andy. "The support I have had from my managers and all the key workers has been phenomenal and it's given me a second chance at life.

"I'm so proud of Marvin for what he's achieved."

And Marvin is now following in Andy's footsteps, using his experiences as a drug addict to help others.

"I'm going to be a peer mentor for others going through what I've been through," he said. "I have been there, done that, and I can show them there are other options.

"The sky's the limit for me now."

**Live in Derbyshire county, not Derby city?**

Contact Derbyshire Recovery Partnership team on:

☎ 01246 206514 ☑ [derbyshirerecoverypartnership.co.uk](http://derbyshirerecoverypartnership.co.uk)

# New strategy, new priorities



## Derbyshire Healthcare has a new Trust Strategy for 2024-28. Chief Executive Mark Powell explains why a new strategy is needed and what the areas of focus will be.

Since I came into post as Chief Executive last year, I've spent a lot of time asking staff, service users, carers and partners about the Trust's work and what could be improved.

It's clear that people's expectations of our services have changed, particularly around access to services and how different parts of the NHS collaborate. It is also apparent that some of the challenges caused by COVID remain, including a significant increase in demand for our services and a challenging financial position.

Equally, some of the Trust's strengths are undoubtedly still in place – not least the Trust's workforce, who continue to care for people with such compassion and skill. Trust colleagues will remain vital in the successful delivery of our new

strategy and they must be supported to make ongoing improvements to the care we provide, so our services are more efficient and effective.

As you can see from the summary of the strategy below, we've tried to capture all this feedback through four key priorities, which we call the 'four Ps': patient-focused, people, productive and partnerships. A number of specific ambitions and actions will sit under these priorities and will be in place for the new financial year in April 2025.

We have also revised our Trust values as we work to build an inclusive culture that enables colleagues to improve and innovate. These values, like our priorities, have been decided through engagement with colleagues as well as representatives of our patients, carers and partners and stakeholders. You will see them reflected in this magazine, and in all our work from now on.



# Reflecting on our AMM

**The Trust's Annual Members Meeting (AMM) took place on Thursday 26 September at Kingsway Hospital in Derby. The focus this year was on the services and support we provide to local children and their families.**

Attendees particularly liked the overview of children's services provided by the Trust. We offer Child and Adolescent Mental Health Services (CAMHS) and a range of complex health services for children and young people in Derby and southern Derbyshire. You can find out more about our children's services on the Derbyshire Healthcare website.

Attendees also liked hearing from representatives from the CAHMS Participation team which is made up of experts by experience (young people, with experience of using mental health services, and parents/carers, with experience of caring for a child or young person under the care of our CAMHS service). Their experiences, viewpoints and concerns are really important not only in helping to develop the service but also to provide support for parents/carers whose children are either accessing services or are on the waiting list.

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

- An increase in people accessing our services
- Development of a new Trust Strategy
- Progress on the Making Room for Dignity programme which includes our new facilities in Derby and Chesterfield
- Delivering improvements to the quality of our services, in line with Care Quality Commission (CQC) recommendations.

The AMM also formally adopted the Trust's Annual Report and Accounts, which can be viewed on the Derbyshire Healthcare website - search 'annual report'.

The meeting closed with the announcement of the winners from the Trust's children and young people's writing competition 'What it's like to be me'. You can read about the winning entries on pages 8 and 9.

*Gail, Alison and Becky presented at the AMM. Read their story on page 14*

*Our activity data during 2023/24*



**1,286**  
INPATIENT  
ADMISSIONS



**81,353**  
CHILDREN  
TREATED THIS  
YEAR



**608,339**  
ATTENDED CONTACTS



**7,506**  
FACE TO FACE  
FOLLOW UPS  
FOR THOSE IN  
OUR LEARNING  
DISABILITY  
SERVICES



**87,323**  
REFERRALS  
RECEIVED



THE TRUST  
CARED FOR  
**3,047**  
BABIES BORN IN  
DERBY CITY



**44,938**  
ADULTS TREATED  
THIS YEAR



**247**  
INPATIENT BEDS



**Save the date: Annual Members Meeting 2025**

The AMM for 2025 will take place on 2 October 2025. Further information will be shared with members nearer the time.

# WRITING COMPETITION

“What it’s like to be me”

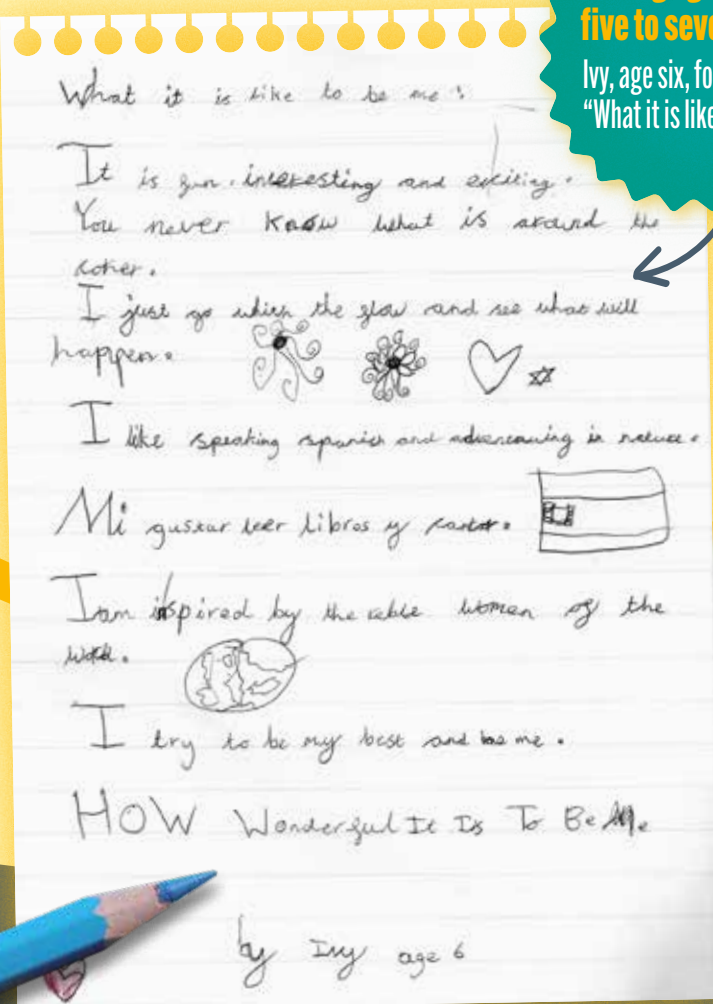
## And the winning entries are...

The winners from the four age groups, were announced at the Annual Members Meeting on 26 September. The winners received a national book voucher and certificate. You can read all the winning and highly commended entries at

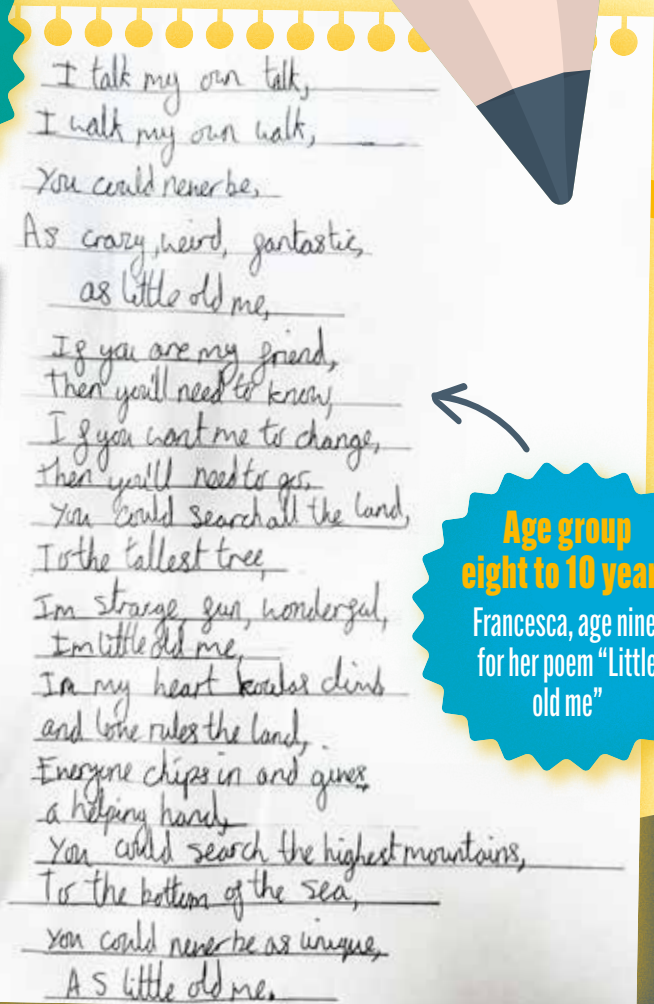
[derbyshirehealthcareft.nhs.uk/writing](http://derbyshirehealthcareft.nhs.uk/writing)

### Age group five to seven years

Ivy, age six, for her poem “What it is like to be me”



**JUDGES' COMMENTS:** “We liked the presentation of this entry with the doodles and Spanish line. It was cute and we like the way it was structured with each line beginning with ‘I’ except for the last line which is really lovely – ‘HOW Wonderful It Is To Be Me’ which emphasises how great it is to be her. The use of capital letters was clever and advanced for her age. We got a real sense of who Ivy is reading her poem, which is so positive.”



### Age group eight to 10 years

Francesca, age nine, for her poem “Little old me”

**JUDGES' COMMENTS:** “We really smiled when we read Francesca’s poem. The rhyming is lovely and the imagery is amazing. We particularly liked the lines ‘In my heart koalas climb and love rules the land’ and ‘You could search the highest mountains, To the bottom of the sea’. There is a sense of defiance in the poet and confidence in being herself with the choice of words she uses to describe herself, for example, wonderful, fun, weird and unique.”



**In the Summer we launched a writing competition for the children and young people who live in Derbyshire on the theme "What it's like to be me". This reflected with the Trust's Annual Members Meeting (AMM) theme "the health of our children and young people".**

Successful local author, Freya Wolfe was one of the Trust's guest judges for the competition. Freya sat on the judging panel alongside Emma Hickman, Primary School Teacher and Marie Hickman Trust Library and Knowledge Manager and Staff Governor. On her experience of

being part of the judging panel, Freya said:

"It was a real gift for me to be able to read work by these talented young people. In all of the age categories, they wrote meaningfully about their lives and what makes them so wonderful and unique. I was truly fascinated by the insights that these young people gave in terms of what it means to be neuro-diverse, or to be dealing with mental health issues; it's such a courageous and inspiring thing to talk about and they all did it in such a meaningful way.

As someone who loves creative writing and words, I was also impressed by the quality of their

writing, not just communicating heartfelt messages but also doing so in an imaginative form, using poetry and prose to reflect their experiences. Overall, what stood out to me was the joy that most of these young people felt for themselves and their individualism; the message that it's wonderful to be yourself is so important for all of us, children, and adults alike."



Freya Wolfe

*"Football Freedom"*

*Amongst a field of emerald,  
under a pallid sky,  
The seconds and minutes pass  
rapidly by,  
The wind speaking softly,  
The globe beneath my studs,  
And over my mind a wave of contentment floods...*

*An orb of joy encased by enveloping seams,  
A sport I love embraced by aspiration and  
dreams,  
A vessel of hope,  
A vessel of unity,  
Bringing together a stronger community...*

*Elated and calm, never a fear in sight,  
Free from society and all of it's blight,  
On this field of dreams, oh how I feel free,  
No phone, no pressure, just able to be me!*

**Age group  
11 to 13 years**

Stanley, age 12, for  
his poem "Football  
Freedom"

*"A stained canvas"*

*What is being myself? Why is it so hard to love someone who  
I've spent every minute of my life with? Is it because of every  
embarrassing, desperate moment that has happened stains  
like blood on a white carpet? The liquid thick, dark and choking  
despite being the very thing that keeps my mind reeling and  
hands shaking. It could be that, I've come to conclude.*

*The fear of the inside being out, that some generous - and yet  
naive - caring hands might be painted in the same cruel picture  
that emerges, from some deep part inside of me that I hold  
against my chest. I hold it so tight that it still seeps between  
my fingers, slips out and onto the waiting hands and paints a  
far smaller piece than the red paint could.*

*Maybe the carpet can be replaced. Maybe  
we can find a bigger canvas. Maybe one  
day all the paint will be gone and no  
stains reside and make their home on  
the softness. Maybe there will be a day  
where I can take the caring hands and  
not paint or stain them the same shade of  
red that escapes from my own fist.*

*Or maybe the caring hand will be gone by then.  
Gone, promised cleaner, less staining hands.*

**Age group  
14 to 18 years**

Zofie, age 15, for  
her piece "A stained  
canvas"

**JUDGES' COMMENTS:** "We really liked that Stanley's poem describes his love of football and how it makes him feel. We got a real sense that Stanley really enjoys playing football and that it enables him to be himself without any pressure. It is definitely his happy place where he feels most like himself. In terms of a piece of creative writing it is wonderful. Stanley has created a picture using rich vocabulary."

**JUDGES' COMMENTS:** "We really found Zofie's piece of creative writing incredible. It is a really personal piece describing what is on her mind. We saw despair and hope in this piece by Zofie which leads to a more positive ending. We spent a lot of time thinking about what this piece means. We really liked the title and thought of a blank canvas that is then stained which can't be removed. It is full of emotion with very dark imagery, although we also saw optimism in this piece."

# Celebrating our diverse workforce

The Trust celebrated its diverse workforce during South Asian Heritage Month and Black History Month by sharing stories of several colleagues. Here we share how some colleagues feel about working for the Trust:

*Dr Sowmya Maiya  
Consultant Psychiatrist*

“ Working at Derbyshire Healthcare NHS Foundation Trust has been a true blessing for me as there is a lot of cultural diversity across the workforce, and all professionals with different ethnic backgrounds are encouraged to share their thoughts and experiences, which means they are appreciated. ”



*Chinwe Obinwa  
Consultant Psychiatrist*

“ Developing new services, ensuring our services maintain their standards, supporting our local and regional services, training future doctors and consultants are some of the exciting things I am involved in. ”



*Dr Abbas Ramji, Deputy  
Director of Medical Education  
and Consultant Psychiatrist*



“ Derbyshire Healthcare celebrates and promotes the rich mix of staff that we have within the Trust from all backgrounds. There are no barriers and, as long as we are willing to work hard, give dedication and commitment, then the Trust supports and promotes the work of all colleagues. This very much reflects the working ethos of the East African South Asian community. ”

*Kuda Mumvuri, Clinical Practice  
Lead for Forensic and Rehabilitation  
Mental Health Services*

“ As a Trust, we serve a community that has a diverse population and I understand that mental illness is a taboo subject in some BAME communities. For some BAME service users, I believe having someone like me, who looks just like them, can help to break down some of those barriers to treatment. ”



Find out more: Visit Derbyshire Healthcare's website and search 'South Asian Heritage' and/or 'Black History' month.

# Staff success



## Training team triumphs after helping healthcare workers to succeed



From left to right: Andy Dingwall, Danielle Clark and Nick Holburn from the ICARE team.

A workforce training team at the Trust has won a national Healthcare People Management Association (HPMA) Excellence in People Award for supporting the emotional, educational and wellbeing needs of newly employed healthcare support workers (HCSWs). The ICARE team secured the Excellence in organisational development award for the way it combines both pastoral support and innovative forms of training to help HCSWs to deliver safe and effective care.

ICARE stands for 'increase confidence, attract, retain, educate' and the team has received very positive feedback from nursing assistants and other HCSWs. The team is now in contention for a Nursing Times Workforce Award, announced in late November 2024 and the trust's awards.

## Doctor duo celebrated for championing South Asian community



Two of our consultant psychiatrists have been recognised for serving as role models to fellow South Asian NHS professionals at a national ceremony. Dr Rais Ahmed (pictured above right) and Dr Subodh Dave (pictured above left) were finalists at the Asian Professionals National Alliance (APNA) NHS Awards in September. Dr Ahmed was shortlisted for the Mentoring and Coaching Champion Award in recognition of his teaching work with colleagues and his efforts to empower patients and carers.

Dr Dave was shortlisted in the Outstanding Contribution to the Voluntary/Charity Sector category after raising over £11,000 for the charity Doctors in Distress by running a marathon a month for 12 months.

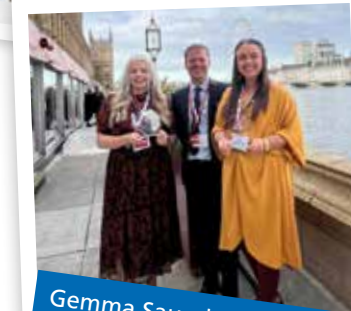


## Staff network recognised for defence of Armed Forces

The Trust has won one a national award and is in the running for a second thanks to the success of a group of colleagues who have raised awareness of the needs of the Armed Forces community.

The Trust was named 'Forces-Friendly Employer' at the Step into Health Awards in October and, in November, will learn if it has won an Health Service Journal Award in the 'Military and Civilian Health Partnership Award'.

This is in large part due to the efforts of our Armed Forces Staff Network, a joint network bringing together employees from both Derbyshire Healthcare and Derbyshire Community Health Services NHS Foundation Trust. The network members work with senior managers at the two Trusts – and other local employers – to enable Armed Forces personnel to apply for jobs and, if successful, to make the transition to civilian life. The network members also make sure that their Trust colleagues, and other health professionals, are aware of the mental health services available to veterans, reservists and their families.



Gemma Saunders (left) Mel Dyke (right), Co-Chairs Armed Forces Community Staff Network with Mark Powell, Chief Executive at the Step into Health Awards.



## Chief Nursing Officer Award is well-deserved win for Lynne

Lynne Woodroffe, a Specialist Dementia Support Worker at the Trust, has been presented with a national Chief Nursing Officer Award for providing compassionate and person-centred care to dementia patients and their families.

Lynne (pictured with Trust Chief Executive, Mark Powell) was nominated by a team of colleagues for the support she offers in very challenging and complex situations, particularly when a patient's health is declining rapidly. The award is given by NHS England to nurses and healthcare support workers who demonstrate the highest standards of care. Well done, Lynne!



# How our new facilities put therapeutic based care at the heart of recovery



**Sensory environments and increased access to outdoor space are just two of the ways therapeutic based care is being placed at the heart of our new facilities.**

**“Our new facilities will ensure therapeutic activity begins from the moment someone is admitted,” said Becki Priest, Clinical Lead for the programme and Chief Allied Health Professional for the Trust.**

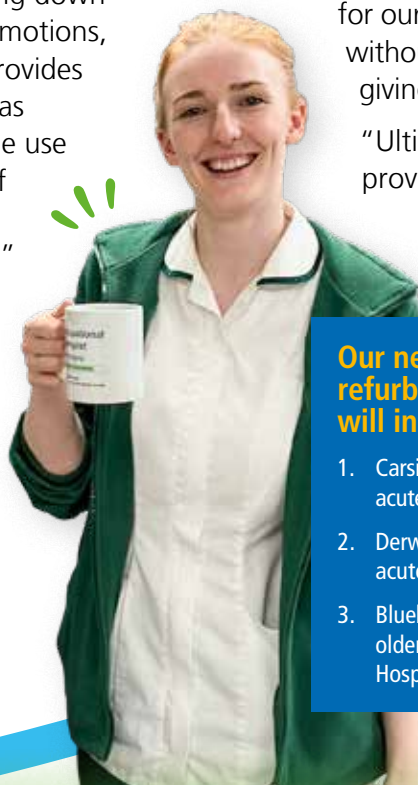
This will be possible because service users in the six new and refurbished facilities will not only have their own single, en-suite bedroom, but control of their environment.

Becki added: “Service users can adjust their room temperature – literally cooling down if that helps them regulate their emotions, or creating a warm space if this provides a feeling of reassurance – as well as controlling lighting and sound. The use of sensory profiling at the point of admission will enable people to make the most of this innovation.”

But single rooms are just part of the story, and therapeutic activity will play a pivotal role in the new facilities.



*Becki Priest*



*Occupational therapist Millie Jepson*

“The link between engaging in meaningful activity and recovery from mental ill health is well established. Our new facilities will provide more space for occupational therapy activities on the wards, resulting in a better quality experience for our service users.”

And the transformation has already begun.

Occupational therapist Millie Jepson, currently based at the Hartington Unit in Chesterfield, has already started making changes ahead of the move to the new 54-bedroom Derwent Unit in 2025.

Millie said: “The new facilities will totally change our approach, taking activities directly to breakout spaces on the wards, enabling more service users to get involved. This is a wonderful opportunity to develop so we have started putting changes into practice where we can.

“We have been doing more activities on the wards, and have mindfulness activities in the dining room.”

Millie welcomes the privacy the new bedrooms will bring but stresses that social inclusion will remain a key part of patient care.

She said: “Single bedrooms will allow people the space to decompress. However, we will work hard to ensure they don’t get into the habit of shutting themselves away, and will encourage participation in occupational therapy activities.”

The new facilities provide greater access to outdoor and green spaces, with exercise areas and outdoor sensory spaces accessed directly from the wards – even on the upper floors of the Derwent Unit in Chesterfield and Carsington Unit in Derby, which will have secure sky gardens.

Millie added: “There will be so many more opportunities to get outside into the fresh air, which is so important for our wellbeing. Crucially, service users can do this without seeking permission from a staff member, giving them more independence and choice.

“Ultimately, our new facilities are all about providing choice. Service users will be able to choose how they go on their journey to get better.”

## **Our new and refurbished facilities will include:**

1. Carsington Unit, 54 bed adult acute at Kingsway, Derby
2. Derwent Unit, 54 bed adult acute at Chesterfield
3. Bluebell Ward, 12 bed older adult ward at Walton Hospital, Chesterfield
4. Audrey House, eight bed Enhanced Care Unit, Kingsway
5. Kingfisher House, 14 bed Psychiatric Intensive Care Unit (PICU)
6. Jasmine and Orchid wards at Radbourne Unit (17 beds each), Derby





**MILLIE SAID:** "As part of our overall sensory model, there will be no more noisy alarms to alert staff to an incident. These cause stress for all service users and all staff, so we are switching to silent vibrating alarms. This will enable incidents to be dealt with calmly and without spreading unrest."



**MILLIE SAID:** "All of our staff here are very compassionate and want people to get better. Crucially, people need to want to get better, too, and the new facilities will go a long way towards empowering our service users to feel that way."



**MILLIE SAID:** "Service users will have more control over their environments which will increase our ability to offer patient-centred care."

**"You can actually make someone's life so different"**



Helena

The rewards of working in acute mental healthcare are priceless, as Helena Jodrell discovered when she was redeployed to the Hartington Unit in lockdown.

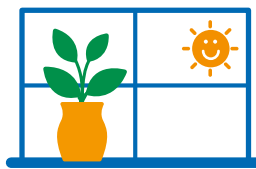
But it wasn't the easiest transition. She said: "As a dementia support worker, I was used to dealing with one patient at a time, so a ward of acutely unwell service users was overwhelming, even in the COVID-19 pandemic and a 60-mile round trip."

Thankfully, Helena soon changed her mind: "Tansley ward introduced me to a whole world of mental health which I thought was amazing."

**“ Working on Tansley Ward made me a better person. It made me a better nurse; it gave me passion and it made me want to do the job more. Four years later, I'm still here. ”**



Helena will be moving to the new Derwent Unit in Chesterfield, which will give every inpatient their own en-suite bedroom, with control over their heating and lighting.



**Making Room for Dignity**

Find out more about working in our brand new healthcare facilities: [makingroomfordignityjobs.org.uk](http://makingroomfordignityjobs.org.uk)

# “CAMHS changed our families’ lives – now we’re helping other families in need”

Alison (left) and Gail (right) are parent peer support workers

**Our Child and Adolescent Mental Health Service (CAMHS) has a Participation team which ensures that young people and their parents are supported by those with lived experience. Here, two of the team’s parent peer support workers explain how CAMHS has helped them, and how they’re now helping others.**

## ALISON MOORES

“My daughter is a survivor of abuse, which is what brought us to CAMHS in 2017. She had anxiety and depression and was given a course of cognitive behavioural therapy – her therapists were wonderful. At this point she had hardly left the house for two years, but her care co-ordinator gave her little challenges like, ‘just walk the dog to the end of the road’. Each week the challenge was a bit more, and the transformation was incredible.

“Although she had missed some of her schooling, she was able to pick up her studies and went to university to do a Midwifery degree which she passed with first class honours and is now working as a Midwife.

“I started volunteering because I wanted to give something back and to help parents of young people coming through CAMHS because it can feel very lonely. Your family are there for you, but they are going through it as well.

“Through the CAMHS Participation team, we started groups for families, giving them information and connecting them with people going through the same things



they are. There is also the option for families to have one to one sessions, either face to face or on Teams, for extra support.

“We offer advice and help, but so do the other parents in the group. It just helps to know you are not the only person going through this.”

## GAIL ASHER

“My 18-year-old son has struggled with his mental health for years. We had a lot of challenging behaviour from him as he was growing up, as he learned to live with the Autism diagnosis he was given aged five.

“He was in and out of CAMHS for 13 years and we had fantastic support from them. They were understanding and empathetic to the whole family, and my son is now in a much better place – he is currently volunteering, helping others, and is on track to start an apprenticeship.

“I was so impressed with the support we had from CAMHS that I wanted to give something back, so started volunteering in 2015.”

“I was so impressed with the support we had from CAMHS that I wanted to give something back, so started volunteering in 2015. That soon developed into a paid role as a Parent Peer Support Worker, opening up a phone helpline for families struggling during the pandemic and starting up groups once restrictions were lifted. We organise an open day for World Mental Health Day and my son now helps out – he’s been brilliant.”

Find out more about CAMHS online

[derbyshirehealthcareft.nhs.uk/camhs](https://derbyshirehealthcareft.nhs.uk/camhs)

# 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 4 March 2025 from 2pm. It will be taking place at Kingsway Hospital, Derby but you can also join us virtually. More information about the meetings, meeting papers and submitting questions can be found on the Trust website [www.derbyshirehealthcareft.nhs.uk](http://www.derbyshirehealthcareft.nhs.uk) under 'Get involved', 'Council of Governors meetings'. You can also email [dhcft.membership@nhs.net](mailto: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](mailto:dhcft.governors@nhs.net) or by calling the membership team on 01332 623723.

## **Want to get involved?**

Then why not become a governor? See the back cover for information on governor elections.



# WE NEED YOU!



**Find out how to stand as a Governor on the back cover**

Nominations are open from 12 November 2024 until 5pm on 10 December

## **Stand in the Trust's forthcoming public governor elections**

Would you like to volunteer to help develop and improve NHS services? If so, make a difference by putting your name forward to be a public governor! 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.

### **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:**

- Amber Valley (one vacancy)
- Chesterfield (one vacancy)
- Derby City East (one vacancy)
- Derby City West (one vacancy)
- Bolsover and North East Derbyshire (two vacancies)
- Erewash (two vacancies)
- South Derbyshire (one vacancy)

# WE NEED YOU! COULD YOU BE A GOVERNOR?

**NHS**

Derbyshire Healthcare  
NHS Foundation Trust

*David is  
one of our  
amazing  
Governors*



Would you like to help develop and improve NHS services? If so, make a difference by putting your name forward to be a public governor!

Governors have an important role in representing the needs and views of their local members, with a shared aim to improve local NHS services.

**Find out more on page 15**

## Stand to be a Governor

To submit a nomination visit  
[www.cesvotes.com/DHFT2025](http://www.cesvotes.com/DHFT2025)

Or you can email:  
[ftnominationenquiries@cesvotes.com](mailto:ftnominationenquiries@cesvotes.com), telephone:  
0208 889 9203 or post:  
Civica Election Services



## Derbyshire Healthcare NHS Foundation Trust

We believe in making a positive difference in everything we do, whether that's in mental health, learning disabilities, substance misuse services or in the wide range of children's health services we provide.

If you have any comments, feedback, or are interested in working with us, we would love to hear from you.

[dhcft.membership@nhs.net](mailto:dhcft.membership@nhs.net) • 01332 623723

**Membership, Kingsway Hospital  
Derby DE22 3LZ**



**If you would like this information in a different language or format, including Easy Read or BSL, contact [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)**

Ak by ste chceli tieto informácie v inom jazyku alebo vo formáte, kontaktujte spoločnosť [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

Pokud budete chtít tyto informace v jiném jazyce nebo ve formátu, kontaktujte [dhcft.communications@nhs.net](mailto: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](mailto:dhcft.communications@nhs.net)

Si vous souhaitez recevoir ces informations en une autre langue ou un autre format, veuillez contacter [dhcft.communications@nhs.net](mailto: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](mailto: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](mailto:dhcft.communications@nhs.net)

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ [dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

روایس ک ای ن ابزی رس و دی س ک ت ام دل عم هی ب آرگ ا  
ه ارب وت نی ه س ت ه اچ ان رک ل صلح نی م ث می م ژاف  
س ی رک ه طب ارم رک  
[dhcft.communications@nhs.net](mailto:dhcft.communications@nhs.net)

