

Connections

.....
January 2022, edition 11



Public consultation

on mental health services
for older people

INSIDE...

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- Governor elections – could you stand as a governor? – **p12**



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Making a
positive
difference

Welcome...

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

In this issue we have a lot to celebrate.

The winners of the Trust's writing competition, focused on the theme of 'Finding my calm during COVID', were announced at the Trust's Annual Members Meeting (AMM) in September. The entries received were amazing, with many people sharing their heart-felt experiences. You can read about the AMM on page 5 and the winners of the writing competition on pages 6 and 7.

We are keen to hear your views on improvements to our older people's mental health services. A public consultation began on 1 December and closes on 1 February 2022 – find out how you can be involved on page 4.

In this issue on pages 8 and 9 you can find out how we supported service users during the pandemic and in particular during the lockdowns. Service users have been busy gardening and getting creative. You can also read about some of the Trust's innovative work during the pandemic to support service users; see page 10.

During the spring we held governor elections for the Trust's Council of Governors and I am pleased to welcome our newly elected public governors to the Trust, see page 12. I am looking forward to working with them in their governor role. I would like to thank all the members who stood in the recent elections and to everyone who voted. The Trust is in the process of organising the next round of elections and I strongly encourage our members in the areas where the vacancies are to consider standing. Governors are volunteers and many have said how rewarding they find the role – please see page 14 to find out more.

The Trust is keen to learn about your experiences as a member of the Trust and we would be grateful if you could complete the survey on page 15.



Selina Ullah, Trust Chair

You can also find out a little more about me, on page 3, as I have recently been appointed as the new Trust Chair; replacing Caroline Maley who has recently retired. We wish Caroline all the best for the future.

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

Best wishes

Selina

**Selina Ullah
Trust Chair**

Meet our new Trust Chair

Selina Ullah officially started on Tuesday 14 September as the Trust's new Chair. Selina is, we believe, currently the only Muslim female serving as a chairperson of an NHS Trust.

Of her first impressions of the Trust, Selina said:

"I have had such a warm reception from everyone in the Trust, even before coming to meet people. Everyone has been so friendly and it has been so nice to see that everyone is comfortable being themselves in the Trust.

"I have definitely seen and experienced the Trust's values in practice, which is great and makes me excited to be working here."

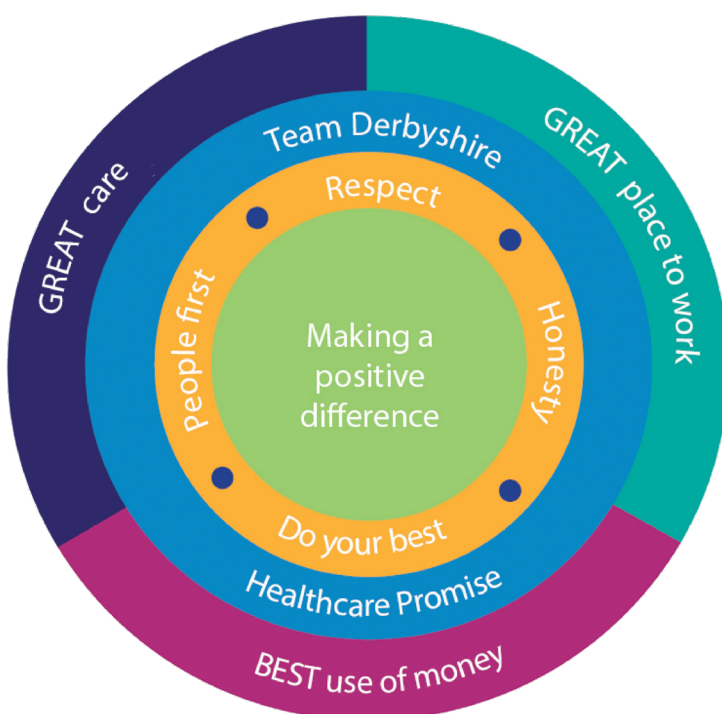
When asked what her hopes and plans were for her new role, Selina said: "I hope to offer support for the organisation to achieve its ambitions, and in particular work with colleagues and partners. Hopefully I can bring a fresh perspective on some issues.



"I am very people-orientated, so I really want to know about our services, and that we are delivering high-quality care. I think the acid test is always: 'Would I want a family member to use these services? Would I be comfortable knowing that a loved one is using them?'

"I want to help to ensure that the Trust is at the forefront of what's happening. Services such as mental health and learning disabilities have been overlooked, so a key thing is that our partners understand the critical role that we play. The nature of our services means that their impact can be much longer-term. Health is only one aspect of a person's life, and we need to think more holistically, so that we are thinking about other aspects of their life and work with partners to deliver joined-up care.

"There is also the issue of health inequalities for people with mental health issues or learning disabilities, and we need to work to reduce those variations. Mental health services cannot do that alone, it's about a joined-up system of working."



Trust vision, values and strategic objectives

To find out more about Selina and other Trust Board members, visit the Trust [website](#).



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We need your views: public consultation on mental health services for older people

A consultation has been launched asking local people to share their views on proposals to relocate two inpatient (hospital) services supporting older people with mental health conditions to new facilities in the county.

Inpatient services for older people with functional mental health conditions such as depression, anxiety and psychosis are currently provided by our Trust from two locations in Derbyshire.

In **north Derbyshire**, these services are currently provided on Pleasley Ward at the Hartington Unit, on the Chesterfield Royal Hospital site. Pleasley Ward also cares for working age adults, and national guidance indicates that services for adults and older adults should be provided from separate facilities. The proposal is to relocate the older adult service from Pleasley Ward to **Walton Hospital**, also in Chesterfield, where they will be provided from a modern, high-quality ward with single en-suite rooms, in line with best practice. Walton Hospital currently offers inpatient services for people with dementia, and there would be several benefits of having all inpatient services for older adults on one site.

In **southern Derbyshire**, inpatient services for older people with functional mental health conditions have historically been delivered from a ward at London Road Community Hospital in Derby. In June 2021 these services were temporarily located to Tissington House, a modern unit at **Kingsway Hospital** in Derby. This temporary move has brought the older people's functional mental health services onto the same site as facilities that support people with dementia in southern Derbyshire. This consultation proposes to make this a permanent move.

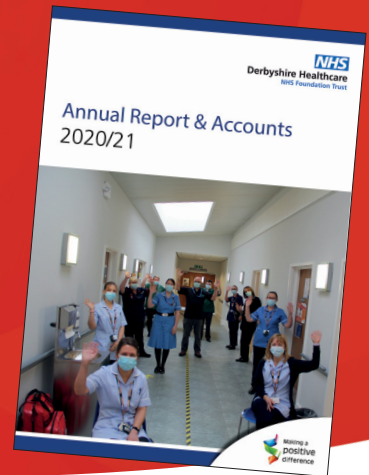


Share your views

Visit the [public consultations page](#) on the Trust website to find the full consultation document and a link to a [survey](#) for submitting feedback. You can also share your views by contacting NHS Derby and Derbyshire Clinical Commissioning Group: ddccg.enquiries@nhs.net.

As this service is specific to a small number of current service users, and the services will continue to be provided in the future (just from a different location), it is proposed that this consultation will run for a 60-day period **until 1 February 2022**.

Reflecting on our AMM



Due to the COVID-19 pandemic, the Trust's 2021 Annual Members Meeting (AMM) took place virtually on Thursday 9 September with feedback that it had been really interesting and informative. Attendees were really moved when the winning pieces for the writing competition were read out.

The Trust's governors, who had a key role in arranging the AMM, were in attendance.

The meeting began by showcasing two developments: the Derbyshire Mental Health Helpline and Support Service (see page 10), which was established in response to the pandemic and is now a permanent freephone service available to everyone living in Derbyshire; and the Trust's COVID-19 vaccination hub, which vaccinates Trust staff and patients (see page 10).

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

- Challenges faced by the COVID-19 pandemic
- The Trust's annual report and accounts
- Recent achievements, including:
 - Establishing the 24/7 mental health helpline and support service
 - Introducing video appointments using 'Attend Anywhere'
 - Establishing a Specialist Autism Team
 - Launching our ChatHealth text messaging advice service for young people and their families in Derby
 - Development of the Trust's vaccination hub
 - Collaborative working with our partners within the local health and care economy
 - Progressing plans to eradicate dormitories in our acute inpatient services and to develop a new Psychiatric Intensive Care Unit
- Priorities for the 2020/21 financial year
- The Trust's roadmap out of lockdown.

The AMM also formally adopted the Trust's Annual Report and Accounts, which can be viewed on the Trust's [website](#) under 'about us', 'who we are', 'annual report'.

The meeting closed with the announcement of the winners of the writing competition on the theme of 'finding my calm during COVID'. Further information on the writing competition can be found on pages 6 and 7.

Save the date: Annual Members Meeting 2022

The Annual Members Meeting for 2022 will take place on Wednesday 21 September. Further information will be shared with members nearer the time. It is hoped that this will be a face-to-face event in Derby.



Colleagues at our vaccination hub



Finding calm through our writing competition



Our Trust launched a writing competition on the theme of ‘finding my calm during COVID’ last summer, inviting people in Derbyshire to share their experience of how they have coped during the COVID-19 pandemic – and at the same time helping raise awareness of our services and challenge health stigmas. Living through the pandemic and experiencing three lockdowns has been challenging for us all. Many of us have put coping mechanisms in place to deal with these stressful times and we were keen to share your experiences and celebrate your achievements.



The entries were all of a very high standard. There were four winning prizes and the eight finalists were invited to attend the Annual Members Meeting (AMM). All the shortlisted entries were published in a finalists’ booklet which is available to read on the Trust website (www.derbyshirehealthcareft.nhs.uk) under ‘About us’, ‘Latest news’.



Successful local author and poet, Leonie Martin was the Trust’s guest judge for the competition. Leonie sat on the judging panel alongside Marie Hickman, Library and Knowledge Manager; Caroline Maley, Trust Chair; Rob Poole, Public Governor; and Leanne Walker, Expert by Experience;

On her experience of being part of the judging panel, Leonie Martin said:

“As an author, poet and Writing for Wellbeing facilitator living with a disability, creative writing in all its many genres is integral to managing my own wellbeing, offering space for reflection which enables me to flourish.

It has therefore been both humbling and inspiring to read these wonderful writing competition entries.

“Creating and sharing words and feelings in a written form can be terrifying when your confidence is low and anxiety running high – as it was for so many over this past unprecedented time of pandemic. Every single writer who entered this competition deserves acknowledgement and recognition. The scope and quality of entries was truly moving, depicting vivid experiences and personal sources of calm discovered in the midst of turmoil. It was incredibly hard to judge and pick out a short list from such candid words of resilience and hope – in both the prose and poetry sections.

“As a former service user of Derbyshire Healthcare NHS Foundation Trust, I began writing as a tool for facilitating my own recovery and wellbeing. I would therefore urge all participants to value the words they have created in this ‘Finding my calm during COVID’ competition and to continue their writing journey within their different communities if they too find that it helps them to flourish.”



And the winners are:

Georgie Lazzari

for her piece 'Resilience found my calm'. The judges said that Georgie's entry had

“An engaging title and was a narrative journey of self-awareness and gratitude touching on the experience of anxiety, problems with relationships, coping with change, finding new direction. Powerful and inspiring for others to read.”

Amanda Lord

for her poem 'Le chat noir'. The judges commented that

“Even without the beautiful graphics this poem would have stood out, with its distinct voice and use of short stanzas packed with metaphor and lyrical language. The tone of gratitude really shines and underpins the sense of calm.”

Amber Ruby Phoenix-Browne

for her poem. The judges remarked that

“This writer stuck closely to the remit of the competition and used structure, rhythm, rhyme and repetition, weaving in the different senses to paint an engaging, personal picture offering comfort and hope to others.”

Madeleine Roche

for her prose. The judges observed that Madeleine's piece was

“An evocative picture of the writer's 'safe space' of calm, with some beautiful imagery including the overarching metaphor of the log burner. The 'amber glimmer of their love' and the 'marigold light' paint a vivid picture for the reader.”

The winners received a national book voucher and certificate. Congratulations also go to our highly commended writers...

Nicola Lewis, Samantha Winson, Thomas Comer and Annabelle Hodgkinson. Congratulations to everyone! Very sadly Annabelle has recently passed away and we have dedicated the finalist booklet in her memory.

We hope that the finalists entries will help others to find their calm places; and help challenge stigma around mental ill health, learning disabilities and wider services provided by the Trust.

Thank you to everyone who submitted an entry to the competition. We were overwhelmed by the number of people who shared their experiences, which were often very personal and emotive subjects.



Supporting our service users through the COVID-19 pandemic

Living through the COVID-19 pandemic has been challenging for many of us, particularly for people who are staying at the Trust’s acute units. Here we share with you how people have spent their time whilst in our care.

From seed to plate...

The Hartington Unit’s Recreation Team run a weekly gardening session in the Hub garden, where patients explore, learn and develop skills to support recovery.

The Hub garden provides a space for patients to engage with nature and grow food in a safe environment. It has allowed people to come together to grow and harvest vegetables that can be used in cooking groups such as healthy eating and ‘food and mood’ sessions which are supported by Occupational Therapists and the Dietetic Team. A patient who regularly attends the gardening group said, “It has made a massive difference to have the opportunity to get off the ward and get fresh air; helping to grow the vegetables has given me a structure, routine and a sense of achievement whilst being in hospital”.

The garden includes a sensory flower bed, so other groups such as mindfulness and relaxation sessions have been delivered in the calming environment, with the aid of home-grown lavender. The lavender has also been used to make eye cushions that are used in mindfulness and yoga sessions, and to aid sleep.



Stevie, the Unit’s therapeutic rabbit, can often be found in the garden and is a valued part of the therapy services.



Patients are involved in the daily care of Stevie, which has proven to be an effective therapeutic intervention. Comments from patients who have helped to look after Stevie have included: “Stevie helps me feel less stressed and relaxes me when I hold her” and “Stevie gives me a sense of purpose and meaning”.

Fortunately, during the pandemic, colleagues at the Hartington Unit were able to continue therapeutic interventions in the garden. Having access to the garden area throughout lockdown has been welcomed as, for some people, this was the only time they were able to access outdoor spaces. A lot of work has taken place over the last 14 months, and further colour has been added by planting a variety of bedding plants that specifically attract wildlife such as bees and butterflies. To prepare for the coming winter months, perennial plants have been planted such as fuchsias, hydrangeas and cordyline shrubs.



Going forward, the plans are to grow bedding plants so that patients can make up hanging baskets that can be purchased by staff and visitors in the spring and summer months of 2022.

Millie Jepson, Senior Occupational Therapist at the Hartington Unit says:

“Our hub garden connects our patients to nature and helps them focus in a peaceful space. It reduces stress, improves mood and improves patient’s overall wellbeing by releasing endorphins, which has been much needed throughout the COVID-19 pandemic when patients were limited in where they could spend time. For patients, the garden and our pet rabbit Stevie, has allowed them to have a place to work on improving social interaction, distracting from their own difficulties and building a routine in a time where they were restricted by the pandemic.”



Keeping that creativity going...

During the COVID-19 lockdowns, patients staying at the Radbourne Unit were unable to get together in the communal areas to take part in activities – which they really missed. The Recreation Team at the Radbourne Unit were keen to keep patients occupied despite the restrictions that were in place. As a way of helping patients to feel connected, the Team joined in some of the virtual art workshops run by Hospital Rooms a registered charity that helps people feeling isolated to get creative. On each ward, service users were encouraged to join in the weekly digital art sessions using iPads. The activities included marbling, collages, drawing and painting. Patients of all abilities took part and enjoyed trying something new.



The Team found that service users relished doing different activities and were coming to them asking, “What’s the workshop this week?” As lockdowns eased, communal areas in the unit were re-opened and the Recreation Team began facilitating small groups face to face; people

loved being able to step away from the ward again to join in the groups and to socialise. However, numbers for the groups were restricted in order to keep people safe.

Fast forward a few more months and the Recreation Team arranged for Derby Quad (a registered charity) to come into the Unit to facilitate a variety of art and craft workshops for small groups, which gave patients the opportunity to be creative and socialise. Feedback from patients was positive, and included: “It was very entertaining, it took my mind off other things”; “a perfect distraction from a busy ward”; and “before the session I was feeling really low – but now I feel SO much better”. Of the patients who took part in the groups, 47% said they felt a bit better and 53% of service users said they felt a lot better.

Of the groups, Rio Memmory, the Recreation Team Coordinator said:

“Most people, including staff, have experienced and still are experiencing anxieties around COVID-19 so being able to engage in activities, whether it be art, crafts, playing games or just coming to us for a chat has really benefited everyone and helped to make people feel a little more at ease. Recreation is a massive part of people’s stay in hospital and we love being the ones who add that bit of hope and glimmer to their time here.”





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Innovations during COVID-19 to support our patients

During the COVID-19 pandemic, there has been a need for social distancing to keep people safe and to decrease the spread of the virus. The Trust has worked hard to keep patients safe and to support them. Here are some examples of the Trust's innovative work:

Trust named as fourth-highest Midlands user of video appointments

At the beginning of the pandemic, clinicians in the Trust responded to the challenge of often not being able to meet patients face to face by using a specially designed virtual platform, called Attend Anywhere, which enables them to speak to and see services users in a COVID-safe way via a secure video channel. Colleagues within the Trust have carried out an amazing 44,333 video consultations with patients since the start of the COVID-19 pandemic.

Recently the Trust has been named as the fourth-highest user in the Midlands of Attend Anywhere. Figures show that, between January 2021 and October 2021, more than 13,000 consultations have taken place. A large number of patients who have used the service have fed back that they were able to communicate what they wanted and that their needs were met. Going forwards, patients will be given the option of using Attend Anywhere as well as face to face appointments wherever possible.



The Trust's Vaccination Hub

The Vaccination Hub began in March 2021 and, to date, over 3,530 staff and patients have received COVID-19 vaccinations there. For patients who are particularly anxious about getting vaccinated, the Hub has focused on making sure that the environment is comfortable by introducing music and soft lighting, and longer appointments with no waiting, to put people at ease. Vaccinators have also visited people at home on occasion.

What service users said about the Hub:

“It has been good as I can bring Shadow, my dog, and there are not lots of people around to make a fuss of her and disturb her. It's really quiet here and that's been great.”

“You and your colleague are absolutely brilliant nurses and very compassionate and knowledgeable when it comes to the needs of those with mental health issues and disabilities.”

Derbyshire Mental Health Helpline and Support Service

The helpline and support service, run by Derbyshire Healthcare NHS Foundation Trust in partnership with the charity P3 and Derbyshire Federation for Mental Health, was launched in April 2020 for the people of Derbyshire who were experiencing increased distress or anxiety during the ongoing COVID-19 pandemic. Not only does the service provide support around mental health, but you can also talk through practical issues that may be causing concern.

The telephone service is now a permanent free phone service (0800 028 0077), available 24 hours a day, seven days a week. The service has been very successful with over 2,000 calls per month.

For more information about the support line, please visit www.derbyshirehelpline.com



Derbyshire Healthcare
NHS Foundation Trust

“I have used the service a few times since it opened. I have found the service invaluable and had a very positive experience of the help and support offered.”

Call the mental health support line on **0800 028 0077** - we're open 24 hours a day, seven days a week.



Connecting with our young people in Derby: ChatHealth one year on!



We asked our Children's Services team about the progress of the ChatHealth service for Derby's parents and young people

What is ChatHealth?

ChatHealth is a secure and confidential text messaging service for parents and young people in Derby city. It allows young people and parents to get in touch with a healthcare professional for advice and support. The service is covered by school nurses and health visitors during working hours.

Moving into the virtual world

The Derby 0-19 Children's Services were working with [ChatHealth](#) before the pandemic started. However, the introduction of the service was accelerated due to the need for social distancing and the reduction in face to face services during the pandemic. It is an excellent way for our parents and young people to contact us.

When was the service launched?

The service was launched in July 2020 at the beginning of the pandemic. The service has been widely promoted and we have received nothing but positive feedback from our parents and young people.



Is the service popular?

To date we have received over 6,450 text messages from parents (of children aged 0-19) and over 1,075 messages from young people (aged 11-19).

What do young people ask about?

For young people, in the main, they are contacting us about their emotional or mental health concerns. They have also asked us about relationship problems (including family and friends), drug and alcohol use, sexual health, bullying, sleep and body image.

What do parents ask about?

For parents, the list is a lot longer, but the majority are around feeding (breast, bottle, nutrition or weaning) or bowel and toileting issues. Other things discussed include: parents' mental health, speech and language, sleep, behaviour, development, and coping with an unsettled baby.

"I loved [my adviser] she was probs the nicest person I've 'spoken to' in a long time"
"Thank you for help!"

Young people's feedback:

"Every time I have contacted you, my query has been addressed and resolved. Thank you, it's a great service" **"Very helpful service putting a new Mum at ease"**

Parents' feedback:

Of the service Hayley Darn, General Manager, Children's Services said:



"This service is a great innovation, and something which was pivotal in our COVID-19 response. Being able to communicate with young people whose schooling was disrupted was key, as was keeping in touch with families who were experiencing their own impacts due to the pandemic. We see this is a key part of our service delivery model going forward. The feedback is great and the commitment from our teams to launch and maintain this has been outstanding.**"**

More information on ChatHealth is on the [Trust website](#). Click on the 'Services' tab and select 'Family health – Derby city'.



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Governor update

Introducing your new public governors...

We are pleased to welcome three newly elected public governors to the Trust's Council of Governors, who joined us in June:

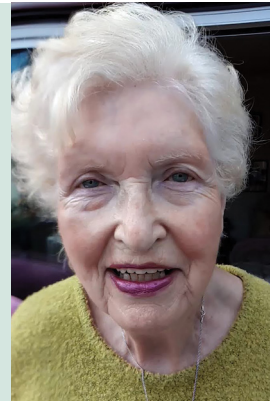


Rob Poole, Public Governor, Bolsover and North East Derbyshire

Rob 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. He feels strongly about our healthcare service and believes that the NHS is at a critical stage in its history and that the COVID-19 pandemic has shown the enormous debt owed to the NHS and its workforce. This is Rob's second term as a public governor.

Ruth Grice, Public Governor, Chesterfield

Ruth brings a wealth of skills and knowledge of mental health to the governor role. Ruth feels that the isolating effects of the COVID-19 pandemic mean that we need to reach out to even more people with urgent mental health issues to reduce the risk of suicide. Her personal goal is always to see lives empowered whether that be staff, management, service users and their family members, and those who care for them. She is passionate about equality and person-centred care within the NHS.



Chris Mitchell, Public Governor, High Peak and Derbyshire Dales

Chris was a social worker and manager for more than 40 years. He retired from his role during the pandemic and cares for his son who has Down's Syndrome and Autism. Through his work and being the parent of a service user, he is familiar with services and what they should be. Chris believes that the demands placed by the pandemic on a stretched NHS and its overworked staff has made life extra tough for people who are dependent on it for their treatment.

Our new governors bring a wealth of skills and insight and we look forward to working with them over the next few years.

We say farewell to Carol Sherriff and Kevin Richards who have recently left the Council of Governors. We thank our former public governors for their time and contribution during their term of office.



See your local governor in action!

All members are welcome to attend and observe Council of Governors meetings. Our meetings for this year are as follows:

- 1 March 2022
- 6 September 2022
- 10 May 2022
- 1 November 2022

All meetings will take place from 2.00pm and are currently planned as virtual meetings due to the national requirement for keeping people safe.

Any changes will be posted on the Trust website: www.derbyshirehealthcareft.nhs.uk.

At Council of Governors meetings, the Trust's governors and Trust's directors meet to discuss issues and to give feedback from their constituents. These meetings are open to the public. If you would like to attend the next meeting or raise a question, please email dhcft.membership@nhs.net or call us on 01332 623723. The agenda and papers will be available online in advance of the meeting, along with the link to join the meeting.

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.

Want to contact your governor...

Contacting your local governor is a key way to get involved in our work and ensure that we provide the best possible care and treatment. You can contact your local governor by emailing dhcft.governors@nhs.net (please say where you live, so we can forward on your message to the appropriate governor) or by calling the membership team on 01332 623723.



Interested in becoming a governor?

Then see page 14 for information on the Trust's forthcoming public governor elections.



We need you... stand in the Trust's forthcoming public governor elections

Derbyshire Healthcare NHS Foundation Trust is a provider of mental health, learning disabilities and substance misuse services in Derby city and Derbyshire county. We also provide a wide range of children's services.

Could you be a governor?

Would you like to become involved in developing and improving the Trust's services? If so, make a difference and put your name forward to be a public governor. The Trust's governors (who are volunteers) have an important role, working alongside Trust staff to represent the needs and views of their local members, with a shared aim to improve the delivery of local NHS services.

We are 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:

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

As a governor you will:

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



Of being a governor, Lynda Langley, Lead Governor and Public Governor for Chesterfield said:



“Being a Governor is a great opportunity to get involved in influencing the Trust's services now and in the future.

“I am very proud to have been able to represent members' interests and work on their behalf to improve services by providing an important link between local communities and the Trust.”

Interested?

The best way to submit a nomination is online www.cesvotes.com/DHFT2022 where you can upload your election statement, photo and get instant confirmation. Or you can email: fnominationenquiries@cesvotes.com, telephone: 0208 889 9203 or text: 2FT DH and your name and address to 88802.

Nominations open from Wednesday 19 January 2022 until 7 February 2022.

For more information on the governor role, please email dhcft.membership@nhs.net or call 01332 623723 for an information pack. You can also learn about being a governor on the Trust's website: www.derbyshirehealthcareft.nhs.uk – under 'Get involved', 'Become a Trust governor'.

Who can stand in the elections?

You must be a member of Derbyshire Healthcare NHS Foundation Trust and be over the age of 16. If you are not a member, it is simple to join by completing the online form on the Trust's website www.derbyshirehealthcareft.nhs.uk – under 'Get involved', 'Become a Trust member'.

Trust Members

we need your views!

We are keen to learn about your experiences as members of the Trust. In particular, we would like to understand how you prefer to receive information and updates from us and what subjects you would like these to cover.



1. Do you enjoy reading and receiving Members' News, the monthly e-newsletter?

Yes No Don't receive it

(Please insert your email address in the box below so that you can receive a copy.)

Comments

2. Do you enjoy reading and receiving Connections magazine for members (produced twice a year)?

Yes No

Comments

3. How would you prefer the Trust to communicate with you? (For environmental and financial reasons, we are looking to reduce the use of printed materials.)

Email Text Post

Comments

4. What information is useful to you as a member?

Trust news and developments Information about our services Invites to events
Information about the work of our governors Opportunities to get involved as a member

Other (please specify)

5. Are there any issues/comments relating to the Trust that you would like to share with governors?

Yes No

Comments

6. Do you know how to contact your governor(s) if you need to?

Yes No Not sure

Comments

We would be grateful if you could spend a few minutes completing this very short survey. This will help us to develop our communication with you. You can complete the survey online <https://surveys.derbyshcft.nhs.uk/s/JIS523/> email your answers to dhcft.membership@nhs.net or post the completed survey to: **Freepost RRGK-SRZC-JZAB, Membership and Involvement Manager, Executive Corridor, Ashbourne Centre, Kingsway Site, Derby, DE22 3LZ.**

Brain training time!

Have a go at a Sudoku puzzle.

					7		
3	9		7		8	5	4
8	6			5	4		
9		6		4	7		
1	3	4	2				9
	5	8	1		9		4
5	4		9	2	3		8
				7		9	5
					1		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 puzzle book, email your completed puzzle, along with your name and address to dhcft.membership@nhs.net or post to:

Freepost RRGK-SRZC-JZAB, Membership and Involvement Manager, Executive Corridor, Ashbourne Centre, Kingsway Hospital Site, Kingsway, Derby DE22 3LZ.

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Celebrate staff all year

Experienced great care from one of our staff? Nominate them through our Delivery Excellence Everyday Scheme (DEED) recognition scheme. It's quick and easy, and everyone who is nominated will be considered for the DEED colleague or team of the month award culminating in being put forward for the annual awards. Complete the short online form at www.derbyshirehealthcareft.nhs.uk/get-involved/celebrate-our-staff.

You can now nominate teams for the award. Just click the team box on the online application form. Anyone struggling to access or complete the form can also submit a nomination by telephone, call: 01332 623723.



Let's get virtual and help us save trees!

During the COVID-19 pandemic we are sure our members are taking every opportunity to keep in touch virtually with family and friends. We are keen for our members to keep in touch with us virtually too and ask that you **share your email address** with us so you don't miss out on receiving regular updates on the Trust. Send your email address to dhcft.membership@nhs.net so we can update your records. Help us to keep you more regularly informed; and at the same time help us to save printing and postage costs, and the planet, by reducing the use of paper.

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

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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

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Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z dhcft.communications@nhs.net

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اگر آپ کو یہ معلومات کسی مختلف زبان یا وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں dhcft.communications@nhs.net