

Connections

.....
August 2018, edition 8



Health and wellbeing

... including helping our
dementia patients

PLUS...

The importance of physical health – **p3**

Read veteran's story – **p4-5**

NHS 70 celebrations – be involved – **p6**

Introducing your new governors – **p8-9**

Welcome...

...to the latest issue of **Connections**
this issue is all about working together and supporting each other.

I am delighted that our Trust has signed up to the Armed Forces Covenant which demonstrates our commitment to the Armed Forces community. We are privileged to include in this issue an interview with Ben, Armed Forces veteran who speaks candidly about his experiences and the support he has received through the Trust's Pathfinder service in Chesterfield – see pages 4-5 for more details.

Following on from the last issue of *Connections* we continue to look at the benefits that physical activities have on our health. Richard Morrow, one of our lead nurses, explains what we can do during the summer months to increase our physical activity and the positive impact this can have on our mental health – see page 3.

We have been organising events to celebrate the NHS's 70th Birthday – see pages 6-7 for information of events that have taken place and activities that have been organised for the Autumn – it would be great to see you there.

We have recently held governor elections for the Trust's Council of Governors and I am pleased to welcome several new governors to the Trust – see pages 8-9. Our Board works very closely with our Council of Governors, who hold our Non-Executive Directors to account and we really value the time and energy that governors commit to the role. You can also find out how to contact your local governor – please do let them know about any issues or feedback you may have – we value our members' feedback in our continual effort to improve on our services.



Caroline Maley, Trust Chair

Elsewhere in the magazine, there are tips for parents and carers of children who are moving up to a new school to help them prepare for the transition which can be a big change for adults and children alike – see page 10.

You can also read about the benefits on the books on prescription scheme from a service users point of view on page 11.

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

Best wishes

Caroline

**Caroline Maley
Trust Chair**

Let's get physical...

As the NHS celebrates its 70th year, advances in health care have seen the life expectancy of many living in Great Britain increase by 12 years. These changes have been brought about by an ever growing knowledge of the way our bodies and minds work. Richard Morrow, the Trust's Assistant Director of Public and Physical Healthcare explains why physical health is important not only for our bodies, but for our mental health.

How does physical health help our mental health?

Exercise is essential to stay in good physical shape and to improve our mental wellbeing. For example a short 10 minutes brisk walk can make us feel good – it increases our mental alertness, energy and positive mood.

What can we do this time of year to get us started?

Taking a regular walk is a great place to start – walking briskly increases the heart rate and improves cardio-vascular fitness. Walking also allows us to get outside, soak up the sunshine (when there is some) which builds our vitamin D reserves which improve our mood and contributes to increased muscle and bone strength. Being outside is also important as it changes perspective, particularly important if people are feeling crowded and stressed.

What small steps can we take to help improve our mental health?

Eating in tune with the seasons is also a good way to promote good physical and emotional wellbeing. In the summer months our bodies needs change and we do not require the same types of foods as we do in the winter. For example, eat plenty of berries, tomatoes, cherries, spinach and red peppers. Food is also a great way to socialise and

establish contact with people; this is also a very important part of improving emotional wellbeing. Bringing balance to our lives where possible and focusing on the essentials such as food, moderate exercise and relationships helps us build resilience.

“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

Hippocrates



John Sykes, Medical Director, Derbyshire Healthcare says:

“The mantra ‘there is no health without mental health’ is a truism but the reverse can often apply and certainly good physical health tends to maintain good mental health.”





Like us on Facebook facebook.com/dhcft

Looking after our Armed Forces

Meet Ben...

Since returning to civilian life in 2009 Ben has suffered with anxiety, depression and Post Traumatic Stress Disorder (PTSD). Here Ben explains how he has coped since leaving the Armed Forces and what has helped him to come to terms with the devastating and traumatic experiences he faced during combat.

What was the most difficult thing about adapting to civilian life?

As an infantry soldier on tour you have different problems to those in civilian life. On tour you get into a regimented routine which is lifesaving. As a civilian I found it really hard to adapt, it was really difficult not having a routine. I had my own thoughts and feelings to contend with and felt I had no purpose – it was like being a chess piece without a chessboard.

How easy was it to get help?

I left the Armed Forces in 2009 and tried to cope for a number of years. I sought help from my GP and was referred to a charitable organisation for ex-servicemen and women who, after assessing me, was unable to give me the help that I needed. I felt very alone and worthless and in 2017 I ended up contemplating suicide.

What made you go to Pathfinders* in Chesterfield?

After coming through that difficult period, the Crisis Team and my GP referred me to Pathfinders based in Bayheath House in Chesterfield. I finally began to get the help that I needed.

What do you most value about the help you are receiving?

The psychologist that I see is excellent – she is very supportive and has experience of working with veterans and the public. I feel really comfortable with her she understands me and takes a real interest in



helping me move forward and coming to terms with my experiences in Afghanistan. She has given me lots of ideas and strategies for me to choose and try out.

What has really helped you?

Pathfinders has really helped me – I would recommend the service to people who are struggling with anxiety, depression, PTSD etc. My psychologist has a real insight into my needs.

What advice would you give to someone who is struggling with anxiety/depression?

Keep busy in whatever way you can – it needs to be productive so that you can see a successful outcome. I like to create things with Lego; I also enjoy fishing and gardening – I find that doing something physical really helps my mental wellbeing and is a great way of distracting myself from my thoughts and feelings.

What do you struggle with now?

I experience survivor guilt on a daily basis. On the last tour in Afghanistan numerous comrades within my unit lost their lives– they were more than colleagues, they were my friends – we had become a close knit group. I feel guilty that I am still here because at the time I did not have a

family and felt guilty that I had survived, when children had lost their fathers and mothers their sons.

What do you really enjoy?

I like to spend time with my children. I really enjoy helping people and if reading about me encourages others to reach out and get help then that will be really rewarding.

Dr Jennifer Kelly, Highly Specialist Clinical Psychologist, High Peak, North Dales and Chesterfield Neighbourhood Teams says:

“When you’re struggling, it might feel as though nothing and no-one can help. But it’s so important to talk, whether it’s to a friend or family member, a health professional, or an organisation like the Samaritans. If you don’t know where to start, your GP can help you to find the right kind of support. You are not alone, please ask for help.”

*Pathfinders is part of the Trust’s neighbourhood services.

Supporting our Armed Forces

The Trust has recently committed to support all current and former serving armed forces personnel who have contact with the Trust whether as patients, staff, carers or the general public through signing the Armed Forces Covenant. This includes promoting the fact that we are an armed forces-friendly organisation and are seeking to support the employment of veterans. The Armed Forces Covenant is a promise by the nation ensuring that those who serve or who have served in the armed forces, and their families, are treated fairly.

To read more about the Trust’s pledge visit the Trust’s website www.derbyshirehealthcareft.nhs.uk click on the ‘About us’ tab, then on ‘latest news’. To find out more about the Armed Forces Covenant visit their website: <https://www.armedforcescovenant.gov.uk/>



Ifti Majid, Chief Executive & Lieutenant Colonel Duncan Jenkins, Commanding Officer of 162 Regiment, Royal Logistic Corps.



Like us on Facebook facebook.com/dhcft

NHS 70 celebrations

What we are planning...

The NHS turned 70 on 5 July. The Trust has been celebrating this milestone with colleagues, carers, service users and members. We have organised lots of celebrations so come along and join in the festivities.



Send us a card to celebrate the NHS's 70th Birthday

Send us a card with a message saying why you value the NHS. Pop a card in the post to Freepost RRGK-SRZC-JZAB, Communications and Involvement Office, Centre for Research and Development, Kingsway Hospital site, Kingsway, Derby DE22 3LZ. Why not create your own card. We'll have all the cards on display at our Annual Members' Meeting on 20 September at the Post Mill Centre in South Normanton (details of the AMM can be found on page 14). The first card to be drawn from a hat will receive a prize.

Family fun run

On 15 September 2018, starting at 10am, the run will take place across the Kingsway Hospital site in Derby and the adjoining roads. Children will need to be accompanied by an adult during the run. There will be no winners or losers – but there will be special prizes for the best fancy dress, the oldest runner, youngest runner and lots more. There will be a 1K and 5k run, an egg and spoon race, sack race, three-legged race, face painting, magic shows and treasure trail.

Everyone is welcome to attend. Race entry forms are available from Shirley Houston: 01332 623700 ext. 33302 or shirely.houston@nhs.net

'Through the ages' roadshow

A visual display of the history of the NHS and Derbyshire Healthcare will be on view at the Annual Members' Meeting on Thursday 20 September at the Post Mill Centre, South Normanton.

How we have celebrated so far...



30 Derbyshire Healthcare staff took part in the Derby 10K race on Sunday 15 April 2018. Our runners donned NHS-blue running shirts to celebrate the NHS turning 70 on 5 July 2018. There was also a Trust stall in the race village at Pride Park during the event.

Football tournament

Footballers from across the Trust turned out on Saturday 2 June at Springwood Leisure Centre in Oakwood, Derby to mark the 70th birthday of the NHS with a five-a-side football tournament.

Brilliant competitive spirit and dedication was shown by members of five teams, from the Radbourne Unit, the Hartington Unit, Chaplaincy, Estates and Finance. The Radbourne Unit (pictured left) were victorious in this hotly contested five-a-side football tournament.



Church services

Trust staff represented the Trust at three services marking the anniversary of the NHS 70th birthday at three separate church services in York (York Minster), London (Westminster Abbey) and Chesterfield (the Crooked Spire).

Simon Rose, Lived Experience Worker attended the choral concert in York Minster with Trust Chair Caroline Maley and Engagement Officer Shirley Houston (pictured right outside the Minster).

Simon said: "It was a superb event, full of pride at what has been achieved in the first 70 years and hope for what will be achieved in the next 70. The highlight for me was hearing from a 15-year-old survivor of the Manchester bombing; listening to her explain about how each and every NHS professional she had met since then had helped her to get to where she is now. But it was done in such a caring way, with humour as well as skill. I came away inspired – and as an old cynic, that doesn't happen very often."



Claire Wright, Deputy Chief Executive & Ifti Majid, Chief Executive



We celebrated the NHS's 70th birthday on Saturday 7 July with an NHS tea party. The Trust organised a special 'Big 7 Tea' party as part of the League of Friends Summer Fayre at Kingsway Hospital Site, Derby. Lots of tea and cake were served and the Chief Executive, Ifti Majid, along with members of the public blew out the special candle on the NHS birthday cake, made by a retired member of staff.



Like us on Facebook [facebook.com/dhcft](https://www.facebook.com/dhcft)

Governor update

Introducing your new governors...

We are pleased to welcome ten new members to the Trust's Council of Governors:

Ann Grange, Public Governor, High Peak and Derbyshire Dales

Ann has experience in working in both statutory and private health services. She has worked within the voluntary and charity sectors and understands the perspective of patients, providers and commissioners. She would like to make a positive difference and help shape the delivery of excellent services. She feels that the needs of our community can be met in an integrated way if statutory, voluntary and private sectors all work together.



Nicki Morely, Public Governor, Bolsover and North East Derbyshire

Nicki has a passionate interest in developing services in Derbyshire and she feels that service users should work closely with service providers to enable effective outcomes for all. Nicki would like the opportunity to give something back to the Derbyshire communities. She has a strong sense of fairness, equality and belief in a person-centred approach to Derbyshire services providing the best outcomes for all.



Adrian Rimington, Public Governor, Chesterfield

Adrian is a person with lived experience of mental health. He runs two mental health self-help groups – Rethink MASH and Rethink Good Companions. Adrian is passionate about promoting wellbeing and keeping well. As a governor he hopes to be able to help to improve services and feedback any issues or concerns from members.



Karen Smith, Public Governor, Amber Valley

Karen currently works with adults within Derbyshire. This involves safeguarding and multi-disciplinary working with partner agencies, including health professionals. She has experience in governance, recruitment and working with stakeholders.



You can read more about all of the Trust's governors at: <http://www.dhcft.co.uk/governors>

Want to contact your governor...

Email dhcft.governors@nhs.net or call **01332 623723**.



Marie Varney, Public Governor, High Peak and Derbyshire Dales

Marie has worked within many multi agency teams and therefore worked closely with both adult and child health service providers. She also has a working knowledge of statutory and voluntary sectors, supporting the most vulnerable in our community. She is now in a position to reflect on how best to continue contributing to serving our most vulnerable.



Roy Webb, Appointed Governor, Derby City Council

Roy has been a Councillor for 39 years and has a particular interest in adult social care. He is a cabinet member for Adults, Health and Housing.

We also have four newly elected staff governors: Joanne Foster, Al Munnien, Tony Longbone and Kelly Sims (who was re-elected).

Caroline Maley, Trust Chair, said: "I would like to take this opportunity to welcome all our new governors into the Council of Governors. It is great to have them on board. Our governors are an important part of our organisation where they have a number of statutory duties, and engage with our members across the city, county and beyond. I am looking forward to working alongside them to continue improving Derbyshire Healthcare's services so that they meet local peoples' needs."

And we say farewell to Rick Cox, Ruth Greaves and Lesley Hayes who have recently left the Council of Governors. We thank our former governors for their time and contribution during their term of office.

Come and see your local governor in action!

Forthcoming Council of Governors meetings:

- Tuesday 4 September 2018
- Thursday 20 September 2018 (Annual Members' meeting)
- Tuesday 6 November 2018
- Wednesday 9 January 2019

All meetings (except for the Annual Members' meeting) will begin at 2.00pm in the Centre for Research and Development, Kingsway Hospital site, Kingsway, Derby DE22 3LZ. More information on the Annual Members' meeting can be found on page 14.

At the meetings the Trust's governors and Trust's directors meet to discuss issues and to share feedback from their local members. These meetings are open to the public. If you would like to attend one of these meetings or raise a question, please contact us on 01332 623723 or email dhcft.membership@nhs.net.

Members' News – don't receive it?

Did you know that we produce Members' News an e-newsletter for members on a monthly basis? If you don't receive it make sure we have your email address. Email it to dhcft.membership@nhs.net.



Helping your children move up to a new school

Many young people will be getting ready to start a new school this September. Moving schools can be an exciting and really anxious time especially if young people are going to a different school from their friends and have fears about loneliness and making friends.

Why young people find it hard to start at a new school

Starting at a new school is a big change in a child's life that takes time to get used to. Young people are leaving behind the people, places and routines that they have known and feel comfortable with.

Change can feel strange

At the new school children try and learn new ways of doing things, and wait for all this new stuff to feel 'normal' again, for some the wait can take a few days, for others it can take a lot longer.

Four things to remember

Remind your children these simple things when they walk through the school gates:

1. Everyone is in the same boat – other students will be nervous too
2. It's okay to ask for help – we're not expected to know everything straight away, and most people will be happy to help
3. It's okay to make mistakes – no-one will judge you
4. The 'strangeness' will soon disappear – in a few days or weeks, walking into your school will feel like the most ordinary thing in the world.

Getting help

Remind your children to talk to their personal tutor or form/class teacher if they need help. They will be able to recommend other people who they can speak to.

We wish all our young people well as they move on up to their new schools.

Advice from young people

The Trust asked for advice from young people who have survived moving to a new school. Here's what they said:

"Everybody's in the same situation and wants to make friends, get involved and meet new people."

Leanne

"Take one day at a time, and keep calm." *Jen*

"Be prepared – it will minimise stress." *Hannah*

"Focus on the things you can control, like your studies." *Kelly*





Jenn Layton

Jenn helps inspire Britain's biggest book group

Libraries across the country are stocking books about mental health – and that's thanks in part to Derby resident Jenn Layton.

Jenn, who uses the Trust's services, is among the 'experts by experience' who have helped to shape a national reading list of recommended books on understanding and managing common mental health problems. The books, which have been announced as part of the Reading Well 'Books on Prescription' scheme, are being stocked in libraries nationwide – including our own library at Kingsway Hospital in Derby.

Jenn was asked to take part in choosing the books after providing advice to NHS England, who sought her feedback on how to make NHS care more personalised. "I had developed my own personalised care plan using a personal health budget, and I found that allowed me to manage my autism better, which in turn really helped my mental health," says Jenn.

Jenn was asked to take part in a series of Reading Well workshops in London with around a dozen other experts by experience. "We were asked for recommendations of books we'd come across and found helpful," says Jenn, "but we also shaped how the list should be formed more generally – for example, by making sure there were books that addressed both symptoms and diagnoses, books that helped people who were struggling due to life issues like bereavement, and books written for people of all backgrounds.

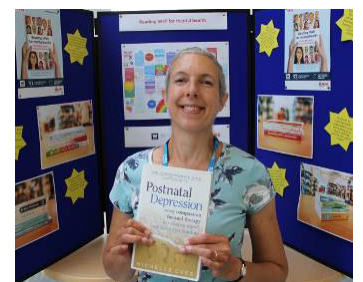
Jenn now hopes the list will inspire people to better understand their own condition and have the confidence to ask for their own personalised care. "People are

increasingly used to finding information independently these days, so we should encourage forms of health information in addition to NHS services," says Jenn. "Independent study and reading allowed me to educate myself and go to doctors and say, 'I think this is the problem, can we discuss it?' I hope it will do the same for others."

Learn more about Reading Well, and see the full list of Books on Prescription, by visiting www.reading-well.org.uk

By chance, the Reading Well list also includes a book by one of the Trust's clinical psychologists. Michelle Cree's book 'The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused Therapy to Enhance Mood, Confidence and Bonding' is the first book on post-natal depression to make the list. It builds on the work our Trust has done in recent years on compassion-focused therapy or CFT.

Says Michelle: "I was really chuffed that the book made the list, as it is people with lived experience who have picked it; that makes it feel like one of the biggest accolades you can have."





Spotlight on our Trust



Lorraine Leek & Sharon Shepperd

Cubley Court colleagues and residents do like to be beside the seaside

Staff at the Trust's Cubley Court dementia unit in Derby recently threw a seaside-themed party for residents and their carers.

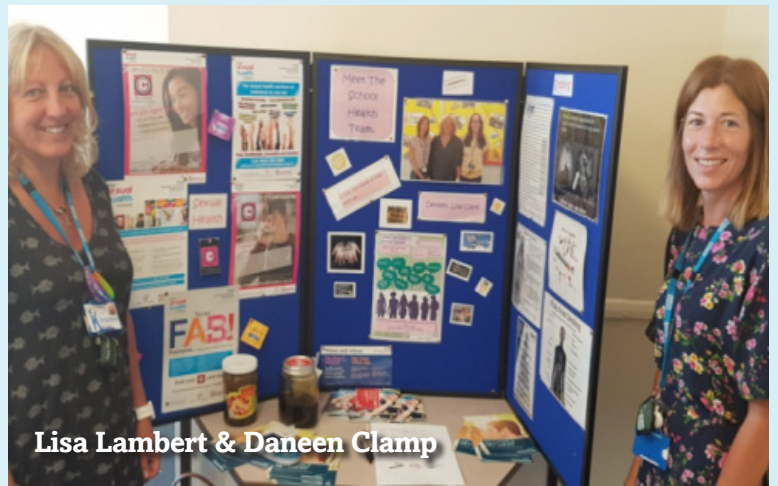
Staff dressed up and there was a mini-beach, music, donkeys, an ice cream van, seaside games and even fish and chips prepared by the Catering team.

For the Cubley Court residents it brought back lots of happy memories. One carer said: "I haven't seen my uncle so happy for years. It's brought him back to me. I'm thrilled."

Health and safety roadshow at Pupil Referral Unit

The Trust's Healthy Settings Healthy Schools team together with a School Nurse team recently delivered a health and safety roadshow at the Pupil Referral Unit (PRU) at Kingsmead School in Derby.

The aim of the event was to increase knowledge and awareness of risks and to empower pupils to make healthy choices. The main themes were: drugs, self-harm, sexualised language/behaviour, welfare (keeping safe), going missing and internet safety.



Lisa Lambert & Daneen Clamp

Trust Nursing Assistant Tony is standout star

As part of the NHS's 70th birthday celebrations, patients, staff and public were asked to nominate Health and Care's Top 70 Stars – people who have made an exceptional contribution to patient care, services and local communities – and the Trust's Tony Longbone is one of them.

Tony who is a Nursing Assistant at Cubley Court in Derby, and has worked at the Trust since August last year, made the shortlist. Tony was nominated by former colleague Kate Pound, who said in her nomination: "He has endless energy and works so hard in his own time to improve the experience of older patients."

Read more about Tony on the Trust's website www.derbyshirehealthcareft.nhs.uk by clicking the 'About Us' tab in the 'Latest news' section.



Antony Tiernan, NHS England & Tony Longbone

Trust launches new joint team with Derbyshire Constabulary

Derbyshire Healthcare and Derbyshire Constabulary have committed to a new partnership team working as part of the national High Intensity Network (HIN). The Derbyshire team will be called the Joint Engagement Team. The role of the team is to professionalise and co-ordinate new standards of excellence between the emergency and healthcare teams that support people with highly intensive patterns of mental illness.

The Derbyshire team will consist of a Police Constable and a mental health nurse that work closely together, liaising with other partner agencies to address the longer-term needs of the most regular users of Derbyshire's emergency and health care services. The team will work closely with these service users and care teams to agree appropriate alternatives to address their individual needs.



The Trust signs up to the 'Treat me well' campaign

The Trust has signed up to Mencap's national 'Treat me well' campaign, committing to make reasonable adjustments for people with learning disabilities when using our health services. The campaign seeks to demonstrate that simple changes in care – like better communication, more time and clearer information – can make a big difference. Learn more about the campaign on the Mencap website: www.mencap.org.uk/

With a little help from our friends...

The League of Friends hosted its annual summer fayre on Saturday 7 July at Kingsway Hospital site, Derby. As the sun shone, visitors to the fayre enjoyed live entertainment, a children's magic show, Punch and Judy, games and stalls. Over £1,100 was raised and all profits will go towards patient care.

A big thank you to the League of Friends and everyone who came along and supported the fayre.

Kelly Sims, Staff Governor and Shirish Patel Publish Governor, Erewash



Gareth Harry joins Trust Board

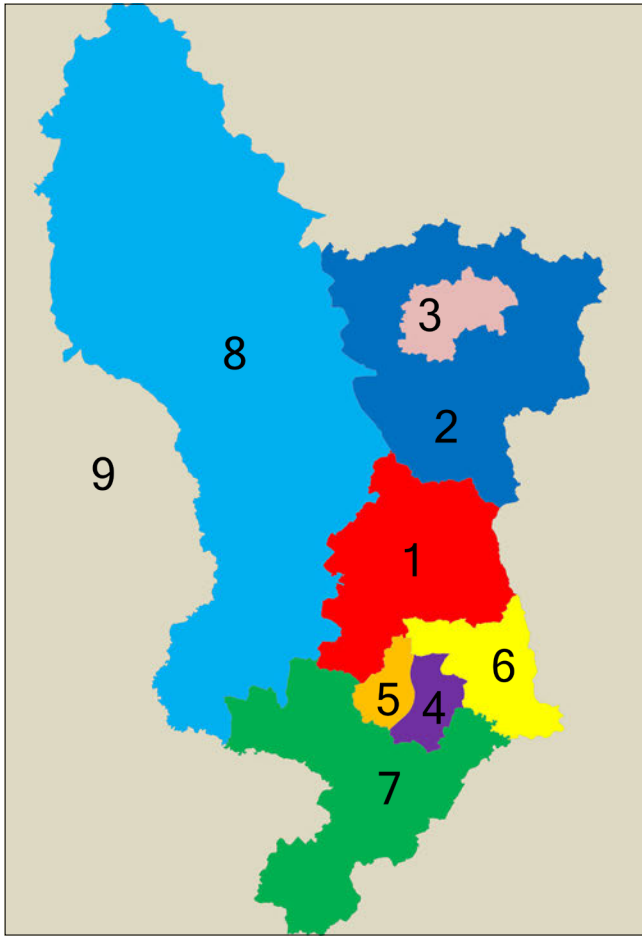
Gareth Harry is the Trust's new Director of Business Improvement and Transformation.

Gareth (pictured) began in post as Director of Business Improvement and Transformation on 1 June 2018. He joined the Trust from his role as Interim Director of Contracting and Performance for the Derbyshire CCGs (Clinical Commissioning Groups) and Executive Lead for Hardwick CCG.



New constituencies to aid elections

At the January meeting of the Council of Governors, governors elected to amend the geographical areas they represent, making our constituencies slightly larger. The changes are as outlined below:



Constituency	New Constituency
Amber Valley North	Amber Valley
Amber Valley South	
Erewash North	Erewash
Erewash South	
Derbyshire Dales	High Peak & Derbyshire Dales
High Peak	
North Chesterfield	Chesterfield
South Chesterfield	

All elected public constituencies

- 1 – Amber Valley
- 2 – Bolsover and North East Derbyshire
- 3 – Chesterfield

- 4 – Derby City East
- 5 – Derby City West
- 6 – Erewash
- 7 – South Derbyshire
- 8 – High Peak and Derbyshire Dales
- 9 – Surrounding Areas

These changes do not affect membership, and membership cards listing the former constituencies are still valid. However, it is anticipated that the larger constituencies will broaden opportunities for members to be elected as governors and enable our governors to work collectively across larger geographical areas.

Annual Members' Meeting

The Trust is hosting its annual members' meeting on **Thursday 20 September**, from 5pm – 7pm at the Post Mill Centre in South Normanton. The theme of the event will focus on the 70th anniversary of the NHS. Attendees are invited to arrive from 4.45pm for refreshments and to view an NHS 70 display. There will also be a display of cards from members, service users, carers and staff with personalised messages expressing their gratitude to the NHS.

The formal meeting, which will begin at 5pm, will include a summary from directors and governors of the Trust's performance throughout 2017/18. We will also look forwards to the Trust's plans and ambitions for 2018/19 and attendees will be able to pick up a copy of the Trust's Quality Report and the Annual Report for 2017/18.

In the interests of answering as many questions as possible, those who would like to submit a question to the Board of Directors should do so prior to the event by calling 01332 623723 or emailing dhcft.membership@nhs.net. To book your place please complete the online form at <https://dhcft-amm.eventbrite.co.uk> search the Eventbrite website (www.eventbrite.co.uk) for 'DHCFT' or telephone 01332 623723.

The AMM is also an opportunity to meet your governors. We look forward to seeing you there.

Get your knitting needles at the ready...

Help to make Twiddlemuffs for patients with dementia.

Do you love knitting; do you have any leftover balls of wool? If so put your knitting needles to good use by knitting twiddlemuffs for patients with dementia.

What is a twiddlemuff?

A twiddlemuff is a knitted muff with items such as ribbons, large buttons or texture fabrics attached so that a patient with dementia can twiddle it in their hands.

Why make one?

People with dementia often have restless hands and like to have something to keep their hands occupied. It provides a great source of visual, tactile and sensory stimulation whilst at the same time keeping hands snug and warm.

How to make one

Anne, a Trust member from surrounding areas, sent in this pattern to share with other members who love to knit:

Materials needed:

- A selection of leftover and odd balls of wool
- Needles – 6.5mm straight needles (or 8mm circular needles for the more experienced knitters).

Directions

Cuff: Cast on 45 stitches using two strands of double knitting wool or one strand of chunky wool (one plain colour works best for the cuff). Work in stocking stitch (knit a row, purl a row) for 11 inches.

Muff body: Continue with the stocking stitch, using up oddments of various colours and textures of wool such as chunky, ribbon etc. until the work measures 23 inches. Cast off.

Who wants them

Sarah Wood, Clinical Lead for Dementia and Memory Assessment Service manager says:

“Twiddlemuffs are highly beneficial because they are individualised and person centred. They provide comfort and positive distraction for people at times of anxiety. They have been proven to provide sensory stimulation and occupation for people whose day could be quite boring. We would plea for some male orientated ones especially.”

Sarah Wood



Where to send your twiddlemuffs

Send your completed creations to:

Derbyshire Healthcare NHS Foundation Trust
South Derbyshire Dementia Rapid Response Team
Kingsway House West Wing
Kingsway Hospital
Derby
DE22 3LZ

Finishing: If working with straight needles, lightly iron the long edge then neatly sew the joins together (with the knit side facing out). Turn inside out and push the one colour cuff up inside the muff body. Sew the two ends together.

Decoration: Decorate the muff inside and out with ribbons, beads, crocheted flowers, zips, loops, pompoms, buttons etc. Be creative but make sure that each item is securely attached – for inspiration Anne has sent in her photo of a twiddlemuff she has recently finished (see below).



One of Anne's twiddlemuffs

Brain training time!

Have a go at a Sudoku puzzle.

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

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

For the chance to win a small prize send your completed puzzle to:

Freepost RRGK-SRZC-JZAB, Communications and Involvement Office, Kingsway Hospital Site, Kingsway, Derby DE22 3LZ

or email dhcft.members@nhs.net

© MathSphere www.mathsphere.co.uk/

Celebrate staff all year

Experienced great care from one of our staff? Nominate them through our Delivering Excellence Everyday Scheme (DEED) recognition scheme. It's quick and easy, and everyone who is nominated will be considered for the DEED "colleague of the month" award culminating in being put forward for the annual awards. Complete the short online form at www.derbyshcft.nhs.uk/DEED. Anyone struggling to access or complete the form can also submit a nomination by telephone: call 01332 623723.



Help us save trees: share your email address

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

If you would like this information in a different language or format please contact dhcft.communications@nhs.net

إذا كنت تريد هذه المعلومات بلغة أو تنسيق مختلف برجاء الاتصال بن dhcft.communications@nhs.net

Želite li ovu informaciju na drugom jeziku ili formatu molimo obratite se dhcft.communications@nhs.net

如果您想要将本信息用其他语言或格式显示，请联系 dhcft.communications@nhs.net

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

अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो कृपया संपर्क करें dhcft.communications@nhs.net

Ja vēlaties šo informāciju citā valodā vai formātā, lūdzu, sazinieties ar dhcft.communications@nhs.net

Susisiekite su mumis, jei norėtumėte šios informacijos kita kalba ar kitu fomatu 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

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ

dhcft.communications@nhs.net

اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں

dhcft.communications@nhs.net