

Connections

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May 2019, edition 9



Living well

Looking after your physical
and mental health and wellbeing

INSIDE...

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Welcome...

...to the latest issue of Connections

This issue is about leading a healthier lifestyle and how to receive support to achieve this.

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 4-5 for introductions to our new governors.

There are a number of articles contained within this issue that provide advice and support for both physical and mental health and wellbeing.

Lisa shares her lived experience of drug and alcohol abuse and how the Trust's Derby Drug and Alcohol Recovery Service helped to support her after rehab – see page 6.

Scott Lunn, the Trust's Clinical Lead specialising in children's issues, explains the links between healthy body and healthy mind – see pages 8-9.

You will find some useful advice on the benefits of stopping smoking. The Trust's Assistant Director of Public and Physical Healthcare, Richard Morrow, shares his personal experience as an ex-smoker and offers some professional words of encouragement on giving up smoking – see page 12.

Elsewhere in the magazine you can read about last year's Annual Members' Meeting (see page 3), the Trust's Delivering Excellence awards (see page 10 -11), and the launch of the newly developed website (see page 15).



Caroline Maley, Chair

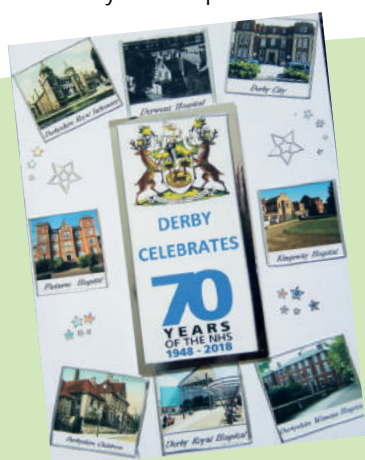
This year's Annual Members' Meeting is on Wednesday 11 September at the Centre for Research and Development, Kingsway Hospital, Derby. See Page 3 for more details of the event and a creative opportunity for members to share their own personal experiences at our Annual Members' Meeting.

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**



Thank you to all those Trust members who sent in cards to celebrate the 70th anniversary of the NHS. The cards were displayed at the Trust's Annual Members' Meeting held on 20 September 2018. Congratulations to Jenny Still, Trust member in Derby City West – her card was the first one to be pulled out of a hat – a small prize is on its way to Jenny.



Meeting our members

The Trust's Annual Members' Meeting in September 2018 focused on local celebrations marking the 70th anniversary of the NHS. There was a display of cards received from members, service users, carers and staff, which revealed touching messages of gratitude from individuals who had received support from the Trust.

An NHS 70 display and video told the story of Derbyshire Healthcare through the years and the celebrations that had taken place to mark the anniversary year. Trust members also met with and talked to governors in attendance.

Directors and governors summarised key points of the Trust's performance:

- The Trust's vision – to make a positive difference in people's lives by improving health and wellbeing
- The Trust's annual accounts
- Key achievements:
 - positive feedback in community and inpatient surveys
 - new services for substance misuse and alcohol services
 - significantly reducing staff vacancy rates
- Changes to the Trust's Constitution (including a members vote)
- Looking ahead to the next financial year.

The Trust's annual report and accounts can be viewed on the Derbyshire Healthcare website under 'About us', 'publication scheme'.

Save the date...Annual Members' Meeting 2019

This year the Trust's Annual Members' Meeting is on **Wednesday 11 September 2019** at the Centre for Research and Development, Kingsway Hospital, Kingsway, Derby DE22 3LZ. The meeting will take place at 4pm, following an open market place event that starts at 2.30pm. **If you would like to attend the AMM please** call 01332 623723 or email dhcft.membership@nhs.net.

Trust launches writing competition to challenge health stigmas

The Trust, along with the Council of Governors, is organising a writing competition, the theme of which is 'Looking Back/Looking Forwards'. People are invited to share their experiences of our services. For example, this could include mental illness, learning disabilities, a story of recovery or the experience of families through using our children's services. Everyone is welcome to participate and share their experience, either through lived experience, as a carer or someone who has an interest in the Trust's services. You can send us a poem, a short story, a diary piece or a blog post, or a letter (maximum 500 words).

The competition is open to Trust members, service users, carers, Trust staff, stakeholders, partner organisations and the voluntary sector. If you would like to find out more or request an entry form, please email dhcft.membership@nhs.net or telephone 01332 623723.

The deadline for submitting entries is Friday 19 July 2019, and the winning entries will be announced at the Trust's Annual Members' Meeting on 11 September 2019 at Kingsway in Derby.

We hope that this competition will challenge the stigma around mental ill health, learning disabilities and wider services provided by the Trust, and celebrate equality, diversity and inclusion by giving entrants the opportunity to explore these topics.





Governor update

Introducing your new governors...

We are pleased to welcome six newly elected members to the Trust's Council of Governors:



Rosemary Farkas, Public Governor, Surrounding areas (re-elected)

Rosemary was first elected as a public governor for surrounding areas in 2016 and has been re-elected for a further three year term. A retired psychiatrist, Rosemary's motivation as a governor is to give something back for the care she has received as a service user and to be part of making Derbyshire Healthcare services the best that they can be.

Lynda Langley, Public Governor, Chesterfield (re-elected)

Lynda has been a public governor for the last three years and has been re-elected for a further term of office. A retired Business Management Lecturer, Lynda has an interest in internal quality assurance and the standards required for an efficient workplace. Lynda has enjoyed visiting various wards and departments as part of the Trust's Quality Visit process and she is also a member of the Delivering Excellence Every Day award panel. Lynda looks forward to continuing to make a positive contribution in taking the Trust forward in what are demanding times for all areas of the NHS.



Julie Lowe, Public Governor, Derby City East

Julie is a recently retired Community Matron with 44 years' experience in the NHS, in both hospitals and the community. Julie's passion for caring first started at school, when she undertook voluntary work at Kingsway Hospital, which then led to a career in nursing. In recent times Julie has had extensive contact with NHS Trusts both professionally in her role as a nurse and caring for an elderly parent with Alzheimer's Disease.

Bob MacDonald, Public Governor, Derby City East

Bob describes healthcare as his passion, having previous experience as an NHS governor and being Chair of the Patient Participation Group at his GP surgery. Bob and his family have personal experience of some of the services offered by the Trust. He firmly believes that patients must be at the fore of all services offered and that being a governor will allow him to be part of the voice of patients. Bob has lived in Derby for the last 30 years.



Christopher Williams, Public Governor, Erewash

Christopher has a general interest in the Trust and is looking forward to representing Trust members and the public and sharing the views of the Trust with the Council of Governors. Christopher was first elected as a governor in 2011 when the Trust was granted Foundation Trust status.



Dr Farina Tahira, Staff Governor, Medical staff

Farina is one of the Trust's Consultant Psychiatrists and is a passionate advocate of quality improvement through innovation. Farina believes that a dynamic and responsive Council of Governors can be instrumental in embedding the right values and promoting a healthy culture in any organisation.

We also welcome the following governors who have joined us since the last Connections magazine was published in August 2018...



Rob Poole, Public Governor, Bolsover and North East Derbyshire

Rob is a retired primary school headteacher with over 30 years' experience as a school governor. Rob has lived in Derbyshire since 1977. He is passionate about the NHS and sees his role as public governor as an ideal opportunity to give something back to support our public services. As public governor Rob hopes to champion the needs of the local population. On a personal level Rob has a parent living with vascular dementia which gives Rob insight into their needs.

Carol Sherriff, Public Governor, High Peak and Derbyshire Dales

Carol has personal experience of mental health and learning issues through her family and work. She is aware how important early support and advice is and that we need to combat the stigma attached to talking about, and seeking help for our mental health. As well as a general interest in the work of the Trust, Carol has a number of particular interests in mental health and learning issues. Carol has a small business in the area and as such has contacts with other small businesses.



Wendy Wesson, Appointed Governor

Wendy is currently the Head of School of Nursing and Professional Practice at the University of Derby. Wendy trained as a nurse, and progressed to a career in District Nursing specialist practice. Subsequently, Wendy supported students on specialist community programmes as a Practice Teacher and Practice Educator. Wendy currently practises as a Hospice at Home Nurse for a local hospice alongside her academic role.

We say farewell to Carole Riley, Ann Grange, Paula Holt and Jason Holdcroft-Long who have recently left the Council of Governors. We thank our former governors for their time and contribution during their term of office.

Becoming a governor...

If you would like to be more involved in the work of our Trust, have you considered becoming a governor?

The Trust regularly invites its members to stand for election as a governor in constituencies throughout Derbyshire. You can find out more about the role by visiting www.derbyshirehealthcareft.nhs.uk and clicking on the 'Get involved' tab.



You can read more about all of the Trust's governors

at: www.derbyshirehealthcareft.nhs.uk/about-us/our-governors

Want to contact your governor...

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



Meet Lisa...

Lisa has struggled with alcohol misuse since she was 12 years old, and has experienced homelessness, depression and self-harm. Here Lisa explains how she coped with these issues and shares a personal insight into overcoming alcohol and drug misuse.

When did you start drinking?

I started drinking when I was 12. It became serious when I was 20 and was street drinking around 16 cans of 9% lager a day. I was living on the streets and in between hostels but I caught hypothermia and I had fits when I was withdrawing from alcohol. I had no contact with my family and I only weighed 5½ stone.

What was the first treatment you received and did it help?

I was receiving treatment in the community but I kept missing appointments and wasn't eating. I could feel my body shutting down and I was depressed and self-harming. I had lost 21 people that year to drugs and drinking. It felt weird – I knew I would be next and enough was enough. My support worker helped me to apply to rehab.

How did rehabilitation help?

On 18 February 2015 I was placed in rehab and started my detox. I was there for six months and I loved it. The support workers had been in treatment themselves so they knew what I was going through. People were friendly, we did group work and went on visits. Family members started to visit me and my voyage of recovery began.

What support did you need after rehabilitation?

I started to be given responsibilities and things to do to help my integration into the community. This took three months. It gave me structure, helped me to become honest through encounter groups and gave me a new respect for myself and those around me.

What happened next?

I moved back to Derby to live with my parents and started to receive support from the Derby Drug and Alcohol Recovery Service*. I attended an art group and then got more involved. I attended motivational groups and sessions that reminded me what I learnt in rehab; this still keeps me on the straight and narrow. I have also shared my experiences to help others with their recovery journeys.

How have the Trust services helped you?

Derby Drug and Alcohol Recovery Service keeps me active and gives me structure and confidence. Basically I feel that I am living again. I am in a women's football team and also completed the Derby 10k this year.

What are you doing now?

I am a peer mentor, which I love. I help and support people with addictions and because I have been there myself, I understand what they are going through. I support people with addictions, offer advice on rehab and accompany people to groups. I have befriended people and given them belief that they can recover, like I have.

What has really helped you in your recovery?

Derby Drug and Alcohol Recovery Service really helped me – it has given me life again. I have met new friends, I have my family back and I believe in myself. If it wasn't for the service I'm certain that I would be drinking again.

What are your plans for the future?

I have applied to become a Trust volunteer. I hope to work in a drug and alcohol service, continuing to help others with their addictions.



*To read more about the service visit the Trust's website: <http://www.derbyshirehealthcareft.nhs.uk/services/substance-misuse/> or click on the 'Services' tab followed by 'Drugs and alcohol support'.

Come and meet us...

The Trust will be represented at the following events:

League of Friends Summer Fayre, Saturday 6 July 2019, Kingsway Hospital Site, Kingsway Derby, DE22 3LZ from 1pm – 5pm

The League of Friends is a charitable organisation that supports the work of Derbyshire Healthcare NHS Foundation Trust. Visitors to the fayre will be able to enjoy entertainment including Caribbean Carnival dancers, clog dancers, live music, market and food stalls.



Derby Caribbean Carnival, Sunday 21 July 2019, from 12noon – 5pm

The Derby Caribbean Carnival is an annual arts, culture and recreational event planned and organised by the Derby West Indian Community Association. The event will include the procession as well as the park activities. The procession will start at the Market Place, ending up at Osmaston Park. You can read more about the Caribbean Carnival at: <http://dwica.co.uk/events/derby-carnival/>



Chesterfield Pride, Sunday 21 July 2019, Chesterfield Pride, Stand Road Park, Stand Road, Chesterfield S41 8SW, from 12 noon – 5pm

This annual family event celebrates Lesbian, Gay, Bisexual, Transgender + (LGBT+) culture. The event includes a main stage, market stalls and food outlets. You can read more about Chesterfield Pride at: <http://chesterfieldpride.co.uk/>

Derby Pride, Saturday 7 September 2019, Curzon Street, Derby, DE1 1LP, from 12 noon – 6pm

This annual family event celebrates LGBT+ culture and brings together the diverse communities within Derby and surrounding areas. You can read more about Derby Pride at: <http://www.derbypride.co.uk/>



Pictured: Deputy Chief Executive and Executive Director of Finance Claire Wright, Engagement Officer Shirley Houston and Involvement Volunteer, now governor, Christine Williamson at last year's Derby Pride.

The Big 1, Sunday 2 June 2019, Chaddesden Park, Derby, DE21 6LA, from 11 – 5pm



The Big 1 is a family fun day and offers a wide range of stalls and activities including an international food arena, dance, music, funfair, live entertainment and a dog show. You can read more about the event at: <https://www.derbylive.co.uk/whats-on/the-big-1>

Come and say hello. We will be giving out information on wellbeing, raising awareness about mental health and signposting. These events are an opportunity for Trust members and the public to meet us, find out about, and feedback on the Trust's services.

Further events the Trust will be attending will be promoted in Members' News, the Trust's e-newsletter for Trust members. Please share your email address with the Trust if you don't currently receive this.



Healthy: inside and out

Children's Mental Health Week 2019 explored the theme 'Healthy: Inside and Out'. The week focused on how we look after our bodies and our minds, and how this affects our overall wellbeing.

We asked Scott Lunn, Trust Clinical Lead for Children's Services, to explain why children need to look after their physical health and mental health. This article has been written in such a way that it can be shared with children and young people.

Being healthy isn't just about looking after our bodies. It's about looking after our minds too. This is called mental health – and it is just as important as physical health. The two are connected; a healthy body strengthens the mind.

When we are experiencing emotions like anger, happiness or nervousness, our bodies show it too. If we are angry, we may feel hot; if we are happy, we might feel energetic; if we are nervous, we might get butterflies in our tummy. This happens because blood moves away from the stomach to the brain, legs and arms in case you need to think or react quickly. That's how strong the link is between body and mind.

Health hacks!

There are simple ways we can improve our children's health:

Food: Try to eat a balanced diet with a good variety of foods including lots of fruit and vegetables. Remember:

- Foods like sweets, biscuits and sugary drinks will make your sugar levels rise but then fall rapidly, maybe leaving you feeling tired and irritable
- Eating regularly and choosing foods that release energy slowly, such as pasta, rice, oats and cereals, especially if you pick wholegrain or wholemeal varieties, will help to keep your sugar levels steady.



Be active:

Children need to get some exercise every day, whether it's playing football, running about in the park or walking to school. Getting active is great for everyone, but especially children. Here's why:



- Even 10 minutes' brisk walking improves your alertness, energy and mood
- Research shows that people feel happier, more awake and calmer after being physically active
- Having the habit of being active as a child is a great springboard for a healthier lifestyle as an adult.

Sleep: Many children and young people just don't get enough sleep, and it up to us as adults to make sure they don't stay up late watching TV or playing games. Don't forget:

- The National Sleep Foundation says that sleep, or lack of it, affects how we use language and how we pay attention to what we are reading and hearing
- Staying up late watching TV, gaming or staring at your phone

screen may harm your sleep patterns. The 'blue light' display stops you making melatonin, the hormone that helps you sleep. Have some time to unwind away from your screen before going to bed – doctors recommend at least an hour. This applies to adults as well as children!

If your child struggles to get to sleep, this relaxation technique, suggested by the mental health charity Mind, is a great way to unwind. It's good for parents too:

- Lie down or sit with your back straight. Close your eyes
- Clench your toes as much as you can for a few seconds then release them. Notice the difference between the two feelings
- Match this to your breathing. Squeeze your muscles as you take a deep breath in, and relax as you breathe out
- Move up your body to your legs, your stomach, shoulders and hands, clenching and relaxing each muscle. Notice any parts of your body that feel tight or tired. Repeat these steps if you need to.

Some useful websites for more ideas on how to stay well:

- www.place2be.org.uk
- www.childline.org.uk
- www.youngminds.org.uk
- www.mindful.org
- www.harmless.org.uk
- www.papyrus-uk.org
- www.time-to-change.org.uk/youngpeople





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

Thank you to everyone who submitted a nomination for the 2018 Delivering Excellence Awards, celebrating our staff and volunteers. In particular 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.



The compassion in practice award goes to... Anita Sudan, Highly Specialised Chartered Clinical Psychologist

Anita works in the South Derbyshire and Dales Adult Recovery team. She was nominated by a service user and also by their carer. The service user praised Anita for always being “patient-centred and passionate about her job, and 110% committed to her role and ensuring her patients receive the best possible care.” The service user added: “For the first time in 16 years I finally felt safe and in control of my own life. I feel this is a very important and empowering thing for anyone’s recovery journey.”

The volunteer award goes to...

Emma Roberts was chosen as the winner of the Volunteer Award. Emma is part of the Derby Community Parent Programme, which saw her complete 26 weeks' training in her own time, to support vulnerable expectant parents during pregnancy, labour, birth and the early transition into parenthood. This includes being on call for four weeks when the parent is due to give birth. She was described as "a uniquely special kind of person".



The inclusion and partnership award goes to...

Peer supporter and former service user Noel O'Sullivan. Noel has helped facilitate recovery courses and has had a lot of positive feedback about the way he shares his experiences. He has also been a great advocate for the Trust at Quality Visits and to the Trust Board. He helps organise activities at an evening group at a pub in Derby and has also set up an independent social group.



Delivering Excellence Every Day...

The Trust also runs a staff reward scheme called DEED – which stands for Delivering Excellence Every Day – where staff and service users are invited to nominate colleagues. The overall winner for the year was Health Visitor and Practice Teacher in Rosehill Localities, Marie White.

She won for her "effervescent enthusiasm and commitment" to Derby families. This included setting up and running the massively successful Operation Winter Coat, which sought to collect coats for children of all ages, from babies to teenagers, so that needy and vulnerable children in Derby could have a coat to wear in the cold weather. The project triggered a massive response from the public across Derby, with more than 1,500 donated coats distributed to families. Read more on page 13.

Marie's work delivering Christmas hampers, encouraging children to be active and training and supporting student nurses and health visitors was also mentioned.

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' tab in 'Latest News'.



Celebrate staff all year

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

Giving up smoking...

Thinking of giving up smoking? Commit to breaking the ritual with these top tips.

If you smoke, stopping is the best thing you can do to improve your health. There is no benefit to smoking. Smoking doesn't improve mental health or reduce stress. Ex-smokers and non-smokers consistently report feeling less stressed and happier than their smoker peers.

Nicotine in tobacco is the most addictive substance on the planet; more so than heroin and cocaine. There aren't many substances where users have to have 20 hits a day.

The reality is that trying to stop smoking is difficult and a learning experience. Ask any ex-smoker how many times they tried to stop and you will be surprised. Stopping smoking is about never giving up on giving up.

The best thing is to get specialist support. You're four times as likely to stop smoking with medication and behavioural support compared to going it alone.

Where to get help...

There are some great stop-smoking services in our area:

- Live Life Better Derbyshire (for anyone living in the county), 0800 085 22 99
- Live Well Derby (for anyone registered to a Derby City GP), 01332 641254
- Smokefree Life Nottinghamshire: 0800 2465343
- Quitready Leicestershire: 0345 646 66 66
- Yorkshire Smokefree: 0800 612 0011

What about electronic cigarettes?

E-cigarettes are thought to be 95% safer than smoking and can offer a different way for people to break free from tobacco.



Richard Morrow (pictured above), the Trust's Assistant Director of Public and Physical Healthcare shares his experience as an ex-smoker:

"For me the challenge was breaking the ritual. There were certain times and places where having a cigarette was as essential as my first cup of tea. Making deliberate changes and having a goal to focus on is the way to disrupt the habit. If, like me, you return to old ways, reset and go again. Be kind to yourself if you don't get there straight away."



Hampers of gifts bring joy

People spending Christmas week in the Radbourne Unit in Derby benefited from a range of gifts, thanks to former service user Emily's successful reverse Advent appeal.

Since 2015 Emily has organised a similar appeal each December, after spending time at the Radbourne Unit in Derby and realising that some of her fellow service users were missing out on nice toiletries and extra treats.

Each day in December Emily and her family and friends bought items that would be of use by patients in the Unit, from toiletries or edible treats to items to entertain and keep their minds positively occupied.

Colleagues at Derbyshire Healthcare NHS Foundation Trust, carers and service users also donated items, as did local churches and students and staff from the Mental Health Nursing team at the University of Derby. There was also sponsorship from Sanctuary Spa, Tiger Derby, Rebecca Louise Gifts, the Discount Bed Store, Body Shop and the McPin Foundation.



Emily is pictured with Trust Chief Executive Ifi Majid and Chief Operating Officer Mark Powell.



Marie White with just a few of the coats that were donated.

Operation Winter Coat helps keep Derby children warm this winter

No child should be going through the winter without a good, warm winter coat. This was what prompted Derbyshire Healthcare NHS Foundation Trust's Health Visiting Team to launch Operation Winter Coat in 2018.

Poster appeals and pleas on Facebook asked for donations of outgrown winter coats for children aged from babies to teenagers.

The response was amazing. Facebook posts reached up to 50,000 people and were shared hundreds of times. In total more than 1,500 clean, wearable winter coats were donated and passed on to needy families in the inner-city area of Derby served by the Rosehill Health Visiting Team.

Health Visitor Marie White, who organised the appeal, said: "Some children in our area do not attend school during the winter months because they do not have a winter coat to keep them warm. We collected more than 1,500 coats for children and teenagers, and that has had a major impact."



Running, jogging, pledging to mark Time to Talk Day 2019

Time to Talk Day on Thursday 7 February was marked across Derbyshire Healthcare NHS Foundation Trust. Rain and mud could not deter keen walkers and runners who celebrated the day with an inclusive RunandTalk event at Derby's Markeaton Park.

As many as 40 people, including Trust staff, service users and other members of the public, took part in the Markeaton Park event, completing a three-mile run, a 2.5 mile run/walk or a 1.5-mile walk. The event was organised by Derbyshire Healthcare NHS Foundation Trust with the bRUNch Club, which stages a weekly Thursday morning off-road run in

Derbyshire. The event was also supported by Jog Derbyshire and Derbyshire Mind.

And the plan is to make the runs a regular event, encouraging others to consider running and walking to benefit their mental as well as physical health.

Time to Talk Day aimed to bring together the 'right ingredients' to have a conversation about mental health.

The Trust also set up a Pledge Wall in the Ashbourne Centre, Kingsway Hospital, Derby, where staff posted promises about how they will influence the stigma of mental health as well as promising to have at least one meaningful conversation about mental health.

Trust Doctor to work with Olympic athletes and top football managers

Trust Consultant Psychiatrist Dr Allan Johnston has two exciting new roles in the world of sport.

He will be helping British athletes in the run-up to the 2020 Tokyo Olympics, and he has been appointed to advise on mental health to the UK's professional football managers and coaches.

Dr Johnston, based at Killamarsh Clinic, has been appointed to an expert panel put together by UK Sport and the English Institute of Sport as part of a new mental health strategy aimed at Team GB athletes.

He will work with 1,700 athletes involved in the Olympic and Paralympic games in Tokyo 2020 and Paris 2024 and the Winter Olympics in Beijing 2022. He said: "I'm humbled and privileged to join such a talented group of professionals supporting the mental health of our Team GB athletes."

And the League Managers Association has announced that he will be its first in-house Consultant Performance Psychiatrist. Dr Johnston said: "I'm hoping to improve the mental healthcare that football managers and coaches receive and use this as a platform to improve mental healthcare in general."



Nicola Adams, GB Olympic Champion boxer, with Dr Allan Johnston.

New website improves accessibility

Derbyshire Healthcare NHS Foundation Trust has recently launched its new-look, mobile-friendly website – please log on and take a look!

The website, which aims to be warm, welcoming and user-friendly, features details about all the Trust's services, along with information about our inpatient and community teams. There are sections offering help to service users as well as details of how to become a Trust member or governor and other ways to get involved in Trust activities.

A section about employment within the Trust focuses on current vacancies and the benefits of working for the Trust. There are also areas detailing the latest Trust news and information about Trust values and standards. The site also features an online directory of community support, called Infolink, which you can search by postcode.

The new external website can easily be viewed and used on a mobile smartphone, as the Trust recognises that this is the way many people access the internet.



People with visual impairments will find the site easier to use, as it has better accessibility tools. It is also easily translatable for those for whom English is not their first language.

Most pages will feature a chance to feed back your views via an optional "was this page useful" question.

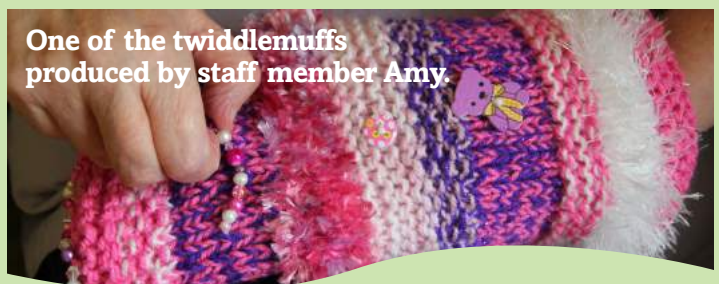
Search for Derbyshire Healthcare to find the site or go to www.derbyshirehealthcareft.nhs.uk

Knitting together our members

Thank you to all our Trust members who made twiddlemuffs and twiddle blankets for the Trust's dementia patients – these were gratefully received by patients on the Trust's dementia wards.

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

"We were delighted to receive so many twiddlemuffs and twiddle blankets, they have all been handed out to our patients – thank you! Due to the success of this project we are now welcoming any donations of twiddlemuffs that are free of metal so they can be used to soothe a patient while they are having an MRI scan. We would also welcome any masculine looking twiddlemuffs, which appeal to our male patients."



One of the twiddlemuffs produced by staff member Amy.

If you would like to make a twiddlemuff, please see page 15 of our August 2018 edition for the pattern.

Any completed creations will be gratefully received by:

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

Brain training time!

Have a go at a Sudoku puzzle.

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

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,
Membership Office,
Kingsway Hospital,
Kingsway, Derby,
DE22 3LZ or email

© MathSphere www.mathsphere.co.uk/ dhcft.members@nhs.net

Winner for Sudoku

Thank you to all those members who sent in the completed puzzle. Congratulations to Mr B E Barnes from Erewash whose name was drawn out of the hat. A small prize is on its way to you.

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.

Want to find out more about the Council of Governors?



More information on the Council of Governors can be found on the Trust's website: www.derbyshirehealthcareft.nhs.uk under the 'About us' tab.

Come and see your local governor in action

All members are welcome to attend and observe Council of Governors meetings. Our next meetings take place as follows:

- Tuesday 2 July 2019
- Tuesday 3 September 2019
- Tuesday 5 November 2019.

Meetings take place between 2-4pm in the Centre for Research and Development, Kingsway Hospital, Kingsway, Derby DE22 3LZ. If you would like to attend or raise a question, call 01332 623723 or email dhcft.membership@nhs.net.

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

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