

NEWSLETTER

Living Well Derbyshire Derby Wellbeing

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Welcome to the second Living Well Derbyshire/Derby Wellbeing newsletter

This edition

Living Well is made up of different organisations including healthcare, social care and the voluntary, community or social enterprise (VCSE) workforce. This newsletter edition will focus on the roles provided by our VCSE organisations.

Recap of the new service

Living Well Derbyshire and Derby Wellbeing are aimed at assisting those who fall through the 'gaps' between primary care (often first point of contact such as GPs) and secondary mental healthcare, (often specialised services which need a referral) or people who need support with different aspects of their life that can affect their mental health, such as housing advice, loneliness support or physical

healthcare needs. The multi-agency team includes Peer Support Workers, Wellbeing Coaches, Social Care Practitioners, Occupational Therapists and Community Psychiatric Nurses. Our VCSE organisations employ both our Peer Support Workers and Wellbeing Coaches.

Peer Support Workers will...

Support individuals accessing the Living Well service through using their own lived experience of mental health difficulties. Each of the Peer Support Workers will work alongside other professionals in the team to add personalised support for individuals that would benefit from it. Some of our Peer Support Workers are currently working through the ImROC (Implementing Recovery through Organisational Change) training where they are learning new skills on how to support individuals and inspire hope through their experiences.



Wellbeing Coaches will...

Offer coaching type support to individuals accessing the Living Well service and will be there to support individuals with things such as exploring, setting and working towards goals and with daily living skills.

The Voice of Lived Experience

Living Well and Derby Wellbeing value learning from lived experiences. We work with Mental Health Together, an engagement service in Derby and Derbyshire. Part of the work Mental Health Together do is gather feedback on the new Living Well services.

Thank you to colleagues who have recently gathered feedback and thank you to people who have shared their experiences. These include the following:

When I started going to see the Derby Wellbeing team, they **listened** to what I had to say and **supported me** with things I needed, like filling forms in as I'm not very good at stuff like that. It was more that they listened to me and what I was saying. Other people put words into my mouth, I went to say something, and they would finish my sentence for me. If I wanted to say anything to the mind therapy people (Derby Wellbeing), **they listened and advised** me on things they thought I needed advice with.

They are great, they listened, were supportive, and offered values and **opportunities to explore** the source of my issues, suggesting checking the areas that possibly I haven't considered so far that might be a trigger to my mental health problems that I have or have been having.

Communication is very good, the sessions are organised frequently enough, always **around my availability**, which is something I appreciate as I work different shifts. I have established a **rapport** with the person I am working with and it's a very smooth co-operation.

It also made me have to **come out of the house**, to go and visit them because they were going to come and visit me at home, and I decided that I was going to go to their office. I had a lot of trouble coming out of my front door. So, I thought to myself, if I have to go to them, I would have to get out of the door.



How to get involved in the collaboratives

Each local area has a collaborative, which is a group which includes people with lived experience of mental health difficulties, health colleagues, the voluntary sector, local authority, commissioners and providers - all working together on behalf of the wider system to reimagine the future of community mental health and look after the health and wellbeing of our local community. They meet once a month to discuss things such as how Living Well can be supported by the system, explore local services, challenges, connect to local communities, as well as issues such as tackling health inequalities.

The collaboratives are a very valuable space to the Living Well programme. People who have an interest in health in their local area are welcome to join the meetings. To find out more, please contact Ellen Parr, Commissioning Manager, on ellen.parr1@nhs.net.

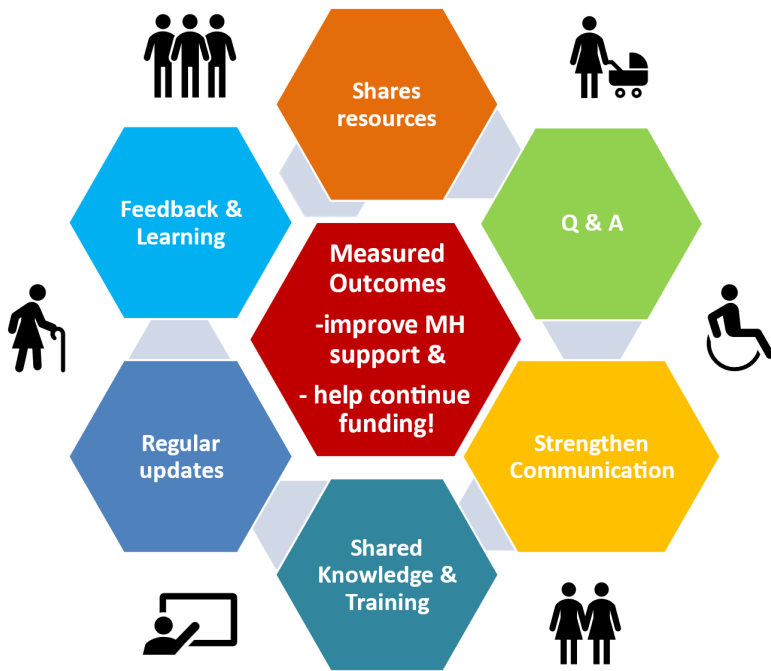
“Please join in this opportunity for real conversations and connections to support and build on existing partnerships.

“We are learning from feedback and experiences as we develop, and will focus on what we can achieve by coming together and actively engaging service to service or person to person.

“Please keep bringing your ideas, community needs, plans, opportunities to engage and asking questions to shape this mental health reform - this is your chance to impact on the transformation of mental health provision across our county.”

- Mandy Goodall, Living Well Locality Co-ordinator

Benefits of joining a collaborative



Further Information

For further information, please visit www.livingwelderbyshire.org.uk or follow us on Twitter [@Livingwellteams](https://twitter.com/Livingwellteams)

