

October 2023 newsletter

Joined Up Care Derbyshire is the name for Derby and Derbyshire's Integrated Care System (ICS). This newsletter is produced bi-monthly; past editions can be found [here](#).

Five "guiding policies" will "reset" local NHS

The NHS in Derby and Derbyshire has agreed far-reaching changes that will "reset" the way it will work over the coming five years.

The plan sets our five "guiding policies" that all NHS organisations will follow:

- More resources for prevention of ill health
- Empower local teams
- More control over your care
- Improve productivity and efficiency
- Use data and intelligence better

This policy has been agreed in NHS Derby and Derbyshire's plan five year plan for 2023 to 2028, called the Joint Forward Plan.

Chris Clayton, NHS Derby and Derbyshire Chief Executive, said: *"We must change the way NHS services are provided in our area.*

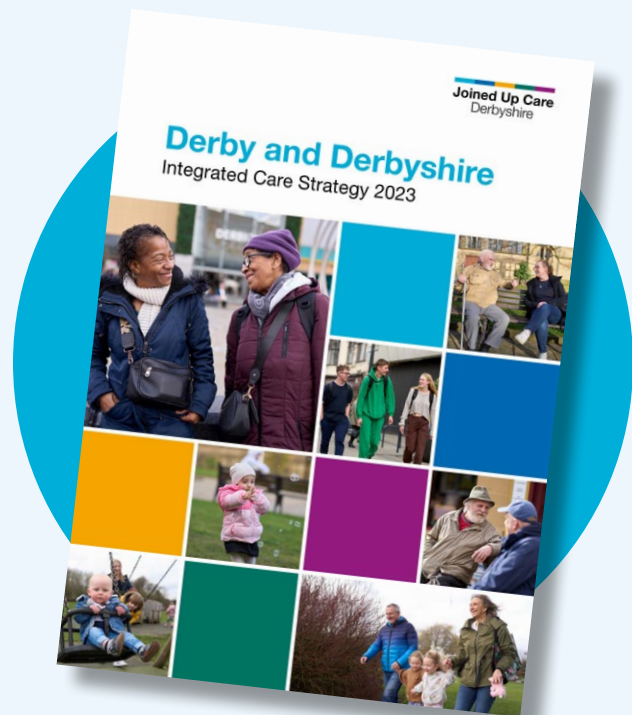
"We need to put more resources into helping people to stay well, and to manage and treat any ill health or disability they do have.

"As more people live longer with multiple conditions we must also work in an integrated way – NHS staff alongside council social workers and care workers, and with voluntary and community organisations.

"Working together will not only help people to live as healthy a life as they can, it will also be more efficient and allow us to use NHS resources to achieve the greatest benefit possible."

An [easy to read summary](#) is available on the Joined Up Care Derbyshire website and covers:

- The five key policy areas
- Where we will invest
- Priorities
- Actions
- "What this means to me"



Working Well programme will help people into a job

Adults who have a disability will be helped to get and keep a job through a new programme.

Nottingham City Council, in partnership with Derby City Council and Nottinghamshire County Council, have led a successful bid for £5.3m of Government funding.

This project - called Working Well East Midlands - will aim to support 2,600 residents with disabilities and long-term health problems to receive employment support.

There are more than 57,000 people not working due to long-term sickness across the partnership geography, with 10,300 in Derby alone. The programme, developed in collaboration with health partners and due to start in September, aims to bridge the gap between healthcare services and employment support, empowering people to overcome barriers and lead fulfilling working lives.

It will provide comprehensive support to individuals using a technique called [Individual Placement and Support](#) (IPS), and will help people to choose and find the right job, with ongoing support for the employer and employee to help ensure the person keeps their job.

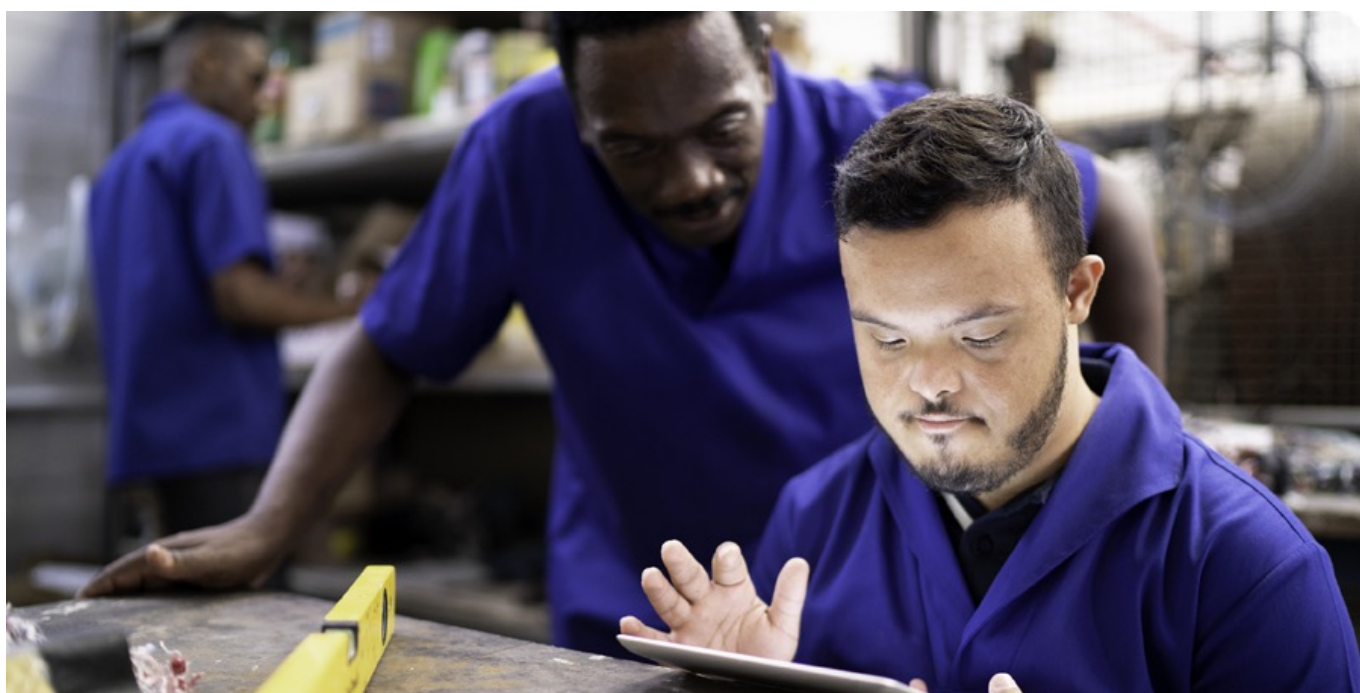
- IPS uses a personalised and strength-based approach to support people to find a job of their choosing.

- IPS is based on 8 principles which include a focus on competitive employment, rather than volunteering or sheltered work, zero exclusion, it is open to all who want to work, and has close integration between employment specialists and health teams.
- IPS aims to help people find paid jobs and then continues to work with both employer and employee to sustain the job placement for as long as possible, or to help the client into a different job.
- IPS directly tackles the lack of integration of healthcare and employment services and the disconnection of different specialists by integrating employment specialists into health teams.

Councillor John Whitby, Cabinet Member for Children's Social Care, Learning and Skills at Derby City Council, said: *"Around a third of Derby citizens struggle to find work because of disability or illness and we know that being in regular work can have positive effects on people's health, so this will be a very valuable service."*

"This programme will empower people living with health conditions to find and stay in suitable and satisfying work and improve the lives of people in our city."

To understand how best to connect and benefit from the programme delivery in Derby city, please email Sabina.Talib@derby.gov.uk



Derbyshire Director of Public Health Annual Report



This year's [Director of Public Health Annual Report](#) has now been published. It looks at the mental health and wellbeing of the population of Derbyshire and contains information on support services and examples of the work that the public health team supports.

The report looks at what is mental health and wellbeing and what can impact on it. It examines in detail its role in the life course, and the effect of covid-19 and of cost of living pressures.

It also looks at population mental health and how Derbyshire's public health team have collaborated with partners, organisations and communities to offer help and support to more people more of the time.

The report concludes with next steps and recommendations and information on sources of help, advice, and support.

The report is published on the [Derbyshire Council website](#).

Updated Quality Conversations Programme

This is free training which helps you to have conversations that lead to real change.

It is available to all staff and volunteers across Derby and Derbyshire in acute care, primary care, community and voluntary services, social care, and voluntary services.

The "core" training is a single 3-hour session with a focus on the social determinants of health, listening skills, communications skills, and health coaching approaches. You will gain expert tips and advice tailored to your needs and be able to practice the techniques in small friendly groups. These techniques and skills are a foundation to build on, with our new and exciting 'spotlight sessions'.

The 'spotlight sessions' are 90 minutes, based around specific areas to allow you to tailor your training to meet your individual needs. These sessions enable staff to dive deeper into specific areas of communication, health coaching and behaviour change.

The training is virtual and delivered over Teams. Groups are small and there will be time and space to practice your new skills in virtual break out rooms. Participants also receive a supportive resource manual with more in-depth information to support learning beyond the sessions.

Training dates and booking links are on the [Joined Up Care Derbyshire website](#). Please direct any questions to dchst.qualityconversations@nhs.net.



Making Room for Dignity: new healthcare facilities update

Derbyshire Healthcare's exciting new-build and refurbishment plans, including the acute mental health inpatient units at Kingsway Hospital in Derby and the Chesterfield Royal Hospital site, are progressing well, with the new facilities flying up!

Two ground-breaking ceremonies took place earlier this year for the new 54-bed mental health units being built at Kingsway Hospital in Derby and in the grounds of Chesterfield Royal Hospital.

The new facilities will include therapy spaces, gardens with open spaces and sensory rooms and are a great way of supporting service user recovery.

The Making Room for Dignity programme team, working alongside staff, service users and carers, have worked hard to include as many of these spaces as possible in the new healthcare facilities.

Nick Richards, the programme's lived patient experience lead, has worked with service users and carers from different backgrounds to understand more about their therapeutic and sensory requirements whilst staying on the wards.

Nick said: *"Open areas with fresh air and natural sunlight are so important in aiding recovery. Our services users tell us that being able to leave the ward environment and go into a sensory space or garden and get fresh air is something that really enhances their wellbeing."*

The new units were named in line with suggestions from staff, service users and carers.

There were some clear themes and preferences, with most suggestions received for the two new acute units being based on geographical areas within Derbyshire.

In contrast, it was clear that people wanted a different type of name for the new Psychiatric Intensive Care Unit (PICU) with many suggestions focused on types of birds, trees and flowers.

Colleagues, staff and service users were also asked for views on whether to change or keep the names of the Radbourne Unit and Audrey House when they are refurbished for their new use. Most people voted for both names to remain, therefore there will be no changes to those unit names.

Many people also took the opportunity to suggest new names for our wards, as well as names for the units.

The voting was open to staff, service users, members, stakeholders and the public, and closed earlier in the summer.

As a result:

- The new adult acute unit in Chesterfield will be called the Derwent Unit with Sycamore, Oak and Willow wards
- The new adult acute unit at Kingsway Hospital in Derby will be called the Carsington Unit with Wren, Dove and Robin wards
- This will sit next to our new Psychiatric Intensive Care Unit or PICU, which will be called Kingfisher House
- The Blue Ward at Walton Hospital will become Bluebell Ward when it opens for our older adult patients
- The new wards at the Radbourne Unit will be called Jasmine and Orchid wards, once the refurbishments are complete.



Primary Care Networks help to provide better GP services

Primary Care Networks (PCNs) are playing an increasingly important role in helping to provide better access to GP surgery services and care for patients.

Set up in 2019, there are now 18 PCNs in Derby and Derbyshire, covering natural local population sizes of between 100,000 in Erewash and 32,000 in South Dales.

This scale is small enough to provide personal care valued by both patients and GPs but large enough to have significant impact and economies of scale through better collaboration between practices and others in the local health and social care system.

A key role for PCNs is to employ and provide staff who support the GPs in their practice.

These 18 additional roles include pharmacists, health and wellbeing coaches, physiotherapists, paramedics, mental health practitioners and care coordinators.

When the scheme started in 2019/20, PCNs in Derbyshire had £917,094 to spend on additional roles. In contrast, the budget for 2023/24 is £26,340,697. To date, PCNs have recruited the equivalent of 461 additional health care professionals.

Other services provided by Primary Care Networks include:

- Extra appointments between 6.30pm and 8pm on weekdays and between 9am and 5pm on Saturdays
- Medication reviews with patients
- A weekly visit to care home residents, using a regular GP and wider team
- Implementing systems for better early cancer diagnosis
- Connecting patients to a social prescribing service
- Proactively identifying people who have high blood pressure
- Tackling health inequalities by ensuring people who have a learning disability are offered a health check and ensuring data on ethnicity is recorded

PCNs are led by a clinical director. They may be a GP, general practice nurse, clinical pharmacist or other clinical profession working in general practice.

Derby and Derbyshire Integrated Care Board engages with the Derbyshire clinical directors monthly at the Derbyshire Primary Care Leadership Group.

Supporting those affected by dementia who are under the age of 65

People who are aged under 65 and affected by dementia are now able to benefit from the support of a specialist advisor.

The aim of the Younger People with Dementia project is to ensure there is a clear and collaborative diagnostic process and pathway which is specific to those with young onset dementia.

Lisa Byrne is the Young Onset Dementia Advisor, and will consider the special attention needed for young onset dementia sufferers, their needs with regards to the transition between the assessment service and beyond, and will offer information and advice to both pre and post diagnostic cases.

She will also work collaboratively with others to provide comprehensive services that are age

appropriate and meet the needs of the younger person with dementia and their families.

Another aim of the project is to look at how to collaborate with people with a young onset dementia diagnosis and involve them in the development of age-appropriate services and how to consider, plan and provide access to age-appropriate and meaningful activities. We aim to enable younger people and their families to remain engaged in their communities, and retain and develop relationships and social interaction.

If you'd like to know more about this exciting project, please contact Lisa at Lisa.byrne@alzheimers.org.uk or call 01332 208 845.



Shared Care Record will help people receive the right care for them

The Derbyshire Shared Care Record is a new confidential computer record that joins up different elements of health and social care records as part of a national programme to create a more comprehensive and up-to-date record about you.

It is a safe way to keep all of your electronic health and social care information in one place. This makes it easier and quicker for staff, such as GPs, nurses and social workers to provide you with the right care.

When your care is spread between different providers, this can lead to separate records that do not present a holistic view of your health and wellbeing as information in different records may be duplicated or incomplete.

The shared care record may include:

- Your up-to-date personal contact details and care needs
- List of diagnosed conditions – so health or social care professionals have a better understanding of your needs
- Medications – so everyone treating you knows what medicines you have been prescribed past and present
- Allergies – to make sure you are not given medicine that might give you an adverse reaction
- Test results – to inform all professionals and avoid duplication
- Referrals, clinic letters and discharge information – to make sure the people caring for you have all the information they need in one place and avoid citizens having to repeat information themselves.

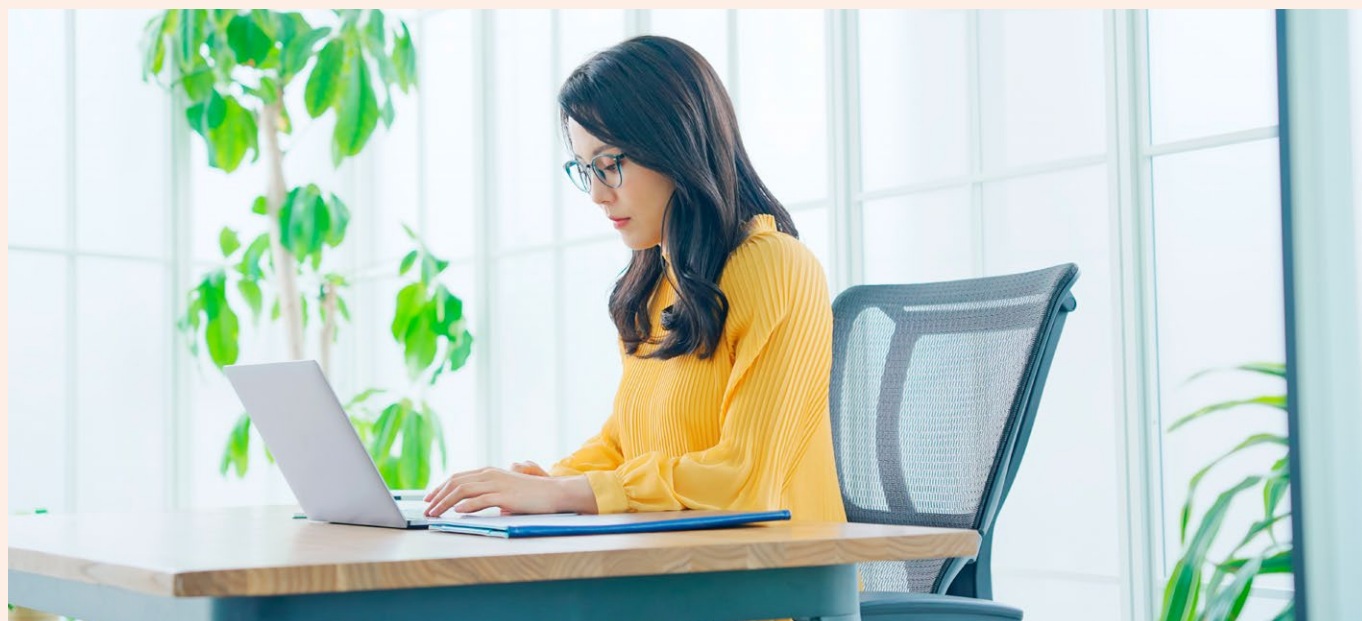
The Derbyshire Shared Care Record allows visibility of a citizen's history across health and social care, providing assurance that those involved in their care are well informed and aware of recent emergency attendances.

It can be particularly valuable at the end of life, which should be planned according to each individual's priorities.

Professionals should talk with patients and their loved ones about why they believe a person to be in the last days of life and what is important for each individual at this precious time.

In the planning phases for the shared care record is the ability to record end of life care details.

It will record a citizen's wishes and preferences so they can be shared with the many health and social care professionals who provide their care.



New hospice service keeping local patients at home

A brand-new hospice service in North Derbyshire is supporting local patients to stay in the comfort of their own home as they near the end of their life.

The Roaming Car service – launched by Blythe House Hospicecare and Helen’s Trust in summer 2023 – provides urgent care for patients over the age of 18 who have a life-limiting illness such as, but not limited to, cancer, heart disease or lung disease.

The service runs from 10pm until 7am, 7 days a week, 365 days a year, enabling a nurse and a healthcare assistant to provide nursing care, symptom management, psychological and emotional support, personal and catheter care, and verification of an expected death.

Shane O’Reilly, hospice Chief Executive, explains: *“We have run a successful Hospice at Home service for eight years, providing planned care, day and night, for people in their own home. We have seen the demand for this service grow but we have also seen first-hand the need for an urgent response service, to help keep people at home.*

“We know that, when given a choice, many local people would prefer to be cared for in their own home. The challenge is that, for people with life-

limiting illnesses, as their condition deteriorates, so can their symptoms, and many people end up going to hospital when there was potential to be treated at home.

“Often, patients may experience painful or distressing symptoms in the middle of the night, causing huge concern for worried loved ones, and it may take several hours to get medical support

“With help from our community to raise vital funds, we were able to launch the new Roaming Car service in June 2023.”

Since then, the service has supported 72 patients by providing 163 episodes of care. Many of these interventions will have avoided the need for ambulance transfers, A&E department input, or hospital admission. It helps to keep patients where they wish to be: in the comfort of their own home with their loved ones beside them.

The team works collaboratively with GPs, community services and many other health and social care providers, as well as other night-time service providers such as NHS 111 and district nurses, ensuring that patients get seen by the team best placed to help them, as quickly as possible.

To find out more, visit the [Blythe Hospice website](#).

Pictured are Tracey Vaughan, left, and Ursula Bown, right



Recovering Together project

The Kelsey Family Community Interest Company (CIC) was created with lived experience of alcohol addiction at its core.

Steph Kelsey said: *“Almost 2 years ago I dropped my husband off at a private drug and alcohol rehabilitation facility.*

“A secret battle with alcohol addiction had left him struggling physically, mentally, and emotionally, and the only way he saw to make it all stop was to take his own life.

“Over 600 days later, he is still alive, my children still have their dad and as a family we are in recovery.

“We made the decision to do it together and although support was out there for us all independently, we found there was a huge gap in services for families who wanted to recover collectively to ensure long term recovery.”

The vast majority of people after treatment are thrown back into life after either living institutionally or undertaking treatment within the community. Entry back into treatment can be out of a lot of people’s grasp at this point due to financial implications, mindset, or availability.

The Recovering Together project aims to address the underlying issues of recovery which are sometimes missed through existing provision of treatment and support.

Substance Misuse is a family disease. It is not only the user that suffers at its hands but partners, children, friends, colleagues and other family members. It attacks, permeating what historically were happy homes, causing serious emotional, psychological and physical effects on everyone. This creates negative feelings of guilt, and shame which contribute to continued solitude which has a huge detrimental effect on maintaining long term recovery.

By using positive psychology, the Recovering Together project focuses on utilising the strengths of those involved and it allows families and those in recovery with a clear support network, to recover together.

Following a referral and an initial screening appointment, the project offers an individualised support package, which can include:

- Provision of family activity boxes
- Health and wellbeing activities
- Positive psychology based coaching sessions to establish positive thinking and effective decision making
- Workshops designed around managing recovery and building social connections
- Delivering advice in regard to education, skills training, volunteering and employment

For those individuals living or organisations working with individuals in the Derbyshire County Council area, please get in contact for a fully funded referral/self-referral form.



For those outside Derbyshire County Council we also operate Recovering Together as a privately funded service with some subsidiaries offered (subject to availability). Please get in contact for a private funded referral/self-referral form.

Contact: Steph Kelsey, 0773 333 5797, kffcic@gmail.com, Instagram @kelseyfamilycic, Facebook @kelseyfamily

Free training on tackling gambling-related harm

Free training is available for frontline workers who support Derbyshire residents affected by gambling related harms.

The training focusses on the state of play when it comes to gambling in the UK, its prevalence, harms and risk factors. It covers identifying those at risk, how to intervene appropriately in the short-term, and formulating action plans to ensure long-term recovery.

Find upcoming training dates, further information and how to register on the [Derbyshire County Council website](#).



10 years of supporting residents in South Derbyshire to feel less lonely and isolated



Staff at South Derbyshire Community and Voluntary Support

A befriending service is celebrating 10 years of supporting residents in South Derbyshire.

South Derbyshire Community and Voluntary Support (CVS) Connect Befriending Service is commissioned through Derbyshire County Council to provide long term support for people who are unable to connect to their community, isolated from their family or who are experiencing loneliness.

This vital service reduces the demand for people requiring support from other statutory services including Adult Care, GP surgeries, mental health and various other wellbeing agencies.

Connect Befriending was recently awarded the Quality in Befriending award from Befriending Networks and is a proud member of [Derbyshire Befriending Network](#).

Connect Befriending provides a unique service. Any adult living in South Derbyshire can access support for as long as is needed. The criteria for accessing the service is that people have limited contact from other sources of support such as friends, family and the community.

Research shows loneliness and social isolation are harmful to our health. Lacking social connections is

as big a risk to early death as smoking 15 cigarettes a day! Feeling lonely and isolated can also mean a greater risk of inactivity, risk taking, depression, sleep problems and cognitive decline.

Befriending services play a vital part in people living well, staying well and ageing well and not just through receiving support. Volunteer befrienders also report an improvement in their own health and wellbeing, with 70% of South Derbyshire CVS volunteers stating their wellbeing had improved knowing they are making a difference and the enjoyment gained from this as reported in the [Connect Befriending Impact Report 2022-23](#).

Post pandemic, SDCVS have seen a decrease of 80% in volunteer befrienders as people return to work and other commitments, but an increase of 140% in referrals, which highlights the extent of the problem, and the need to recruit more volunteers. If you or anyone you know would like to volunteer, please contact us at info@sdcv.org.uk or call 01283 219 761. Information on other befriending services in Derbyshire can be found on the [Derbyshire Befriending website](#).

Specialist advisers in hospitals support 300 smokers to quit

Derbyshire and Derby city patients are seeing the benefits of new treatment that tackles the taboos of tobacco addiction. Tobacco dependency advisors and hospital staff are providing effective behaviour change support alongside nicotine replacement therapy and other quit aids to support patients to stop smoking tobacco.

[Derbyshire County Council's Live Life Better Derbyshire](#), [Derby City Council's Live Well](#) and NHS Trusts across county and city implemented services from September 2022. The model, based on [Manchester's CURE project](#) reduces hospital admissions and saves lives.

Tobacco Dependency Treatment supports hospital inpatients, including pregnant women, and their partners and those with serious mental illness across Derbyshire and Derby city.

The partnership ensures all smokers admitted to hospital are referred on an 'opt-out' basis to a specialist Tobacco Dependency Advisor with the necessary skillset to explore the patient's motivation to quit. Behavioural support and Nicotine Replacement Therapy start at the patient's hospital bedside and continues for 12 weeks. Strong relationships have been built within Chesterfield Royal Hospital, Royal Derby Hospital and the Mental Health Trust.

Over 600 eligible patients have been supported and almost 300 of those have quit. Data is emerging on quit rates and the hope is that we will see an impact on hospital admissions.

The team aim to build on what has been achieved so far by ensuring all patients admitted to hospital are assessed for smoking status by developing robust relationships with our Trust partners, and regular promotion of the Tobacco Dependency Treatment service. This will involve having regular conversations

to continually challenge the status quo around perceptions of tobacco dependency to achieve the culture shift that will lead to a smoke free society.

'I was struggling with my life and your service has been a godsend for me. I feel like I finally have a chance to set my life back on track.'

'Thank you for your service today, my wife is now smoke free and all thanks to your help.'

From regular hospital admissions to being smoke free – Mrs B's story

The Tobacco Dependency Advisor saw Mrs B at Chesterfield Royal Hospital. As a long-term sufferer of Asthma and Chronic Obstructive Pulmonary Disease (COPD), Mrs B had required five hospital stays due to ongoing respiratory issues.

Contact was made with Mrs B on her discharge from hospital, where it was established that Mrs B had been smoking up to fifteen cigarettes a day. The discussion covered previous attempts to quit smoking, how to prepare for the quit and information about the best choice of nicotine replacement products. Mrs B purchased a vape to use alongside the patches to help with the hand to mouth action.

By week two of the support, Mrs B's breathing had vastly improved, and she was coughing less. By week four the thought of smoking rarely popped into Mrs B's head. At week five even though Mrs B experienced another chest infection, she did not require admitting to hospital, and the infection improved rapidly.

The team couldn't be happier with Mrs B's progress and five months on from our initial meeting there have been no further hospital admissions.



Self-care Top Tips

Self-care week takes place annually and this year falls on 13-19 November, so ahead of this we wanted to share some tips on how you can practise self-care and keep well as we enter into the winter months.

Having a medicines cabinet at home is the perfect way to make sure you are well prepared to self-care for you and your family. Here are some things you should keep in your medicines cabinet:

- A first aid kit with plasters, bandages, antiseptic wipes, tape, and eyewash solution
- Painkillers such as paracetamol or ibuprofen which are good for relieving headaches, period pains, joint sprains and bringing down temperatures
- Paracetamol and ibuprofen suspensions for children
- Antihistamine tablets and creams – these are brilliant to help reduce itching from insect bites, chicken pox, hay fever and allergic reactions to food and animals
- Oral rehydration salts to replace the electrolytes lost from diarrhoea and vomiting
- Indigestion liquids or tablets to help with symptoms of heart burn and acid reflux.

All the above items can be bought from your local pharmacy or supermarket. Be sure to read the patient information leaflets for instructions on how to take the medication and check the expiry of the medication. Remember to keep these medications out of the reach of children. You can speak to your local pharmacist for more advice.

Many common illnesses will get better on their own or can be treated with over-the-counter medications. Even if you are feeling quite unwell you don't always need antibiotics. For most people:

- Sore throats can last up to 7 days
- Colds can last up to 10 days
- Flu can last up to 2 weeks
- A blocked nose and cough can last up to 3 weeks.

If your symptoms do not improve within the expected time, then you should consider returning to the Pharmacy or calling your practice to see your GP or Nurse.

Pharmacies are a great community resource and can help support you and your family when you are feeling unwell. You can seek advice on many common illnesses and Pharmacists and their teams are trained to offer health advice including which medications will help or treat your symptoms and advise you on when to see a doctor if needed. Items bought from the Pharmacy are usually cheaper than a prescription from your GP Practice. Many pharmacies are also open late into the evening and over the weekends, allowing you to walk in and ask for advice at a time convenient for you and without the need for an appointment.

You can also visit [NHS 111 online](https://www.nhs.uk/111) for health advice if you're not sure where to go.



Derbyshire Maternity and Neonatal Voices: A Story of Co-Production

Derbyshire Maternity and Neonatal Voices (DMNV) is an independent multi-disciplinary advisory and action forum for maternity and neonatal services within the Derbyshire and Chesterfield areas with service users at its centre.

A team of parents, midwives and doctors come together to review and contribute to the development of local maternity care, by giving a voice to and learning from women and their families, by listening to opinions, concerns and comments on how maternity services are experienced and can be improved.

DMNV works closely with University Hospitals of Derby NHS Foundation Trust and Chesterfield Royal Hospital NHS Foundation Trust, constantly communicating with midwives, team leaders and key figures within the maternity and neonatal departments to bring improved maternity services. DMNV also holds meetings and collaborates with other Maternity Voice Partnerships in the wider region to share information and best practices.

Below is the experience of Anne Marie Matarrese, co-chair of DMNV:

“When I joined Derbyshire Maternity and Neonatal Voices as Co-Chair in April 2021, I was a newbie to ‘co-production’. There are huge benefits, such as creating services that are more efficient and effective, but it is also an incredibly rewarding and enriching experience to be a part of, working as equals with those who have lived experience, in designing and improving services.”

“We began as a very small team and have emerged as a strong knit, diverse and motivated group of volunteers, parents, midwives and health care professionals with 1,200 followers on Facebook.”

“Everyone brings their own experiences, perspectives and skills to the table. Many volunteers have joined because they are motivated by their own stories, both positive and negative. They are passionate about ensuring that the care offered to women, birthing people and their families is the best it can be.”

“As a group we have organised numerous listening events, coffee mornings and visits to maternity facilities, and attended hundreds of meetings and compiled many feedback reports.”

“I am particularly proud of the great relationships we have forged with local community groups and organisations, such as Connected Perinatal Support, the Asian Association of Chesterfield and Deaf-Initely Women. Understanding the incredible



Members of the Derbyshire Maternity and Neonatal Voices forum are pictured

work they do in our communities, everyone is united by a strong desire to ensure all voices are heard in the improvement of services.

“If I could sum up the essence of the feedback we have received to date it would be: more choice, personalised care, informed consent and better listening. It has also been heartwarming to hear so much praise for staff and the impact they have had on families during their maternity and neonatal journeys.”

“One of our biggest projects has been our work on induction of labour. Since late 2021, we have joined working group meetings at Chesterfield Royal and University Hospitals of Derby and Burton, conducted face to face and online listening events and launched a survey that received over 400 responses. Improved communication and informed consent are major themes running throughout the survey. Considering the rate of induction of labour in Derbyshire, sometimes reaching nearly 50%, the improvements resulting from our joint work will have a big impact on the experience of service users.”

“Now that I have stepped down from my role, I look forward to seeing the new co-chairs and volunteers drive our projects forward with new energy, skills and enthusiasm. Whether you are a parent, member of staff, clinical or non-clinical, I highly recommend getting involved. You will receive a warm welcome and make a tangible difference to maternity and neonatal services in Derbyshire!”

For more information, please visit DMNV's [JUCD page](#), [Facebook](#), [Instagram](#) or [DDICB page](#).



NHS and social care launches recruitment drive for 500 “reservists”

The NHS and social care in Derby and Derbyshire are recruiting reservists this autumn and winter.

Reservists are a bit like freelancers – working flexibly for health and care.

You sign up for shifts, earn some extra money at a time that fits around your schedule and make a positive difference to your community.

Joined Up Care Derbyshire is looking for people from all walks of life to work in health and social care either for NHS organisations, council social services, or for private or third sector organisations.

This is your opportunity to gain skills and experience in health and social care and give back to your community.

There are four roles that you could apply for:

- Essential assistant
- Clinical assistant
- Registered healthcare professional
- Registered vaccinator

You are not limited to one field of work within your reservist role, there are many different shift types that you can pick up in various areas if you'd like to do so.

You can book onto a shift in a location and a time that suits you based on your needs and lifestyle. All you have to do is book through our app onto a shift that fits into your schedule.

You'll be paid a competitive rate and you'll be supporting colleagues to provide excellent care for local people.

Dementia nurse Becky Haslam found that working additional shifts as a reservist at a council care home and as a vaccinator fitted in with her other commitments.

She said: *“I use an app, in the same way that I do with my bank shifts, see what's available and then put myself down for the shifts I want to do.”*

“It's been really interesting working alongside social care staff as a nurse. We both learn from each other and we work together as one team.”

Find out more about the job roles and express your interest on the [Joined Up Careers website](#).



Fifth Sense – transforming the lives of those affected by smell and taste disorders

Imagine not being able to smell smoke from fire, gas leaks, or food that has gone off. Think about the safeguarding concerns this could raise.

Imagine the impact on someone's wellbeing of not being able to enjoy food and drink, to "smell the roses," or their partner or children.

Significant numbers of people in the UK are affected by a smell and taste disorder that impacts their physical and mental health, wellbeing, and safety. Potentially around 1 in 4 people over the age of 65 have a poor, altered or no sense of smell.

[Fifth Sense](#) is a charity set up in 2012 with the sole aim of transforming the lives of those affected by smell and taste disorders, by providing information and direct support to individuals and families affected. It also works to improve knowledge and understanding amongst professionals through education and training.

Fifth Sense is offering free information sessions to help individuals and organisations better understand the impact that smell and taste disorders can have on people's health, wellbeing and safety to ensure that people affected by these hidden, under-recognised sensory impairments are given the support they need.

If you would like more information, please email Helen Rhodes on helen.rhodes@fifthsense.org.uk.



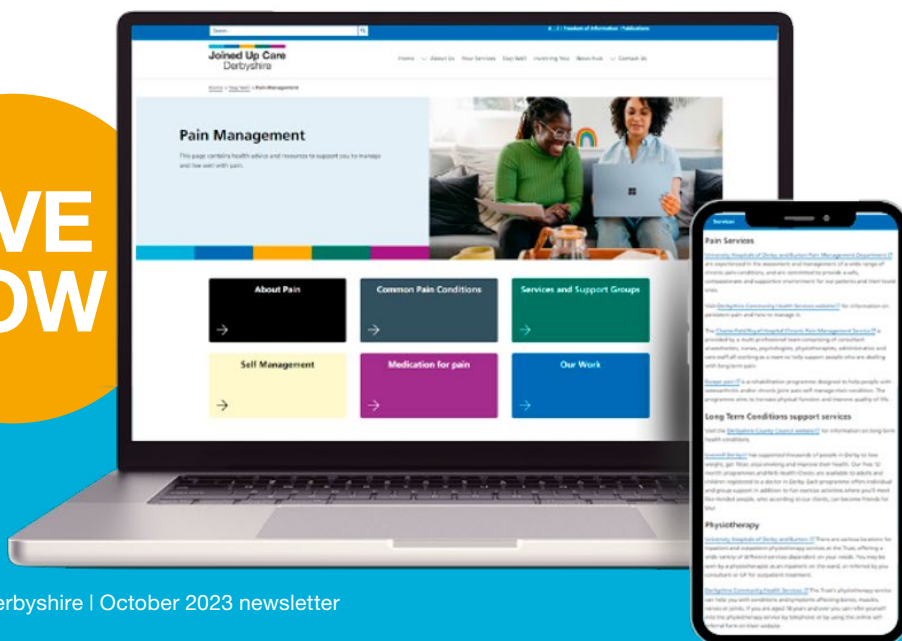
JUCD Resource for People Living with Chronic Pain

Do you live with chronic pain, know someone who does, or are you a professional who supports people with pain?

Living with pain can be overwhelming but help is available. We have created a [pain management resource](#) on the Joined Up Care Derbyshire website to provide information, resources, and a list of local support services and groups to support people living with chronic pain.

If you are a professional who supports people living with pain, we kindly request that you consider signposting your patients to our pain management webpage. The page offers information on the different types of pain, common pain conditions, resources to self-manage pain, information on pain medication, and a list of pain services in Derby and Derbyshire, as well as support groups and mental health support.

We would love to hear your feedback on this resource, for example if you have found it useful, feel there is something missing, or if you have a resource that we could add. Please email ddicb.communications@nhs.net.



NEW Autumn Wellbeing Timetable to support JUCD Colleagues

The Joined Up Care Derbyshire (JUCD) Wellbeing Team provides a comprehensive range of health and wellbeing services to support JUCD health and social care colleagues across Derbyshire and North Staffordshire.

As part of the service offer, the Wellbeing Team has launched a [NEW Autumn Wellbeing Timetable](#) - a series of workshops, webinars, courses, clubs, activities, and dedicated colleague-support cafes, delivering advice, support, and useful information to help keep colleagues healthy, safe and well in all aspects of life.

Following feedback on what impacts colleagues' everyday health, increased support has been provided for psychological health and financial matters and a wealth of new support sessions have been added to the timetable. This includes:

- Increased **financial support** - bespoke webinars covering mortgage advice, debt management, bill prioritising, budget planning and pensions. Plus the popular Energy Saving Workshop, from Marches Energy
- **Gambling support** and advice - delivered by GamCHAT, with further options for counselling available
- **Alcohol Effects** - obtain advice and support on the effects of alcohol, including help to reduce the number of units consumed
- Importance of **Vitamin D and Seasonal Affective Disorder (SAD)** - understand how the change in weather and daylight can have a significant psychological impact
- **Climate Café** - delivered by the Climate Psychology Alliance
- Extended **Menopause support** - NEW weekly Menopause Yoga sessions, delivering specially adapted yoga practices, breathing techniques & mindfulness to help colleagues manage menopause symptoms
- **Mental Health Training Support** - regular Mental Health Conversation training sessions + Suicide Awareness training, alongside monthly drop in sessions to support Mental Health First Aiders
- **Holistic Self-Care** - NEW workshops covering Emotional Freedom Techniques, Headache Soothing and overcoming Negative Thinking Patterns
- **Neurodiversity, Inclusivity and Musculoskeletal** - targeted support continues this quarter for these key areas, delivered through a popular range of physical activity classes, cafés, and support groups

Locating or joining a webinar from the Wellbeing Team's extensive list has been made easier with a handy filter added to booking platform, [Bookwhen](#), alongside a standalone document containing a full list of webinars, arranged in date order.

Sessions are delivered virtually and/or face to face across various JUCD locations and many of the sessions are recorded to support those who are not able to attend at a set time. All support sessions are provided free for JUCD colleagues, and they are designed to suit all levels and abilities with options and modifications offered to suit.

For more information, download the new [Autumn Wellbeing Timetable](#).

Bookings can also be made via the team's [easy online booking platform](#).

If you work for JUCD or one of its constituent organisations and would like to find out more about the wellbeing support available, please visit the [JUCD Wellbeing website](#) or call the team on 01332 787 703.

Your Wellbeing Timetable
Wellbeing
Joined Up Care Derbyshire
2nd Oct to 29th Dec 2023

Monday
Resistance Band Strength Exercise 07:30-08:00 Virtual
Nyctons Support 09:00-09:00 Virtual
Leg Strength Exercises 11:00-11:30 Virtual
Fit Stop Men's Mental Health 12:00-13:00 Virtual
Headache Soothing Techniques 21 Oct 12:00-12:45 Virtual
Emotional Freedom Techniques "Taps" 12:00-12:30 Virtual
Breathing for Ear Wax and Phlegm 4 Nov 12:00-12:30 Virtual
Legs, Bums & Tums 15:00-15:30 Virtual
Book Club 9 Dec 4 Dec 10:00-11:45 Virtual
Neurodiverse Cafe 18 Dec, 28 Nov, 18 Feb, 14:00-14:45 Virtual
Weight Management Group 19 Oct, 19 Nov, 19 Dec 14:00-14:30 Virtual
Salsa Dancing Beginners 14/18/21/23 Regular 17:15-18:00 RHD
Matter Dooodle Club 17:00-18:00 7 Nov, 19 Dec 5 Nov, 4 Dec RHD & Virtual
9 Oct, 18 Nov, 11 Dec GHB

Tuesday
Fitness Boost 07:30-08:00 Virtual
Sleep Workshop 24 Oct 10:00-10:30 Virtual
Yoga for Lows Covid and Anxiety Health 10:30-11:00 Virtual
The Importance of Vitamin D 7 Nov 10:00-10:45 Virtual
Duck Stitches for Neck Health 11:00-11:20 Virtual
Bedside Consults 13:00-13:50 Virtual
Walking Champion Support 14:00-15:00 Virtual
Menopause Cafe 17 Oct, 21 Nov, 19 Dec 14:00-15:00 Virtual
Menopause Practitioner Q&A 2 Oct, 7 Nov, 2 Dec 14:00-15:00 Virtual
Headache Soothing Techniques 19 Dec, 16 Nov, 16 Dec 14:00-14:45 Virtual
Tasha Tanah RDH 17:00-19:00 Virtual
Help with Seasonal Affective Disorder 7 Nov 18:00-19:00 Virtual
Legs, Bums & Tums 18:30-19:00 Virtual
Air Arts Staff Choir 19:00-20:30 6 Nov, 4 Dec RHD & Virtual
9 Oct, 18 Nov, 11 Dec RHD & GHB

Wednesday
Menopause Yoga 08:00-08:50 Virtual
Christian Network Morning Reflection & Prayers 08:30-09:00 Virtual
BAME Menopause Cafe 25 Oct, 29 Nov, 20 Dec 12:00-12:45 Virtual
LGBTQIA+ Menopause Cafe 18 Dec, 9 Nov, 15 Dec 12:00-12:45 Virtual
Financial Wellbeing with Money Helper UK 8 Nov 12:00-12:45 Virtual
Meditate and Stretch 12:00-12:50 Virtual
Remote Workers Support Network 11 Oct, 8 Nov, 13 Dec 12:30-13:00 Virtual
Hormone & Reproductive Health Group 13:30-14:30 November Virtual
Mentor for Gut Health 29 Nov 16:00-16:50 Virtual
Benevolence Support Group 25 Oct, 29 Nov, 27 Dec 14:30-15:00 Virtual
Zumba 17:00-17:45 Virtual
Q&A Pilates 17:00-17:50 Virtual
Zumba & Tons 17:00-17:45 Virtual
Zumba 17:15-18:00 RDH
Chair at The Royal 19:15-21:15 Club
Air Arts Inaugural Club 19:30-21:30 Virtual

Thursday
Kettlebells 07:30-08:00 Virtual
Virtual Sexual Care 5 Oct, 7 Dec 09:30-10:30 Virtual
Return to Work Following Ill Health 10:00-10:45 Virtual
Manager & Leader Menopause Mentoring Support 12 Oct, 9 Nov, 14 Dec 10:00-11:00 Virtual
Supporting Your Team with a Stress Certificate 18 Oct 11:45 Virtual
Yoga 13:00-13:30 Virtual
Seated Fitness 13:00-13:30 Virtual
Mental Health First Aiders: Meet & Support 19 Oct, 16 Nov, 21 Dec 12:00-12:45 Virtual
Beak Care Pilates 13:00-13:30 Virtual
Psychic Drop Symposium (Q&A) Webinar 9 Nov 16:00-14:45 Virtual
Returning from Maternity Leave Peer Support Group 28 Oct, 30 Nov, 28 Dec, 18:00-19:00 Virtual
Read From Home Conversation Table 12 Oct, 19 Nov, 16 Dec 19:00-19:30 Virtual
Running Club 19:00-19:30 11 Nov, 19 Dec 19:00-19:30 Virtual
Hatha Yoga 19:00-19:30 11 Nov, 19 Dec 19:00-19:30 Virtual
Women's Football 18:00-19:00 Littleover School
Dad's Space 19:30-21:30 Farnham Pride Park

Friday
Hip Health 07:30-08:00 Virtual
Full-Body Workout 06:45-07:00 Virtual
Working with a Health Condition Support Cafe 27 Oct, 24 Nov, 21 Dec 10:00-10:45 Virtual
Shoulder Health 10:00-10:30 Virtual
Wellbeing Walk 12:00-12:30 IN
Running Club 12:00-12:30 RDH
Sleep Workshop 1 Dec 13:00-14:00 Virtual
Improve Your Respiratory Health 8 Dec 15:00-16:00 Virtual
Salsa Social 24 Nov 18:00-21:00 TBC

Key
Physical Activity
Info & Support
Arts & Culture
Mind & Body

Book via: bookwhen.com/jucdwellbeing

Activity Locations
CRH Chesterfield Royal Hospital
IBH Inchester Hospital
KHD Kipsgrove Hospital Derby
GHB Queen's Hospital Burton
RDH Royal Derby Hospital
RH Kipley Hospital

Public and Patient Insight Library latest reports

This is our local library for collating and storing patient and public insight gathered across Derbyshire health, care, statutory and voluntary organisations, and is open to a wide variety of professionals to help share reports and learning across the system and inform decision-making.

We have been updating the Insight Library with some really interesting reports. Below are just a few highlights of some recent reports:

A community perspective on birth trauma and perinatal loss: an engagement study for the development of the Maternal Mental Health Service – this report from the Derby Community Parent Programme was commissioned to assist in developing a new maternal mental health service, to support women across Derbyshire who have mental health needs as a result of their maternity experience.

Healthwatch Derbyshire Annual Report 2022–23 – the aim of this report is to highlight how Healthwatch Derbyshire have achieved positive outcomes for the people of Derbyshire.

Patient Advice and Liaison Service (PALS) Experiences 2023 – the focus of this report from Healthwatch Derby is the experiences of people using PALS in Derby city who have used services at University Hospital of Derby and Burton NHS Foundation Trust and Derbyshire Healthcare NHS Foundation Trust.

If you are already a member of the Futures NHS Platform you can [access the library here](#). You will need to request permission to join the library.

If you are not already a member of the NHS futures platform and would like access to the library (anyone can join) please contact the NHS Derby and Derbyshire Engagement Team at ddicb.engagement@nhs.net.

All reports entered in the library are tagged so that they can be sorted by theme, service type, district, and several other categories. It is also now easier than ever to submit reports to be added to the library via our [online form](#).

Supporting Derbyshire Residents to Remain Independent

Derbyshire County Council has launched a new online information finder to help residents get support to remain living independently at home.

It provides free, impartial information and guidance for anyone over 18 – including older people, their families or carers, people with physical or learning disabilities, long-term or mental ill health or anyone having difficulties with day-to-day living.

People are asked to answer some simple questions about how they live including how they manage to get dressed, cook or get out and about.

Using their answers, the online information finder points them to a wide range of services, activities, resources and guidance that they can access themselves to help make their lives easier.

As well as county council support, it also promotes a wide range of services which are widely available through the private, community and voluntary sector including befriending services, community transport, technology to stay safe at home and mental health and wellbeing support.

[Find out more about Derbyshire County Council's new online information finder.](#)

Opportunities to join Team Up

A range of new career opportunities available within 'Team Up Derbyshire' are now being promoted on the [Joined Up Care Derbyshire Careers website](#).

The roles are being put in the spotlight by the careers team at [Joined Up Care Derbyshire](#), which brings together health and care organisations across the city and county to support the current and future health and social care workforce.

A [new webpage](#) provides information on the roles available across the city and county. Among the vacancies being promoted are community GPs, advanced healthcare practitioners and enhanced clinical practitioners.

Team Up Derbyshire oversees health and care services for people who are currently unable to leave their home without support. Home visiting services are being established across Derby and Derbyshire with teams of different professionals providing the appropriate care. These services ensure that people are better supported (in residential care or their own homes) and help avoid unnecessary hospital admissions.

The home visiting services are being run in the city and county by primary care networks (PCNs) as part of Team Up Derbyshire. The new webpage provides a central place for PCNs to promote these new roles which offer flexible working in great locations, where staff have the time, working with colleagues, to provide dedicated care.

New approach to managing mental health care and support

A new approach to managing mental health care and support in a community setting has been launched in Derby city and High Peak.

The Community Mental Health Framework provides high-quality mental health care and support within a community setting.

It was piloted in High Peak last year and has now been formally launched during August and September.

It will be followed by Chesterfield, North East Derbyshire & Bolsover, Derbyshire Dales, Amber Valley, Erewash and South Derbyshire over the coming months.

The framework emphasises an aim to improve people's quality of life, including supporting individuals to contribute to and participate in their communities as fully as possible.

Living Well Derbyshire is the local approach. It includes involvement of existing Community Mental Health Teams to make a multi-agency team that includes colleagues from the voluntary, community and social enterprise sector, social care, health and the voice of lived experience.

The model offers short term care packages (up to 12 weeks) for people who may be too unwell to be supported by existing primary care teams, but do not meet the threshold for current Community Mental Health Team intervention.

The service will support in assisting those who fall through 'gaps', 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 key benefits include:

- A person won't have to tell their story more than once. This is something people have told us they find difficult when they are supported by different services. It will also enable a faster flow through services.
- The short term offer will help carers access the support of local services. This should create less pressure solely for those provide care, increasing wellbeing of both the person accessing care and the carer.
- Team members will be able to use the support from the short term offer team. This should have a positive impact on referral numbers to traditional services and an opportunity to reduce caseload numbers of people who require a shorter term intervention.

Each locality has a group of people made up of commissioners, providers, the statutory sector, the voluntary sector, local authority and people with lived experience of mental health. They meet once a month to discuss how Living Well can be supported by the system and local communities.

Visit the [Living Well Derbyshire website](https://www.livingwellderbyshire.co.uk) for more information or to find out more email Ellen Parr, Commissioning Manager on ellen.parr1@nhs.net.

Contact Joined Up Care Derbyshire

Visit the website: joinedupcarederbyshire.co.uk
Email: ddicb.enquiries@nhs.net

If you would like to sign-up to receive the Joined Up Care Derbyshire newsletter, please email karen.lloyd24@nhs.net

If you would like to know how you can get involved [click here](#).

