

NEWSLETTER

Living Well Derbyshire Derby Wellbeing

Good news edition!

Living Well Derbyshire (serving Derbyshire county) and Derby Wellbeing (serving Derby city) offer short-term care packages of up to 12 weeks for people who may be too unwell to be supported by their GP, but do not meet the criteria for a Community Mental Health Team service.

The Living Well/Derby Wellbeing teams include people from health, social care and voluntary sector organisations to ensure people using the service can access a range of support to help them to keep well within their community.

Reflecting on 2023...



North East Derbyshire and Bolsover Living Well away day

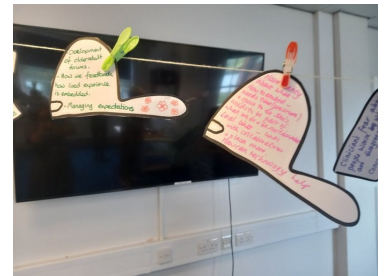


The programme team at Chesterfield Pride

Derbyshire Dales Living Well away day



The 'super-collaborative'



Birmingham jobs fair



Some of the Living Well feedback and achievements from 2023

Achievement

Re-launch of High Peak Living Well service offer

Achievement

Key benefits developed:

People - A person won't have to tell their story more than once. Faster flow through services

Teams - Long term ambition of a positive impact on referral numbers. A chance to work in new ways

Carers - Increasing community resilience. Less pressure solely for those who provide care.

Achievement

Development of new e-learning module for new team members

Achievement

Expansion of Derby Wellbeing service in Derby city

Derby Wellbeing feedback:

"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. If I wanted to say anything to the mind therapy people, they listened and advised me on things they thought I needed advice with."

Achievement

Increase in engagement with the teams and stakeholders, meaning a greater understanding of the service model

High Peak feedback:

"A person was introduced and discussed at the daily huddle meeting. As a result of this, their records were able to be reviewed by a psychiatrist, where it was identified that the person would benefit from some input from a community psychiatric nurse to explore the most appropriate clinical support that could be offered. This was an outcome the person was happy with."

Feedback from the teams:

"It has been great to work more closely with professionals and workers I wouldn't have generally seen that regularly."
"It feels like we're working how we've always wanted to."
"Management in our team has been excellent and supportive."
"Practice induction was really informative."
"The huddles have provided a good link to the different members of the team."

Achievement

Launch of new practice inductions for the multi-agency teams

Coming up in 2024

- Launch of Living Well services in North East Derbyshire & Bolsover, Amber Valley, Erewash, Derbyshire Dales and South Derbyshire
- Greater engagement with primary care colleagues
- Trials of moving into phase two - where people can self-introduce and move between the short and long-term services.

THANK YOU!

A massive thank you to all partners, colleagues, experts by experience and stakeholders who have supported the Living Well teams throughout 2023. Here's to a wonderful 2024!

The Living Well / Derby Wellbeing programme team

Further information

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

A reminder about the collaboratives - your chance to get involved!

Each local area has a collaborative, which includes people with lived experience of mental health difficulties, health colleagues, the voluntary sector, local authority, commissioners and providers - 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.

To join your local group, please contact Ellen Parr, Commissioning Manager, on ellen.parr1@nhs.net.