

## December 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 [on the JUCD website](#).

### HOW CARE IS BEING JOINED UP ACROSS DERBYSHIRE

## New winter campaign launched to encourage people to 'think which service'

The NHS in Derby and Derbyshire is calling on residents to help stretched A&E and GP surgeries this winter by rethinking which service they opt for when unwell.

The campaign aims to help people get quicker care in the most appropriate place.

It focuses on advice to keep well, the wide range of services available at a community pharmacy, NHS 111 online and local urgent treatment centres.

The campaign also encourages people to self-care by taking simple steps to prevent illness such as keeping up to date with vaccinations, eating well, staying warm and keeping active. As well as checking in on vulnerable or elderly neighbours, friends or family members and keeping the medicine cabinet well stocked to enable people to treat themselves for minor ailments at home.

To find out more and get the right support in the right place, visit [Joined Up Care Derbyshire, Think Which Service](#).

If you are unsure of which service is right for you, think NHS 111 online. NHS 111 online is a great resource for you to use over the winter period, it's quick, easy and available 24/7. Through [111.nhs.uk](https://111.nhs.uk), you can find out how and where to get the right healthcare in your area, whether it's through your GP, urgent care, pharmacist, or through self-care. NHS 111 online can also book you an appointment at a local Urgent Treatment Centre or book a call back from a nurse, doctor or other trained health professional if required.

Remember, 999 and A&E are for an emergency, or life-threatening situations only.

Dr Andy Mott is a GP at Jessop Medical Practice, Alfreton, and medical director of Derby and Derbyshire GP provider board.

He said: *"The NHS always comes under increased pressure over the winter months – whether that's in our GP practices, at hospital emergency departments, in the ambulance service or elsewhere.*

*"That's because many people's conditions – such as breathing problems – worsen in the cold weather and because of seasonal illnesses, such as flu.*

*"However, people can help to manage their conditions and to get better quicker by choosing the NHS service that is right for them.*

*"We ask that patients help our NHS by taking a look at the information on our website and in local GP practices, clinics and hospitals."*



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# Derbyshire County Council to fund warm spaces this winter

Applications are now open for voluntary, community and charity organisations to apply for a grant from Derbyshire County Council to open a warm and welcoming space this winter.

It follows the success of a scheme launched by the authority last year which helped to fund more than 150 spaces supporting Derbyshire residents during the colder months.

Between them, they provided 17,000 hours of warmth and company for almost 11,000 Derbyshire residents feeling lonely or struggling to heat their homes or feed themselves.

Organisations can now apply for up to £1,000 towards the cost of opening up new community venues or to extend their opening hours as the weather gets colder.

The money can be used towards things like providing meals or light refreshments, the cost of energy bills or paying running costs to stay open for longer.

To qualify for a grant, organisations must pledge to offer a heated space during the winter months, provide seating, may offer refreshments such as a warm drink and a biscuit and be free of charge.

People visiting warm spaces will also be offered information to help them with cost of living support, as well as advice on looking after their mental health and wellbeing.

For more information about Warm and Welcoming Spaces and how to apply for a grant visit:

[www.derbyshire.gov.uk/warmspaces](http://www.derbyshire.gov.uk/warmspaces).



## Help your GP practice to help you



Receptionist Sinéad



Physiotherapist Warren



Paramedic Paul

Local GP practices now have a wide range of healthcare staff who are available to support patients – making it easier to get an appointment and the care patients need.

In Derby and Derbyshire the number of staff who support the GP in additional roles has risen from 36 in 2020 to nearly 600 now (full-time equivalent roles).

These are roles such as physiotherapists, paramedics, mental health practitioners, social prescribers, nurses and clinical pharmacists.

Having these skilled staff available means that people can often get an appointment on the same day to see a healthcare professional, even when a GP is not available.

These additional staff are employed through primary care networks and they work in GP practices across the county.

Some of these staff at Hollybrook Medical Centre in Derby have explained what they do – and how patients can work with them – through a series of new videos and case studies.

You can view these on the [Joined Up Care Derbyshire website](#).

The expansion of the GP practice team is part of the national "primary care recovery plan", which aims to improve access to general practice.

Dr Shantal Deepak, a GP with Hollybrook Medical Centre, says: *"Appointments for GPs get booked up quickly, but patients may well be able to see one of our other health professionals on the same day instead."*

*"The specialist staff – such as our paramedic, physiotherapist and mental health practitioner – will also have longer appointment times with the patient."*

*"They have more time to get into detail and to explore what's behind the symptoms. Having the additional staff also frees our time as GPs to deal with the more complex cases who definitely need our input."*



Dr Shantal Deepak

# Joint work to tackle health impact of poor housing and homelessness

Poor quality housing in Derby is costing the NHS £10.3m a year, according to estimates from Derby City Council.

Additionally, falls that might be prevented by addressing hazards in the home cost the local NHS £4.6m a year.

The figures are contained in the Derby City Housing and Health Impact Assessment 2022. This says that 13.4 per cent of private sector homes contain a serious health hazard.

This report used modelling based on English Housing Survey data and identified that 11,854 households in Derby are living in a home with at least one Housing Health and Safety Rating System (HHSRS) category 1 hazard. These are hazards that pose a serious threat to the health and well-being of occupants.

A further 6,800 private sector homes contain a hazard for falls on the stairs. Unaddressed falls hazards in the home cost the NHS £4.6m a year in Derby alone.

There is a clear and direct link between living in a decent, warm and safe home and good health and wellbeing., says the city council.

Conversely, the consequences on both physical and mental health and wellbeing of living in cold, damp, overcrowded and unsafe housing are stark and worrying.

The Housing and Health Impact Assessment makes a number of recommendations including encourage

collaborative working across the health, care and housing agendas.

It says that the formation of the Joined Up Care Derbyshire Integrated Care System gives partners the opportunity to coordinate health, social care and housing policy and ensure that housing quality and appropriate support is a key consideration when addressing the wider determinants of health and health equity.

Opportunities for partnership working are being explored, focussing on areas in Derby city and using a holistic approach to tackle a wide range of socio economic issues.

This offers the potential for close working between health and housing to address the shared priorities identified in our communities.

In addition to poor quality housing, homelessness can have severe and wide-ranging health implications for individuals who experience it. Efforts to address homelessness should not only focus on providing shelter but also on addressing the underlying health and social issues that contribute to homelessness to help individuals transition out of homelessness and regain their health and stability.

The Strategic Housing Team at Derby City Council welcome and invite further discussions on how Housing and Health can work collaboratively to address the impacts of housing on the health of residents of Derby City. Full copies of the Housing & Health Impact Assessment can be obtained by emailing [housing.strategy@derby.gov.uk](mailto:housing.strategy@derby.gov.uk).



## Regeneration project is a trailblazer for tackling poor health

An innovative project is under way that will tackle some of the highest levels of health inequalities in Derbyshire.

NHS colleagues are working together with partners to ensure that good health and wellbeing is integral to the redevelopment of Barrow Hill Memorial Hall, near Staveley, Chesterfield.

Analysis shows that Staveley, and the 1,500 population of Barrow Hill estate in particular, has among the worst health outcomes in England.

Now NHS Derby and Derbyshire has agreed to fund the fitting out of a clinical consulting room and for healthcare professionals to provide services in the regenerated historic building – which has been a centre for health and wellbeing in the village since 1863.

Local GP Dr Peter Scriven, Chesterfield local place alliance clinical lead, said: *"People here live shorter lives and they suffer worse mental and physical health earlier in their lives than is the case elsewhere."*

*"This project is really quite innovative because we will be doing things in a different way, in an area with a relatively small population but with very clear needs."*

*"It is a model of what we might do elsewhere. Targeted resources being deployed innovatively into a well defined natural community."*

The Barrow Hill Memorial Hall refurbishment will create a new community hub where residents can access support services, and it will also provide a space for the community to socialise together.

The project is being funded through the Staveley Town Deal as part of the Government's Levelling Up programme and has also received Heritage Lottery Funding.

It is planned to open in phases during 2024.

Simon Redding, chair of the Barrow Hill Community Trust, which is overseeing the building's regeneration, said:

*"We aim through this community centre to create a socially prosperous community, to bring people back together again and to address poor health through prevention."*

Dr Penny Blackwell, GP at Hannage Brook Medical Centre, Wirksworth, chairs the Derby and Derbyshire Integrated Place Executive.

She said: *"The local NHS has an important role in helping people to achieve good health, but we can achieve so much more by working with the communities we serve and other service providers. This project is one example of many where we are changing our NHS approach so we can tackle health inequalities."*

Watch a film and read more about this project on the [Joined Up Care Derbyshire website](#).



Dr Peter Scriven



Simon Redding

## Shared care record information shown to help patients, say staff



The Derbyshire Shared Care Record is a confidential and safe way to keep electronic health and social care information about an individual in one place. It holds information about, for example, allergies, medication, care plans, operations, and appointments. This information is shared between organisations in Derby and Derbyshire that are caring for an individual, such as the GP Practice, hospitals, and social care.

Health and care professionals have been sharing feedback on how useful the [Derbyshire Shared Care Record](#) is in making decisions about how to support people.

One occupational therapist reported: *"I use it daily for information about patients' inpatient stays...to aid decision making and support services on discharge knowing patients' locations.*

*"This includes checking if patients have left hospital or not and avoiding staff going to a patient's home unnecessarily."*

Community teams have also benefitted from knowing if their patient has needed treatment from other colleagues between visits: *"I have been able to confirm a housebound patient I was visiting had been admitted to the acute hospital so did not have to call the police..."*

Not only did this save time for the community staff that could support other patients, but the up-to-date information also prevented the need for additional interventions.

This was also highlighted by our care coordinators when asked if they have used the Derbyshire Shared Care Record.

They said: *"It has been used frequently to determine if patients have been admitted, and where to, for example which hospital and ward. This allows for resources to be used elsewhere.*

*"This means community visits by nursing and therapy can be used for other patients rather than having health care professionals arriving at a patient's address not knowing they have been admitted."*

The shared care record also enables teams to piece together a full history of their citizen and see a holistic view of their journey.

When discussing a complex case which involved multiple partners across Derbyshire, one physiotherapist highlighted that: *"The shared care record provided a key piece to this...allowed a full, accurate and up to date set of notes and treatment to occur."*

The information provided in the shared care record will be crucial to teams to provide the best care over the busy winter period.

More information about the Derbyshire Shared Care Record can be found on the [Joined Up Care Derbyshire website](#).

## Useful directories



### Emotional Health and Wellbeing

The [Emotional Health and Wellbeing signposting website](#) for Derby and Derbyshire contains local and national links and resources updated regularly. New content recently features information about physical health check for people with severe mental illness and new urgent mental health crisis care alternatives.

The [Rethink Mental Health support map](#) for Derbyshire provides details of many mental health support services, from crisis support to bereavement support.

Bereavement Support and Information can be found on the [High Peak CVS website](#).

The [Hub of Hope](#) provides information about services and support for when things feel unbearable, or when you have reached crisis point. It can also be used to find support for when you feel you are just starting to struggle, or need some extra help to get through a difficult time.

### Children with special education needs and disabilities

The [Derbyshire County Council Local Offer](#) and [Derby City Local Offer](#) is in place that provides support, guidance and information for children and young people with special educational needs and disabilities from 0 to 25 years old, and their families. On these sites, you will find services in your local area and further afield, and information on what support is available to support you and your family.

### Family Health

[Derbyshire Family Health Service](#) - Provides support and information to keep families health from birth to early adulthood.

### Voluntary and Community Organisations in Derby and Derbyshire

The [Derbyshire Directory](#) can help you find out what's happening on your doorstep. Information about Community groups, sports clubs, charities and voluntary organisations can

[Community Directory Derbyshire](#) provides details of voluntary and community groups active in Derbyshire.

The [Joy Social Prescribing Platform](#) also holds a list of services in Derbyshire.

Community and Voluntary Support Services throughout Derby and Derbyshire also hold their own directories of services, so it's worth looking on their websites. For example [High Peak CVS Directory](#).

### Adult social care information in Derbyshire

A new, improved version of [Derbyshire County Council's online information finder](#) is now available to help residents lead the lives they want to live.

The online tool provides free, impartial information and guidance for anyone who might need a bit of extra support to remain living independently at home.

Healthwatch volunteers and Derbyshire Carers Association have supported the development of both the online information finder and self-assessment tool, providing feedback on the structure, content, use of language and purpose including having early access to the system to provide feedback.

People can also contact the council via [contactcentre@derbyshire.gov.uk](mailto:contactcentre@derbyshire.gov.uk) or call 01629 533190 Monday to Friday, 9am to 5pm.



## 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:

**Adult Carer Survey Report 2023** – this report from the Carers Trust tells a story of unpaid carers who feel ignored and undervalued. It also uncovers how some unpaid carers feel they are struggling to navigate an overly complex system of support that is supposed to be there to help them.

**Hospital discharge: experiences of people leaving hospital** – the aim of this report from Healthwatch Derbyshire is to gather experiences of people leaving hospital, as effective discharge can help in recovery and reduce the chances of readmission. Poor coordination of the discharge process can lead to delayed transfers of care, poor or absent care, emergency readmissions, and wasted resources.

**Derbyshire ward support volunteers** – the focus of this report from Derbyshire Community Health Services NHS Foundation Trust is the impact of volunteer involvement in the hospital setting. Volunteers improve patients' moods, foster connections with families/carers, and enhance the overall hospital experience. Families/carers also benefit from the volunteer support, leading to positive perceptions of the hospital.

The [Insight library](#) is held on the Futures NHS Platform, so if you are already a member or if you need to request an account you can [access the library here](#).

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](#).

You can also send reports directly to us at [ddicb.engagement@nhs.net](mailto:ddicb.engagement@nhs.net). If you do this, please ensure you provide permission for us to share the report, as well as details such as the publish date and author name(s).



# Support for carers in Derbyshire and Derby city

## Support is available to carers in Derbyshire and Derby.

A carer is someone who looks after a family member, partner or friend who needs help due to a long-term illness, frailty, disability, mental ill-health or an addiction.

Every carer and their caring journey is unique. The responsibility of caring for someone who cannot manage at home without help can often place great physical and emotional strain upon the carer.

Whether you care for someone for a few hours a week or 24 hours a day, there are services which offer a wide range of information, advice, guidance and support.

## Caring for someone in Derbyshire – Derbyshire Carers Association



Derbyshire Carers Association deliver a comprehensive support service to carers of all ages across Derbyshire. All services are created to support carers with the practical, physical and emotional impact of care giving.

All the below services are free and confidential to those carers who are supporting a loved one in the Derbyshire area. For more information or to make a referral visit the [Derbyshire Carers website](#) or call 01773 833 833.

**Carers Helpline 01773 833833** open Monday to Friday 9am – 4.30pm

### Services available include:

- **One-to-one** information, advice and guidance from a Carer Support Worker –over the phone, virtually, at home or another place.
- **Carers Assessment and support planning** – an assessment of the carer's needs, with a Carer Support Worker who will identify areas where support is required to reduce difficulties and pressures of caring.
- **Financial and legal advice clinics monthly**
- **Connecting Carers to other services and the wider community**, such as health specific services, community groups and benefit support.
- **Telephone befriending**, reducing isolation through weekly telephone calls.
- **Wellbeing sessions** – to help Carers take a break
- **Carer learning sessions**, to support carers to continue their caring role confidently and with the right tools.
- **Planning for the future** – ensuring carers have a plan in place and are aware of support available such as [Carers Emergency Card Scheme](#).
- **Carefree breaks** – where we have partnered with [Carefree](#) to give Carers a much-needed break away from their caring role.
- **Peer support** – we have a range of support groups and Cuppa & Chats for Carers to meet with each other in their community.
- **Derbyshire diverse carers** – improving the wellbeing of carers in minority communities by increasing identification and access to support.
- **Carers voice** – we want to hear the voices of Carers to improve the overall support which carers experience.
- **Carers news bulletin** – to receive the latest news on Carers, services and upcoming events.



**Young Carers Service** – our Young Carers Team support children aged 5 – 17.5 years who care for a family member who has a long-term illness, disability, mental ill health or addiction.

Young carers can receive a range of support, including personalised short and long term one-to-one help, support within schools, support group and social activities. Make a referral via the [Derbyshire Carers website](#).





## Caring for someone in Derby city – Universal Services for Carers



Universal Services for Carers in Derby is the service for those caring for someone with a Derby city postcode. The service is provided by Citizens Advice Mid Mercia.

Call them on 01332 228 777, email [carers@citizensadvicemidmercia.org.uk](mailto:carers@citizensadvicemidmercia.org.uk) or <https://www.derbycarers.co.uk/>.

**What we do:** Our helpline offers support, information and signposting for carers which call or email in. We also take referrals from professionals.



We offer wellbeing and awareness events throughout the year, focussing on special days or weeks such as Mental Health Awareness Week and Carers Rights Day. We also facilitate cafes to offer peer support, such as our popular Craft Café and Dementia Café – which are run in collaboration with Derby Theatre.

The service produces a bi-monthly newsletter and regular information updates.

**Carers' conversations:** This is the first step towards a carer's assessment, carried out by Derby City Council adult social care. This may lead to a carer's personal budget.

**Emergency planning:** Offering support to plan before an emergency arises. This allows for discussion around who can support your loved one if something were to happen and you were no longer able to fulfil your caring role. We can also supply an emergency carer's card which stipulates that, 'you are a carer', and that someone relies on you for support.



# Your Wellbeing survey

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 East Staffordshire.

After launching its recent employee wellbeing survey, publicised across 7 JUCD organisations, the team received a total of 2,585 responses!

These responses provide invaluable information about employee wellbeing, helping the team best understand their colleagues' needs, and enabling them to address the topics which matter most so they can continue to provide the best possible health support for colleagues.

Initial findings have so far identified four key areas of increased support needs.

## Mental Health Support

The wellbeing team has increased its wealth of activities on the autumn version of Your Wellbeing Timetable, providing additional support for mental health, along with sessions that help to relieve stress, aid relaxation and support social connections. Sessions available include yoga, headache soothing techniques, stress awareness management, wellbeing walks and salsa socials. For more information and to download the Autumn Wellbeing Timetable, colleagues can visit the [JUCD Wellbeing Website](#).

## Smoking – support to stop smoking

Colleagues can access support to quit smoking on the [Live Life Better Derbyshire](#) or [Live Well Derby](#) websites.

## Financial wellbeing support

The following webinars may be helpful if finances are a challenge:

- Energy Saving Workshop with Marches Energy - Friday 8 December 2-2.40pm
- Financial Wellbeing with Affinity - Wednesday 27 March 2024 time tbc

Colleagues can book onto these webinars via the team's easy [online booking platform](#).

Additional financial support sessions will be available for colleagues to book in the new year.

## Menopause Support

The team has increased its menopause support to include a wealth of targeted support sessions, including:

- Menopause café
- Q&A session with a menopause practitioner
- Hormone and reproductive health group
- Menopause yoga
- BAME menopause café
- Manager and leader menopause workforce support
- LGBTQIA+ menopause café

Again, colleagues can book onto these sessions via the team's [online booking platform](#).

If you work for JUCD or one of its constituent organisations and would like to find out more about the diverse range of wellbeing support available, please visit the [JUCD Wellbeing website](#) or contact the Wellbeing Team by calling 01332 787703 or emailing [ddicb.wellbeing@nhs.net](mailto:ddicb.wellbeing@nhs.net).



## Lindy's Buckingham Palace date with the King

The work of Lindy Garrucho, a senior clinical educator at University Hospitals Derby and Burton, was recognised recently when she was invited to Buckingham Palace.

His Majesty the King marked his 75th birthday with those who are globally educated and work in nursing and midwifery roles.

Lindy was one of around 400 NHS colleagues selected to attend the event, which paid tribute to the UK's international nursing and midwifery workforce. It also recognised the multitude of backgrounds and cultures which contribute to the health services across the four nations.

Lindy said: *"It was a really amazing day and the weather didn't put anyone off - everyone was so excited. I met lots of people from different backgrounds and it was just an incredible experience."*

*"Before I went into the Palace, I was terrified. I had to catch my breath because the enormity of it dawned on me, and I realised I was going to see His Majesty The King and be in the same room as him."*

Lindy said everyone came together to sing happy birthday to the King after he spent time speaking to and getting to know as many of the attendees as possible.

Lindy added: *"He looked very pleased and spent a lot of time talking and getting to know everyone and was very pleasant."*

Since joining UHDB in 2018, Lindy has made great strides to support her international colleagues. Working with the learning and education team, she has supported internationally educated nurses to pass their competence tests which has aided them to become registered nurses and midwives in the UK.

She also plays a vital role in supporting the wellbeing of internationally educated colleagues thanks to the creation of welcome packs.

She said: *"My role focuses on pastoral support for our overseas nurses, which is something I am really passionate about. My team has always empowered and encouraged me and shares the same enthusiasm and vision to help internationally educated colleagues, so it feels special that I can honour them and the work we do at this special event."*





Heather Stroud, Lead Respiratory Nurse (Virtual Wards) showing the Doccla system and equipment for respiratory patients.

## Virtual wards provide hospital level care at home

Patients who require hospital care in Derby and Derbyshire can benefit from earlier discharge or even avoid admission to hospital at all, thanks to virtual wards.

When a clinician feels it is safe and appropriate – and the patient also agrees - a patient may be moved to a virtual ward.

Multidisciplinary teams of people with different skills and knowledge ensure patients receive personalised care including daily reviews, clinical support, use of monitoring devices and home visits where required.

The expansion of virtual wards is supported by a growing evidence base that demonstrates benefits for patients who would otherwise be admitted to hospital, allowing them to continue their treatment at home safely and conveniently.

Over the next two years, Joined Up Care Derbyshire aims to have introduced 255 virtual ward beds.

Currently, virtual wards are available for cardiology, respiratory, diabetes, frailty, diagnostics and end of life / palliative medicine. Further virtual wards, covering other conditions, will be added later.

The benefits for patients include:

- They are empowered to self-manage their symptoms with support

- They have a personalised care plan to receive appropriate treatment
- They receive remote monitoring in their usual place of residence
- Reduced length of stay within hospital
- Reduced number of hospital admissions / readmissions
- Early supported discharge.

Virtual wards are being used now at the Royal Derby Hospital, at Chesterfield Royal Hospital at Ashgate Hospice and by DHU Healthcare.

Virtual ward digital technology is provided by Doccla. Doccla have been providing remote patient monitoring in the UK since 2019 and their virtual wards are currently used by a third of Integrated Care Boards (ICBs) across the country.

Dr Seema Kumari, Senior Responsible Officer for virtual wards across Joined Up Care Derbyshire, said: *"Virtual wards are a safe and efficient alternative to NHS bedded care which will allow patients who would otherwise be in hospital to receive the acute care and treatment in the place they call home, including care homes. It allows our healthcare staff to allocate more time for those in need of acute hospital care as it frees up hospital bed space. This is better for patients' recovery and easier for their families and carers."*

# Making Room for Dignity update

Derbyshire Healthcare’s new healthcare facilities are making great progress in Chesterfield and Derby, enabling visitors to picture how they will look when completed.

Staff have been enjoying the opportunity book tours of the two construction sites at Kingsway Hospital in Derby and Chesterfield Royal Hospital.

In Chesterfield, some of the senior clinical team visited the site of the new 54-bed Derwent Unit.

Interim matron Pete Collumbine said: *“I see the construction site every day but it’s not the same as actually visiting which gives you a real sense of what it’s going to be like. I can now picture the rooms and sky garden. It’s going to be so much better for the patients, and a great place to work.”*

Ward manager Jo Foster agreed: *“It was really exciting to see the building take shape. I and the other ward managers found ourselves choosing which wards we’d like to work on and planning our future. I left the site feeling really enthusiastic about the project.”*

The new buildings are among six new projects forming the Making Room for Dignity programme, which will ensure all mental health inpatients have their own ensuite bedroom to improve privacy and aid their recovery.

Becki Priest, deputy director and chief allied health professional at Derbyshire Healthcare, and a qualified occupational therapist, is proud of the collaborative nature of the programme.

She said: *“Throughout the process, we have consulted closely with those who use our services to design and build new facilities with service users, friends and family in mind. With single, ensuite bedrooms, service users will have privacy, dignity and maximum control over their environment, giving them the best opportunity to rest and heal.”*

The Making Room for Dignity programme comprises three new builds and three refurbishment projects in Derby and Chesterfield, creating jobs for mental health nurses, allied health professionals, as well as many other clinical and non-clinical roles.

The recruitment team is working proactively to attract the best candidates to fill these vacancies. Two open recruitment events, in Derby and Chesterfield, proved a great success, attracting a total of 250 people interested in working for the Trust.

Further recruitment events are planned for 2024. In addition, the team have been busy attending recruitment fairs and visiting schools and universities across the East Midlands to inspire the next generation of healthcare workers.

[See job opportunities and find out more on the Making Room for Dignity website.](#)



April Saunders, Workforce Development Lead for the Making Room for Dignity programme

## State-of-the-art robot assists knee and hip surgeries

Patients who are having a knee or hip replacement at University Hospitals Derby and Burton are benefitting from a state-of-the-art robot that helps assist their procedure.

The benefits include delivering more accurate, less invasive surgery, reduced recovery times, and improved outcomes for patients.

Royal Derby Hospital is believed to be the first centre in the East Midlands to have MAKO assisted robotic surgery and is one of a few hospitals in the country participating in the RACER clinical trial which assesses the benefits of this technology in lower limb joint replacement surgery.

Patients initially undergo a CT scan on their hip or knee joint, which with the help of sophisticated technology and computer programming, creates a personalised image and care plan for each individual patient. These images are then made available to clinicians during surgery to give them a detailed picture of the joint they are operating on.

Simon Pickering, consultant orthopaedic surgeon, said: *"The robot helps us to put the replacement joint in the best position which means it is less invasive and painful for the patient, who is then likely to respond to rehabilitation better as a result of this."*

*"It will also have real benefits in terms of how long a patient stays in hospital. We also hope that the patient may have this functioning replacement for 20-25 years instead of 15 years."*

Timothy Charlesworth has undergone knee replacements in both knees using the state-of-the-art robot, and although he said he was apprehensive at first, he said the results and his fast recovery were well worth it.

The 59-year-old, who lives in Alvaston, had a right knee replacement in June this year and was only in hospital for two days before he was discharged and could feel a good range of movement. He was so pleased with the outcome of the surgery that he requested the MAKO robot be used again when he had his left knee replacement in October.

He said: *"I was a bit nervous but I knew the clinicians would only do what is best for me and now I can confidently say it was a good thing. There was no doubt in my mind that I would have the robot assisted surgery again if I got the chance."*

The robot has been used for around 70 procedures since UHDB welcomed the machine in November 2022.



Timothy Charlesworth



## UHDB nurses test innovations in medical care

An innovative new device which can help reduce the time patients need to spend receiving oxygen therapy is currently being evaluated at University Hospitals of Derby and Burton (UHDB).

The device provides automated, safer, and more comfortable oxygen delivery to patients.

Health Innovation East Midlands is supporting UHDB in carrying out the evaluation, which will see colleagues at Queen's Hospital Burton analyse its benefits and effectiveness in a real-world setting for six months.

If successful the machines could be rolled out more widely across the NHS.

It is hoped these innovations will not only free up time for colleagues to deliver other aspects of care, but will also mean patients are able to more readily reduce their dependence on oxygen therapy, meaning they can recover faster and thus be discharged home or to their next place of care in a shorter time frame.

Geoffrey Bott has recently been treated using the new device while receiving care on Queen's Hospital Burton's specialist respiratory ward for chronic obstructive pulmonary disease (COPD) and a collapsed lung.

He said: *"I have oxygen at home - which I have had a very positive experience with - yet I felt no real change to my oxygen flow while being treated here. You can hardly tell the difference, which is a very good thing."*

A total of 10 machines – called 'O2matic PRO 100' – have been provided to UHDB after medical gas therapy manufacturer, BPR Medical, alongside Health Innovation East Midlands approached the Trust to evaluate their effectiveness.

Health Innovation East Midlands - which is the "innovation arm of the NHS in the East Midlands" - has provided guidance and expertise to help the team "mobilise and evaluate" the project.

Ian Buckle, market development manager for BPR Medical, said: *"We have been delighted with the assistance from Health Innovation East Midlands and the enthusiasm from the team at Queen's Hospital Burton who quickly recognised the potential value of this technology. We're looking forward to seeing the data at the end of the evaluation process."*



# Mental health crisis support services available near you

If you, or someone you care for, needs urgent mental health crisis support, there are a range of options available to support.

A mental health crisis often means that you no longer feel able to cope or be in control of your situation.

You may feel things (although this may be different for individuals) including:

- Emotional distress
- Anxiety such as an inability to cope with day-to-day life or work
- You may think about harming yourself, taking your own life, or experience hallucinations and/or hear voices.

The range of local support services for people with immediate mental health needs has been expanded in Derby and Derbyshire.

The expansion of mental health crisis services is part of a wider programme of partnership activity led by Joined Up Care Derbyshire which aims to improve outcomes for people with immediate mental health needs. The programme should also reduce the need for people to attend hospital Emergency Departments when another service may meet their needs better in the community.

The programme includes the following services:

- **Mental Health Crisis Support Drop-In Services** – for immediate out-of-hours support for those with mental health concerns or experiencing emotional distress. The Buxton drop-in service is already available at High Peak Crisis Support Service, Zink HQ, Clough Street, Buxton, SK17 6LJ and is open Fridays and Saturdays 6pm to 11pm, and Sundays 2.30pm to 5.30pm
- **Safe Havens** – for adults with immediate mental health needs – are running in Derby and Chesterfield every evening from 4.30pm to 12.30am. Derby’s Safe Haven is at 309 Burton Road, Derby DE23 6AG and can be contacted on 0330 008 3722; Chesterfield’s Safe Haven is at 188 North Wingfield Road, Grassmoor, Chesterfield, S42 5EJ and can be contacted through the mental health helpline and support service on 0800 028 0077 or self-refer [make a booking online](#).
- **Crisis houses** – for adults with mental health issues who will be offered short-term residential accommodation to support with their mental health needs to promote better stability and wellbeing. The facilities aim to reduce the need for inpatient care.

The mental health helpline and support service is available 24 hours a day, seven days a week for residents of Derby and Derbyshire. Call 0800 028 0077. Learn more on our [helpline page](#).

In a medical emergency or life-threatening situation, attend your nearest Accident & Emergency (A&E) or call 999.

Other services available:

- **Step-down service** – Step down beds are organised short-stay placements to include an agreed appropriate wrap-around programme of care.
- **Derby and Derbyshire Emotional Health and Wellbeing Website** – The website signposts to local and national services and provides further information on support and resources. Learn more on the [Derby and Derbyshire Emotional Health and Wellbeing website](#).
- **Hub of Hope** – The [Hub of Hope](#) is the UK’s leading mental health support database. The support service brings together local, regional, grassroots and national services to help you or loved ones struggling with any mental health concerns.

For more information on available services please visit the [Derbyshire Healthcare website](#).



## Bridge the Gap

Bridge the Gap is an emotional literacy service, based in Derby but working across the Midlands, working with young people between the ages of 5 and 18 years.

Emotional literacy is the education around emotions.

Emotions are intrinsically linked to our mental health – we feel emotions sometimes deeply, sometimes more quietly.

Emotions are complicated – how they present, how they feel in our body, how they connect to our thought processes and behaviours/actions. Understanding emotions helps us learn more about ourselves, become less scared of emotions and learn triggers to understanding those times where we might struggle.

What's speakable is manageable and being able to take the 'sting' out of emotions for young people helps them be able to navigate those feelings better, make sense of them and ultimately move through them. It helps to normalise all emotions – they are all ok, there is no shame in any feeling.

It is research proven that emotional literacy is a better indicator of long-term outcomes in children than intellectual ability.

Children who might question their identity, where they fit in the world, and want to make sense of their differences can do so more easily when they are more aware of their feelings around these differences.

If they understand when they are feeling a difficult emotion, they will be more able to articulate it to others and seek support and guidance to help them problem solve a situation and move through it. Ultimately emotional literacy builds authentic resilience.

You can find out about Bridge the Gap on [their website](#), or email [info@jwbridgethegap.com](mailto:info@jwbridgethegap.com) or phone 01332 600 827.



## Let's Chat Derbyshire Podcast



The Let's Chat Derbyshire Podcast is hosted by Derbyshire's Mental Health and Suicide Prevention Team. Join us for discussions with a range of people about mental health, suicide prevention and neurodiversity. Episodes are live on the 1st and 3rd Tuesday of each month.

You can listen and watch on your chosen podcast platform on the [Let's Chat Derbyshire podcast page](#).

This is a great resource for employees to use for themselves, and friends and family, as well as letting others know about it. We are building up episodes so there is something for everyone over numerous subjects. For more information email [luke.oldham@derbyshire.gov.uk](mailto:luke.oldham@derbyshire.gov.uk).

Keep up to date with all things mental health, suicide prevention and neurodiversity by following us on social

media on [@DCCMHSP on X](#). These will be central hubs for people across Derby and Derbyshire to access information relevant to them for mental health, suicide prevention and neurodiversity.

# Have your say on perinatal support

Are you a new or expectant parent in Derby, or do you provide support services for families in this crucial stage of life? If so, we want to connect with you!

In the coming year Connected Perinatal Support CIC, in collaboration with Family Hubs Derby, is embarking on the Perinatal Mental Health Project. This initiative aims to comprehensively map and enhance the perinatal mental health services available in Derby. Whether you've given birth, experienced pregnancy, or engaged with perinatal mental health services in the past two years, your input is invaluable.

The project entails creating a comprehensive directory of existing services, complete with referral pathways. Furthermore, a community-led report will capture lived experiences, shedding light on what works well for both service providers and users, while identifying potential barriers. The goal is to spotlight gaps within the sector and offer recommendations for sustained, positive improvements in our community's perinatal services and care.

As advocates for families, parents, and services, we're eager to hear your voices and lived experiences. In the first half of 2024, we'll be conducting [listening sessions](#), visiting Family Hubs and perinatal services, distributing surveys, and more, to gain insights into all aspects of perinatal mental health.

Further information on this project is available on the [Derbyshire Involvement platform](#) or by reaching out to our Perinatal Mental Health Project Workers:

Hannah Moore: [hannah.moore@perinatalsupport.org.uk](mailto:hannah.moore@perinatalsupport.org.uk)

Nicola Armstrong: [nicola.armstrong@perinatalsupport.org.uk](mailto:nicola.armstrong@perinatalsupport.org.uk)

## Who are Connected Perinatal Support CIC?

Connected Perinatal Support CIC are a not-for-profit organisation that trains local residents to provide support for families during pregnancy, labour & even during birth!

We pride ourselves on offering safe and sustainable perinatal support services for all new and expectant parents across Derby and understand that becoming a parent can be challenging. As a result, our volunteers undergo 26 weeks of training, to provide a range of services, which ensures that families don't have to face it alone. As a service, we aim to reduce isolation, improve mental health & support brighter futures, one pregnancy at a time.



In our ongoing commitment to fostering a collaborative and inclusive community, we're excited to share how the Derbyshire Involvement Platform is becoming a vital tool for capturing feedback and facilitating information sharing.

[Find out more about the site](#) and how you can feature a project. The system is free to use for health, social care and voluntary organisations in Derby and Derbyshire and is supported by Joined Up Care Derbyshire Engagement Team

# Download the app to getUBetter

The getUBetter App is a safe and effective way to help you self-manage your injury or condition at home, work, and on the move.

The app covers a range of musculoskeletal injuries and conditions including of the back, neck, shoulder, elbow, hip, knee and ankle. It is also for soft tissue injury (lower limb), upper limb tendinopathy and lower limb tendinopathy.

It is designed to help you trust your recovery, live and work well.

The app is designed to support people with new, recurrent and long-term musculoskeletal conditions. The platform provides lots of useful information to help people whilst they are waiting to be seen, recovering following surgery or managing an ongoing condition.

It will also allow doctors, nurses, and other clinicians to send people for the right treatment and service. This is much better for people because they are empowered to recover with the right information and support. It's also great for healthcare providers because they can direct people towards the best services to treat people with musculoskeletal conditions.

GetUBetter is for anyone 18 or over who needs help with a joint or muscle problem. You'll get:

- Instant and 24/7 access to a personalised programme
- Easy-to-follow self-progression exercises
- Daily tips and local guidance from day one
- Advice on where to seek help when needed
- Access to local treatments and services



## What are the next steps?

1. [Sign up on the getUBetter website](#), then select your GP practice, as well as the condition you'd like support with. Enter your email.
2. Download the getUBetter app and sign up using the same email address.
3. Follow the instructions in the app to access your local support pathway.
4. Log in and follow your programme regularly to improve your musculoskeletal health.

If you need further help getting started, read more or watch our videos (How to get started, How it works) on our [website](#) or get in touch with one of our team by emailing [contact@getubetter.com](mailto:contact@getubetter.com).



## Contact Joined Up Care Derbyshire

Visit the website: [joinedupcarederbyshire.co.uk](http://joinedupcarederbyshire.co.uk)  
 Email: [ddicb.enquiries@nhs.net](mailto: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](mailto:karen.lloyd24@nhs.net)

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

