

Connections

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March 2018, edition 7



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New Beginnings

... including new Trust services
and new appointments



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Making a
positive
difference

Welcome...

...to the latest issue of **Connections** the first of 2018. Although the year is now well underway, this issue is all about new beginnings.

For instance our Trust's Board of Directors is experiencing something of a new beginning. I am pleased to be writing to you as Chair of the Trust, rather than 'Acting Chair' as I was previously. We also have several other new and permanent appointments across the Board. See page 13 for more details.

With a settled Trust Board in place, we have taken the opportunity to review the Trust's vision and values, and strategic priorities. We have created a new vision that more closely reflects what we are striving to achieve as an organisation; a set of values that better represents the standards and behaviours that are important to us; and priorities that reflect the strategic aims of the Trust – see page 3.

Our Board works very closely with our Council of Governors, who hold our Non-Executive Directors to account, and I am pleased to welcome several new Governors to the Trust – see pages 6 and 7. The time and energy that our Governors commit to the Trust is exceptional, and I want to thank them wholeheartedly. On page 12 you can read about the interest that one of our governors has in gardening, and how this pastime can have real health benefits.

Another pastime that can be equally beneficial to your mental health is art. During 2017 we encouraged our service users to take part in two art competitions, because of the therapeutic value that art brings. The most recent of the competitions was to design a Trust Christmas card, and you can read about the outcome on pages 4 and 5. We would encourage all our members to 'start with art' in 2018.



Caroline Maley, Chair

Elsewhere in the magazine, you will learn about new services that the Trust is providing – to support people with dementia and to help vulnerable adults and children who enter the criminal justice system (both on page 15).

You can also read about two young people who are achieving incredible things through sheer effort and determination – one in the realm of sports (page 9) and the other through fundraising (page 10). I hope you, like me, are inspired by what they have achieved and the 'new beginnings' they are forging for themselves and others.

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**

New vision, values and strategic priorities for the Trust

The Trust's vision

The Trust's vision was updated in November 2017 as a result of feedback from our staff. Colleagues told us that they wanted a simpler, clearer vision of what the Trust will achieve in the years ahead. This was taken into account along with staff members' ideas on what makes Derbyshire Healthcare special, and why they chose to work for the organisation.

The Trust's new vision is:

“To make a positive difference in people's lives by improving health and wellbeing.”

The Trust's values

Our vision is underpinned by four key values, which were developed in partnership with our patients, carers, staff and wider partners and are:

People first – We put our patients and colleagues at the centre of everything we do.

Respect – We respect and value the diversity of our patients, colleagues and partners and support a respectful and inclusive environment

Honesty – We are open and transparent in all we do.

Do your best – We work closely with our partners to achieve the best possible outcomes for people.

To find out more about our vision, values and strategic objective visit the Trust's website www.derbyshirehealthcareft.nhs.uk under the 'About Us' tab in the 'Who we are' section.



The Trust's strategic priorities

Our vision is supported by four strategic objectives, which outline key areas of focus for the Trust. Under each objective are short term priorities:

1. **Quality improvement**
2. **Engagement**
3. **Financial sustainability**
4. **Operational delivery**

These strategic objectives represent the direction of travel, and the things we must do to achieve our vision. They will help us to become better across all service areas and achieve our ultimate aim of making a positive difference to the lives of those we support, care for and work with.

Hope in art

This winter the Trust launched an art competition for those who use our services, on the theme of 'Sharing Hope'. Ali Robertson, a Clinical Psychologist working in Derby came up with the idea in order to combat loneliness and isolation over the Winter months. She said:

"Christmas is a special family time for me with my eldest daughter being born on Christmas Eve. This has made me conscious of what it means to have family around. In recent years I have worked with several people who are very isolated and lonely. In the knowledge that I and some colleagues would be on leave I wanted to find a way that I could offer the message that you are held in mind and that I wish you well, whilst keeping a professional boundary. I also felt it would be good to provide crisis contacts within the card to confirm and remind people of the support that is available. It felt important that the picture on the card be designed by a service user as I know that many service users have artistic talents and it seemed much more meaningful than a corporately generated image."

Following a number of creative entries, judging took place last November with a panel that consisted of local artist and Trust volunteer Kate Smith; then public governor for Derby City West, Amran Ashraf; Carolyn Green, Executive Director of Nursing and Patient Experience and Dr Ali Robertson, Clinical Psychologist. The judges were very impressed with all the entries and felt they were an excellent celebration of art and creativity to improve mental health and reduce stigma.

And the winner was... Rachel Moses!

In her statement which accompanied her painting Rachel said:

"I tried to place the emphasis on the warmth and light that the thought of hope can bring at darker times. Thus, why the colours change and the hands embracing and holding hope for you. I've enjoyed doing this – so thank you for giving me a bit of hope when times feel bleak."



Rachel Moses' winning entry

Of Rachel's winning design the judges said:

"When we walked into the room Rachel's card jumped out. We were struck by the warmth, the colours and how powerful the image was because of its simplicity. We really think it will convey the message that we wanted to when we began this initiative. Thank you for your work."

Rachel was presented with a certificate, and a large assortment of artist materials. Amy Develin and June Walsh received a highly commended for their designs.

"Thank you so much, I was in a horrible place and seeing your card, was just lovely."

Service user feedback

"I love them, I think this is a brilliant idea, that could give a different way to have a conversation."

Partner feedback



Competition judges: Carolyn Green, Ali Robertson, Kate Smith and Amran Ashraf with the winning entry and the two runners up.

Who to contact out of hours

If you need to seek out of hours support here are some numbers you can use:

- Derbyshire County Council – 01629 533 190
- Derby City Council – Adults 01332 640 777
- Derby City Council – children and young people – 01332 641 172
- Samaritans – 116 123
- NHS non-emergency – 111
- In an emergency situation 999 should be telephoned to access help.

Why not have a go?

Creating art is a very effective way to stimulate the brain and anyone can do it. Why not have a go by doodling in a pad, buy a mindfulness pad and colour in the pictures or look up local art groups in your area. Creativity can improve a person's self-esteem, self-worth, wellbeing and confidence giving people a sense of achievement and pride.

Triangle of Care award for Trust work with carers



We are proud to announce the Trust has been awarded a two star Triangle of Care award for its work with carers.

The Triangle of Care works with mental health providers across England to look at how they can implement six key standards that will see carers included, informed and better supported when they are caring for someone with a serious mental health problem.

Thank you and congratulations to all the Trust teams and carers who were involved in this assessment.

Calling all carers

Do you care for someone who uses our services? If so, make sure you receive our quarterly newsletter *Who Cares?* to have access to advice and signposting. Contact lynn.dunham@derbyshcft.nhs.uk or call 01246 515974 for more details.

Governor update

Introducing your new governors...

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

Rick Cox, Public Governor, High Peak

Rick's interest in mental health grew when he became director to the trustees of the Grapevine Project. Rick went on to manage the Grapevine Wellbeing Centre where he established many links with the community and voluntary organisations in the local and wider area including the Trust.



Angela Kerry, Appointed Governor, Derbyshire Mental Health Forum (DMHF)

Angela has worked in a variety of roles in voluntary organisations for 30 years. For 17 years she has managed DMHF where she supports a range of mental health and wider charities. Angela is very passionate and committed to ensuring that mental health services meet the needs of local communities.

Roger Kerry, Appointed Governor, Derbyshire Voluntary Action (DVA)

Roger has been DVA's Mental Health Liaison Worker since 2005. His role is to represent and support voluntary sector service providers and user led organisations across the north of Derbyshire.

Roger is particularly interested in helping DHCFT to foster close links and partnerships with other agencies to ensure the best possible services for the people of Derbyshire.



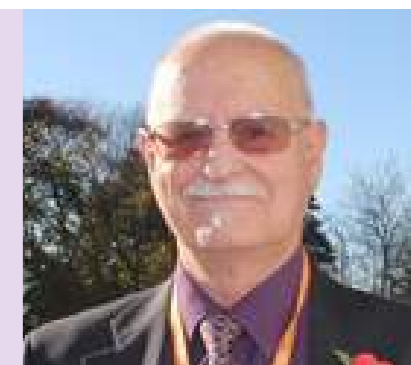
Jim Perkins, Appointed Governor, Derbyshire County Council

Jim is a Derbyshire County Councillor and a High Peak Borough Councillor. Prior to becoming a Councillor, Jim successfully managed his own haulage company. Jim is looking forward to his role as governor with Derbyshire Healthcare.



Martin Rose, Public Governor, Bolsover

Martin moved to Derbyshire 12 years ago. He is passionate about the NHS and would like to help to improve the services provided to the general public. Martin was a Branch Secretary for AUEW Engineering Union for 27 years and was also a trust member of Doncaster Royal Infirmary, and Chair of Governors at three senior schools.



Christine Williamson, Public Governor, Derby City West

Christine has been involved with the Trust for over nine years as a carer, ambassador, volunteer and membership champion. She has attended many public, stakeholder and carer events and continues to support membership engagement within the Trust. Christine is aware of the huge challenges currently facing the NHS, and that clinical care is at the centre of everything we do.

Caroline Maley, Trust Chair, said: "I would like to take this opportunity to welcome Rick, Angela, Roger, Jim, Martin and Christine 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 people's needs."

And we say farewell to Amran Ashraf and David Wilcoxson who have recently left the Council of Governors. Thank you to our former governors for their time and contribution during their term of office.

In our recent elections to the Council of Governors Teresa Cresswell was elected as public governor for Chesterfield South. Unfortunately, due to a change of circumstances, Teresa has not been able to take up this post, and her replacement will be announced shortly.

Come and see your local governor in action!

Forthcoming Council of Governors meetings:

- **21 March 2018** from 2.00pm in the Conference Room, Centre for Research and Development, Kingsway Hospital, Derby, DE22 3LZ
- **1 May 2018** from 2.00pm
- **3 July 2018** from 2.00pm
- **4 September 2018** from 2.00pm
- **6 November 2018** from 2.00pm

(Please check the Trust's website for details of venues: www.derbyshirehealthcareft.nhs.uk/.)

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 membership@derbyshcft.nhs.uk.

At the January meeting of the Council of Governors, governors elected to amend the geographical areas they represent, making our constituencies slightly larger. We will share more detail regarding this change with members shortly.

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

Want to speak to or meet with your governor...

Email governors@derbyshcft.nhs.uk or call **01332 623723**.



Would you like to become a governor for Derbyshire Healthcare?

Do you live in Amber Valley or Bolsover and North East Derbyshire? We currently have governor vacancies in these areas and will be organising elections in the Spring. Would you like to be more involved in the work of our Trust? Are you passionate about your local community and about the services that Derbyshire Healthcare provides? We will be looking for members of the public who are motivated, enthusiastic and willing to engage with their local community to stand in our governor elections for these areas.



You can check which constituency you live in by looking at your membership card.

As a governor you will:

- Represent the interests and views of local members
- Attend the Council of Governors meetings
- Act as an ambassador for the Trust
- Hold non-executive directors to account for the Trust's performance.

Interested?

Further information will be circulated in the spring. For an informal chat please contact the Membership team via email: membership@derbyshcft.nhs.uk or telephone 01332 623723



“Since becoming a governor I have learnt a lot about how the Trust operates, its needs and aspirations. During my time in the role there have been many changes and we are now in a position to take the Trust forward, positively, in the ever evolving NHS.”

Lynda Langley, public governor.

Moving in the right direction – outcomes from our recent well led review

The Trust has recently received the final independent report from Deloitte, from the Trust's most recent well led review. The report outlines clear progress in a number of key areas alongside confidence from Deloitte that the Trust is on track to continue with current performance and make even more progress within a short timeframe.

The review focused on four key areas:

- Vision, strategy and planning
- Management of risks, issues and performance
- Learning, continuous improvement and innovation
- Reporting.

The report reflects the confidence of our regulators and stakeholders in the organisation and highlights a number of areas of good practice, identified through their analysis of our performance in the four areas outlined. There were also some areas noted for further improvement and the Trust Board is in the process of identifying clear actions to further develop these areas.

More detailed information on the report can be found in the Trust Board papers for January 2018, which are published on the Trust's website – go to the 'about us' section, click on 'Board of Directors' and then select the link to the 'Board meetings section'.



Saul wins gold for England, thanks to support of Derbyshire Healthcare

Football-mad Derbyshire teenager Saul Simpkin, who has cerebral palsy, achieved a dream when he played for England in an international tournament and won gold.

And Saul has paid tribute to the help from Derbyshire Healthcare Trust Children's Services for making this possible.

Saul (17), whose cerebral palsy affects co-ordination in both legs, was part of the Cerebral Palsy (CP) England under 19s team that won the seven-a-side tournament at the European Para-Youth Games in Genoa in October. He now hopes to play in the International Federation of CP Football U19 World Cup in Spain this year.

He said that playing for his country was “the best feeling in the world. When you're a kid and you're growing up playing football, you dream of putting on that shirt and getting that cap.”

Saul, from Draycott, has been supported by Derby County Community Trust, and now works there as an apprentice coach.

Physio's suggestion was an inspiration

Saul has accessed Trust services since he was one. Jackie Danvers, his paediatric physiotherapist and clinical lead at the Trust, initially suggested he take up football.

She said: “Saul felt he couldn't play football because of his splints. But he wasn't going to let that stop him – a favourite picture is of him aged about eight, scoring in his splints on Pride Park pitch. When he had surgery on his legs, it took real perseverance to get back to fitness but he was determined.”

“Now in his new role as an apprentice coach at Derby County Community Trust he is inspiring young people with and without disability, which is amazing.”

Saul's dad Mark Simpkin said: “We were told he would never be an athlete, never ride a bike, but I always felt he has the ability to do anything a 'normal' lad can do.”

“All of this might never have been achieved without the support from health professionals, in particular his amazing physio. Jackie's support and level of care has been second to none.”

Saul has some great words of advice: “Setbacks are only setbacks if you allow them to be. You need to use them as a springboard to get where you want to be. Never doubt your ability and never stop dreaming.”

“It's the best feeling in the world. When you're a kid and you're growing up playing football, you dream of putting on that [England] shirt” – Saul Simpkin, England CP footballer

He is inspiring young people with and without disability, which is amazing” – Jackie Danvers, Trust paediatric physiotherapist



“Setbacks are only setbacks if you allow them to be”

Did you know?

The Trust works closely with the community arms of both Derby County and Chesterfield Football Clubs. We are collaborating with Derby County on the Winning Goals initiative and with Chesterfield on the 'Spireites – Active for Life' programme, both of which promote the benefits of physical and mental wellbeing.



Saul Simpkin, second left, after the CP games at Genoa, with his gold medal. Also pictured are coach Liam Drake (left), team goalkeeper Freddie Lamb, coach Alex Molloay. (Credit: Derby County Community Trust)

Delivering Excellence Awards: and the winners are... ★★☆☆

Thanks to everyone who submitted nominations for the 2017 Delivering Excellence Awards, celebrating our staff and volunteers. We asked for your nominations for the compassion in practice award – recognising individuals who have made a real difference through their care and commitment.

A judging panel that included our Chief Executive, a Non-Executive Director, staff governor and service user representative looked at all your nominations...



Ifti Majid, Chief Executive, William Buchanan and Carole Riley, Deputy Lead Governor



William, right, with his brother and mum Lisa and the new sensory mat.

The volunteer award goes to... William Buchanan, school pupil (aged 14)

Since the age of 12, William has raised £6,000 in funds for the Light House (a purpose built environment for disabled children and young people) as part of his wish 'to make the children and young people at the Light House very happy'. He saw the interactive sensory mat on the TV show DIY SOS, and created "William's Wish" to raise the £6,000 needed.

Together with his family William climbed Mount Snowden, held raffles, a fashion show, car boot sales, a fete at the Light House, and raised the money. The mat was unveiled to the children and parents at the centre in Derby on Wednesday 22 November.

William said: "It feels extraordinary to see the mat being used by the children. It feels amazing – no words can describe it."

The interactive mat will react to the slightest movement enabling the children to control and react, providing huge

benefits to those with limited movement. The mats are both educational as well as fun and can also be used to offer a calming environment. William's mother, Lisa, who has worked with the team at the Light House for 21 years as a Nursing Assistant, said it was lovely to see the final pieces come together.

"I felt overjoyed"

"I'm very proud of William, especially now that the mat is here and everything is completed. The staff had training on the system ... so we can start to use it properly with the young people."

William didn't expect to win the award. He added: "When I listened to all the other award winners, I thought, 'I've got no chance.' So when my name was announced – something sparked inside me, this feeling of wellbeing and happiness. I felt overjoyed."

The compassion in practice award goes to... Jennifer Sargeson, healthcare assistant

Jennifer works on the Morton ward in the Hartington Unit in Chesterfield. The service user who nominated Jennifer stated that when she is incontinent at night, "Jen will come into her room, say good morning, leave without a word, then return with fresh towels and prepare the shower for her... she states that Jen then returns to her room to clean it up, so that she returns to a clean, dry room. Jen will then offer her a cup of tea, does her hair and nails ... all without mentioning the fact she had been incontinent. The service user believes Jen treats her with a lot of respect and this approach makes her feel human." The service user went on to talk about Jennifer's general attitude on the ward, describing her tidiness and her all-round "admirable" attitude. She says, "Jen is a fantastic nurse!"

Jennifer was presented with her award and certificate at the Trust's Delivering Excellence Awards ceremony held on 15 November in Derby.

Congratulations to all our winners and finalists of the Delivering Excellence awards. Thank you to everyone who made and received nominations.

You can read more about the Trust's Delivering Excellence awards, the finalists and winning nominations on our website: www.derbyshirehealthcareft.nhs.uk under the 'About Us' in 'Latest News'.



Ifti Majid, Chief Executive, Jennifer Sargeson and Dr Simon Thacker, Clinical Director

Want to know more about the Light House?

The Integrated Disabled Children's Service is based at the Light House and provides a short break service for children and young people who have complex health needs, and/or complex behaviours. For more information about our children's services visit the Trust's website www.derbyshirehealthcareft.nhs.uk.

Celebrate staff all year

Experienced great care from one of our staff? Nominate them through our DEED recognition scheme: www.derbyshirehealthcareft.nhs.uk/DEED

Blossoming in the garden

Gardening to improve your mental health and wellbeing

Ruth Green, senior occupational therapist, advocates the importance of gardening in helping to improve a person's mental health and wellbeing:

"Horticultural activities are widely used by occupational therapists, across all clinical areas, as a therapeutic medium for treatment with their clients. The 'normality' of gardening, the variety of activities and tasks, the adaptability and forgiving nature of plant-life make this one of the most easily accessible and enjoyable therapeutic interventions in the therapists' toolbox."



The benefits of gardening in a nutshell

The benefits of a sustained and active interest in gardening include:

- Better physical health through exercise and learning how to use or strengthen muscles to improve mobility
- Improved mental health through a sense of purpose and achievement
- The opportunity to connect with others – reducing feelings of isolation or exclusion
- Acquiring new skills to improve the chances of finding employment
- Just feeling better for being outside, in touch with nature and in the 'great outdoors'.



Tips on preparing your garden at this time of year

Martin Rose, Public Governor for Bolsover, is a keen gardener and a strong advocate of the benefits it has for mental health and wellbeing. Martin's top tips for spending rewarding time in your garden at this time of year include:

- **Sweet peas** – start to grow sweet peas indoors or in a greenhouse. Old egg boxes are ideal for sowing the seeds. When the shoots begin to grow, plant them in the garden or in pots.
- **Potatoes** – buy seed potatoes and place in a light area to develop strong shoots. Old egg boxes or seed trays are best to start them off in. When they start to grow, plant them outside in the garden, covering the new shoots with soil. If you only have a small garden or patio plant them in large plastic bags.
- **Dealing with slugs** – this time of year you can have a lot of trouble with slugs. Protect individual plants by putting crushed egg shells, sharp sand or grit around them.

Gardening is very methodical in procedure of mind and body. Don't leap into hard work, take your time then you will see your garden grow and it will love you as you love it.



Martin Rose

Trust Board update

Welcome to your new Trust Chair...

We are pleased to welcome **Caroline Maley** as our new Chair. Caroline was formally appointed to the role by the Trust's Council of Governors on 14 September 2017 for a period of three years. A chartered accountant by background, Caroline has led the organisation through the role of Acting Chair since January 2017, before which she was a Non-Executive member of the Trust's Board of Directors. She brings to the role over 30 years of experience across the NHS, the private sector and education.



And to...



Ifti Majid, Chief Executive

Ifti was appointed Chief Executive on 6 October 2017, having served as the Trust's Acting Chief Executive since 26 June 2015. Ifti said "I feel incredibly honoured to be appointed as the Trust's Chief Executive...I am delighted to continue working with our teams, our patients, partners, carers and all our stakeholders for the foreseeable future".

Mark Powell, Chief Operating Officer

Mark was appointed Chief Operating Officer on 20 November 2017, having previously served as Acting Chief Operating Officer and Director of Business Development and Marketing. Mark is responsible for leading the delivery of Trust services and operational performance.



Geoff Lewins, Non-Executive Director

Geoff was appointed as a Non-Executive Director for three years on 1 December 2017. A qualified accountant by background, Geoff has over 30 years' experience in finance, IT and governance, having recently worked as Director of Financial Strategy for Rolls Royce.



Did you know?

Derbyshire Healthcare is run by a Board of Directors made up of Executive and Non-Executive Directors. The Trust Board of Directors has a responsibility to make the best use of financial resources and deliver the services people need, to standards of safety and quality which are agreed nationally. More about the Board of Directors' responsibilities and the meetings of the Trust Board which are held in public can be found on the Trust's website www.derbyshirehealthcareft.nhs.uk under the 'About Us' tab.

Leanne goes to Buckingham Palace to meet the Royals

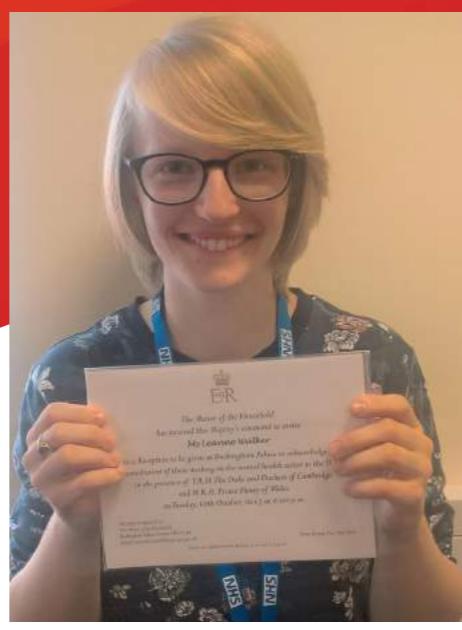
Young Derbyshire mental health worker Leanne Walker went to Buckingham Palace to meet the Duke and Duchess of Cambridge and Prince Harry on World Mental Health Day last year to mark her outstanding contribution to the sector.

Between the ages of 15 and 19, Leanne used CAMHS (Child and Adolescent Mental Health Services) in Derby. Leanne, now in her 20s, then volunteered within her local service to help shape it with the insight of her first-hand experience.

Having overcome her own social anxiety, Leanne gave a presentation to a mental health conference in Manchester about her own experiences of using CAMHS. She was offered and accepted a position with Great Involvement Future Thinking and also works part-time for Derbyshire Healthcare as a young person consultant and expert by experience.

Naomi Roose, Assurance and Delivery Manager (Mental Health) for NHS England North Midlands said: "Leanne is a shining example of the dedication and passion within our NHS Mental Health workforce."

Leanne said: "Derby CAMHS has opened up so many opportunities for me in my life and I will remain forever grateful for that. The 15-year-old me would never have thought that I'd be sitting here doing what I am doing today."



Spotlight on our services



Inspector Katie Andrews, Derby Custody Manager at Derbyshire Constabulary; Paul Brewer, Health and Justice Commissioning manager, NHS England; Glyn Thomas, NHS England; and Ifti Majid, Trust Chief Executive.

New Dementia Rapid Response Team for North Derbyshire

The Trust is pleased to extend its successful Dementia Rapid Response Team (DRRT) to North Derbyshire, following the outcome of the Better Care Closer to Home consultation.

The DRRT is a community-based service that aims to improve the health and well-being of people with dementia when their condition deteriorates, by delivering rapid assessment and intensive support. By providing support in people's homes, the team aims to reduce the need for admission into specialist dementia hospital beds, reducing the disruption and confusion that can be created by hospital admission. The DRRT is provided by a multi-disciplinary team which includes mental health nurses, psychiatrists, occupational therapists and health care assistants.

The service will be developed in two phases with an initial team for the High Peak and North Dales commencing in February 2018, followed by a team for Chesterfield, Bolsover and North East Derbyshire in April 2018. Subject to successful recruitment, it is anticipated that the service will be fully operational across High Peak and North Dales by September 2018 and across Chesterfield, Bolsover and North East Derbyshire by November 2018.

If you are concerned about someone with dementia, please speak to your GP. Your GP will be able to make a referral into the team, if appropriate.

For more information about the service, please visit <http://www.derbyshirehealthcareft.nhs.uk/services/mental-health/drrt/>



Trust's expert staff called to Houses of Parliament

Trust staff have visited the Houses of Parliament to serve as health experts.

Dr Christine Taylor, Consultant in Old Age Psychiatry, gave evidence to the All Party Parliamentary Group on Parkinson's Disease on ways to improve mental health care for this group of patients.

Christine (pictured below back right) said: "The parliamentary group is specifically looking at the management of anxiety and depression in people with Parkinson's disease. I'm also pressing for a national mental health champion for people with Parkinson's Disease with the charity Parkinson's UK."

And physiotherapists Jackie Danvers and Emma Graham headed to Westminster to showcase what the Trust offers, as part of a national campaign calling for improved access to rehabilitation services.

Emma, who is based at the Light House clinic, said: "We spoke to Erewash MP Maggie Throup about our paediatric physiotherapy service and about the Cerebral Palsy Integrated Pathway (CPIP) hip screening tool we hope to implement across southern Derbyshire, which will give an early warning about hip dislocation for children with cerebral palsy and therefore prevent painful, costly surgery."



New Criminal Justice Liaison & Diversion team

New NHS England funding will help some of Derbyshire's most vulnerable adults, children and young people when they come into contact with the police, probation workers or the courts.

Derbyshire's expanded Criminal Justice Liaison and Diversion service was launched in January. It helps people with mental health, learning disability, substance misuse or other vulnerabilities to try to reduce re-offending and point them towards help for better outcomes.

The launch event featured presentations from colleagues in the Trust team as well as positive feedback from Derbyshire Constabulary and video testimonials.

Glyn Thomas, Head of Implementation for the programme from NHS England, said: "It was good to hear police colleagues speaking in such positive terms about the impact of the service, including how it delivers enhanced outcomes and reduces re-offending."

"I have been impressed with the level of partnership working across both health and criminal justice sectors in Derbyshire, thanks to the Trust's collaborative approach."

Brain training time!

Have a go at a Sudoku puzzle.

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

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

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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.

Trust backs Time to Talk Day

Staff, volunteers and governors marked Time to Talk Day on 1 February with a stand at Royal Derby Hospital. The day was for visitors, staff and patients at the hospital, to talk about mental health.

Together with charity Rethink Steps, we spoke to over 50 interested passersby, who were really grateful for the opportunity to speak about mental health and who were very keen to open up conversations about mental health to aid in reducing the stigma. They agreed that learning a bit about mental health might make it easier to be there for someone who needs their help.

Time to Talk Day is organised by Time to Change, a charity-run social movement which aims to end discrimination over mental health.



Christine Williamson,
Trust volunteer and
public governor at
Royal Derby Hospital

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

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

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