

January 2023 newsletter - Happy New Year!

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](#).

Working together to reduce ambulance delays

Nationally and locally ambulance crews are struggling with handover delays. This is the delay that occurs between when the paramedic arrives at the hospital, to the patient being handed over to A&E staff.

Delays are classed as anything over 15 minutes and can be several hours. These delays not only compromise safety in communities by reducing the availability of ambulances to respond to emergencies, but they are also risky for the patient as they delay assessment and treatment. That's in addition to the fact that a stretcher in the back of an ambulance is not the most comfortable environment for someone who may be feeling very scared, vulnerable and ill.

Handover delays are a whole-system issue impacted by many challenges in the system, particularly around hospital capacity and patient flow, e.g., delays in discharging patients to onward care, like nursing homes, or care in their own homes. As such, a whole-system approach is needed to tackle them.

That's why East Midlands Ambulance Service (EMAS) in collaboration with Derby and Derbyshire Integrated Care Board (DDICB), University Hospitals of Derby and Burton (UHDB), Derbyshire Health United (DHU), Derbyshire Community Health Services (DCHS) and Derby and Derbyshire Adult Social Care joined forces recently to take part in a 'Rapid Improvement Fortnight', to explore whether a 'Single Point of Contact' could assist with reducing ambulance delays.

Out of all the calls received by EMAS in a day, 44% of those will be conveyed to a destination, which currently in most cases is the nearest A&E department. The other 56% will be treated via 'hear and treat' or 'see and treat' initiatives that will mean that conveyance is not required.

Of the 44% of patients for which conveyance was appropriate, the nearest A&E department will often currently be the default option; however, in 76% of cases it has been found that these patients did not need to see an Emergency Department Consultant and would have benefited more from other pathways.



Working together to reduce ambulance delays

The reason that A&E departments are currently the main destination for patients is that it is difficult for paramedics to arrange alternatives; this could be to do with the time it takes, e.g., not being able to talk to, or get through to the right person, or when they do, those professionals might be risk averse because they are making decisions in isolation, so feel the safest option is A&E.

Therefore, there are many missed opportunities to reduce ambulance conveyances to A&E. Alternatives would include hospital wards and services such as Medical Assessment Units (MAU), Surgical Assessment Units (SAU), Same Day Emergency Care (SDEC), on site and community Urgent Treatment Centres (UTC), Nursing and Occupational Therapy Teams and Primary Care to name but a few.

The Rapid Improvement Fortnight was set up to look at those missed opportunities and to see if they could be prevented. The initiative involved setting up a Single Point of Contact for any clinician to call to get support in finding alternative locations for conveyance. The Single Point of Contact was run by a Quality Improvement Officer, a Specialist Paramedic, an Advanced Practitioner from Derbyshire Community Health Services NHS Foundation Trust (DCHS), DHU Healthcare personnel, and Rapid Response Nursing Therapy team members from University Hospitals of Derby and Burton NHS Foundation Trust (UHDB).

The premise of the initiative was that if paramedics were to turn up to someone that didn't require immediate conveyance to an A&E department due to immediate life-threatening illness or

injury, then they would consider alternatives to A&E, and if unsure where to take the patient they would call the Single Point of Contact. The Single Point of Contact Team would then work together to identify alternative pathways for that patient. Through working together decisions were made in collaboration, not isolation, increasing the confidence of professionals in their decision making. The team effectively navigated what can often be a very complex system for paramedics to find the right option for the patient. This maximised the potential to ensure that there were no missed opportunities in the Rapid Improvement Fortnight.

It was found that during this period, despite EMAS dealing with a similar number of incidents as normal, and the number of calls being assessed for conveyance being similar, handover delays reduced by up to 50% and lost hours, i.e., the hours ambulances wait with patients waiting for handover to an Emergency Department (ED), went from being between 200-400 hours to between 18-45 hours, indicating that the Single Point of Contact had a huge impact.

This wasn't the only successful outcome of the initiative; they were also able to demonstrate improved outcomes for individual patients.

Of the 44% of patients that are assessed as needing conveyance, 56% of those will be over 70 years of age. The team at the Single Point of Contact found that with the support of different teams across Derbyshire, it was possible to greatly improve the chance of positive outcomes for those patients, by ensuring they were put on a more appropriate pathway than ending up at the ED.



Working together to reduce ambulance delays

Examples included:

An 89-year-old female, recently reviewed by her GP, was referred as an inpatient to the Medical Assessment Unit (MAU), which is a specialist ward, due to her blood pressure dropping when she tried to stand causing her to feel very dizzy and be at risk of falling. When the crew arrived to collect the patient, she refused transport due to her being the sole carer for her husband. The crew called the Single Point of Contact and, following a Multi-Disciplinary Team (MDT) discussion, the pathway was changed to SDEC. Due to the same day nature of this clinic, short-term care was able to be implemented via the family for her husband. The nursing team also planned emergency contingency should the patient be admitted following SDEC review.

An 81-year-old male, with vascular dementia and bipolar, was generally verbally agitated due to possible delirium, and was experiencing a rapid deterioration in mental health over the past four weeks. The crew contacted the Single Point of Contact to discuss the patient's own medication and his support needs. An MDT discussion with the GP practice resulted in a home visit being arranged, and the Nursing Therapy Team also arranged a support review. This resulted in the gentleman receiving the care he needed at home, with primary and urgent care reviewing his medication and reluctance to accept care from external sources. Plans were put in place to provide respite for his wife by agreeing a short-term care package for the patient.

A 56-year-old man with diabetes had an emergency appointment with his podiatry specialist due to de-roofed blisters and possible infection. The nurse had cleaned and dressed the wounds but then referred the patient to the ED via 999 due to concerns she had about his infection markers. When EMAS arrived the ambulance crew and nurse discussed their concerns with the MDT via the Single Point of Contact, and as a result the patient was accepted onto Same Day Emergency Care (SDEC), instead of going to the ED, which was a more appropriate destination.

SDECs are hospital pathways attached to specialist wards designed to assess and treat patients within the same day. There are several different SDECs, e.g., medical, surgical, and specialist areas such as frailty, paediatrics, and gynaecology. You can watch a short video [here](#) if you would like to know more.

Next Steps

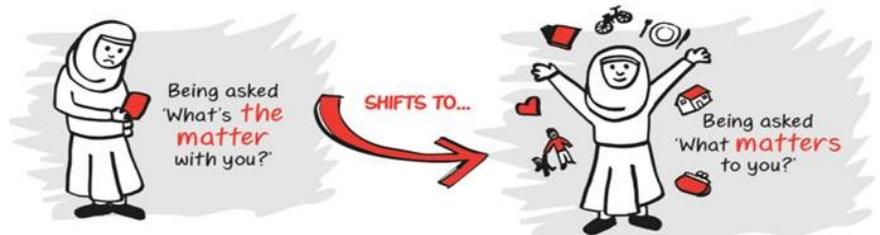
The results of the Rapid Improvement Fortnight are currently being reviewed, which will be followed by discussions within the system as to whether the Single Point of Contact should continue to be developed as a method of helping to reduce winter pressures. This may be followed by a more permanent robust facility to support the system in the longer term with a Single Point of Access for decision making, ensuring patients reach the right care, first time.

Quality Conversation

Derbyshire's Quality Conversation Programme is about supporting staff to improve their communication skill, and learn how to go from giving advice, to having conversations with people that support them to generate their own solutions, which can lead to better outcomes for the individual.

The training is delivered through interactive online sessions delivered over two half days (up to one month apart). All you will

need is access to a computer with a webcam and microphone. You can find more information [here](#), including training dates.



Derbyshire County Council Warm Spaces Fund

Derbyshire County Council have so far received 63 applications totalling just over £51,000 to their new Warm Spaces Fund. As a result, the fund has now been increased by an extra £100,000 so it can support even more groups to help people struggling with rising living costs.

Organisations can apply for up to £1,000 to open up warm places to provide a safe, warm refuge for residents who are struggling to heat their homes during the colder months. The money could be used to open new spaces or to extend opening hours where they are already running. It can be used to help towards the costs associated with running a building, such as energy bills, cleaning, or to provide activities or refreshments.

Councillor Carol Hart, our Cabinet Member for Health and Communities, said:

“Charities, voluntary and community organisations are already doing everything they can to support our residents this winter.”

“But, like all of us, they are not immune to the rises in the cost of living which is why we’ve put in place extra support so they can continue to keep their doors open or offer additional support.”

“We welcome applications from a range of community groups to set up a warm and welcoming space where people can sit, get warm, meet others and have a chat and perhaps a warm drink and a snack too.”

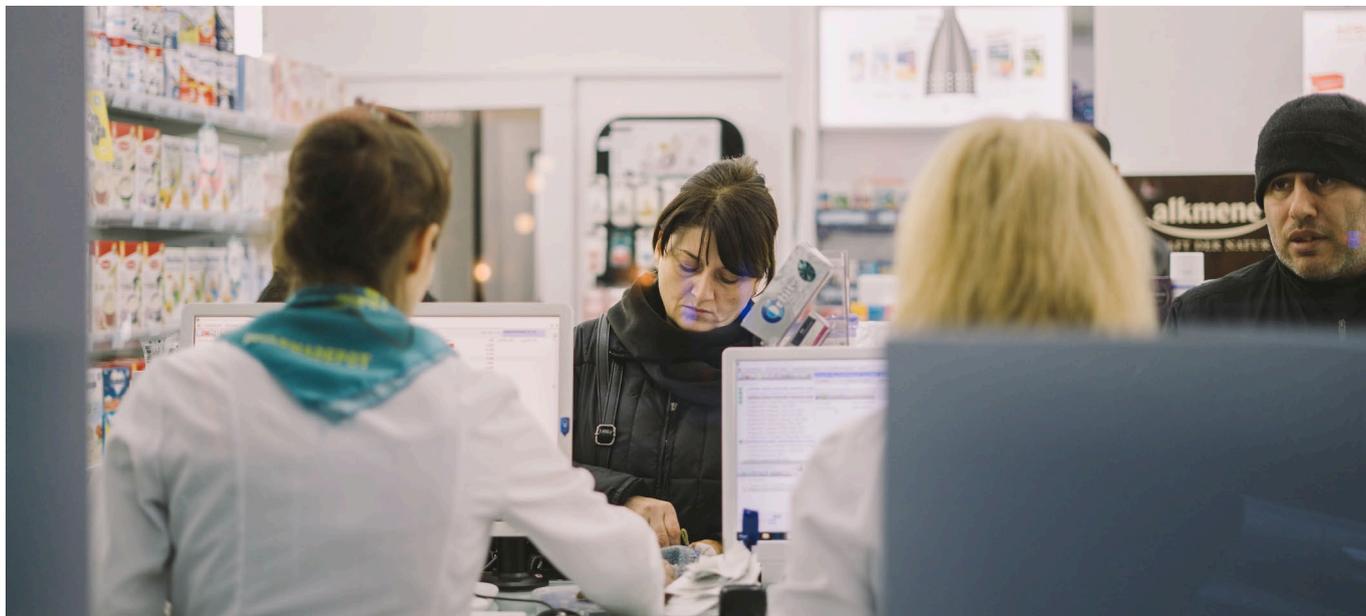
To qualify for a grant, organisations must pledge to offer a heated space which is free to use during the winter months, provide seating, and may offer activities or refreshments such as a warm drink and a biscuit. People visiting warm spaces will also be given information to help them with cost of living support, as well as advice on looking after their mental health and wellbeing.

Two of Derbyshire County Council's own buildings are open as warm spaces. They are at the Record Office, New Street, in Matlock and Buxton Museum and the Art Gallery, Terrace Road, Buxton. All libraries in the County are also warm and welcoming spaces.

To apply for a grant or to see a list of warm spaces click [here](#).

You can find support and information on the cost of living [here](#).





Five things you can do to help you and your family stay well this winter

As we get into the thick of winter, we thought it would be helpful to share five things you can do to help you and your family stay well.

1. Get your repeat prescriptions

Making sure you have the medicines you need when you need them is one of the most important ways we can stay well over winter. If you know you are running low on a repeat medication, don't delay ordering and collecting any repeat prescriptions you need. It can take a few days to process your repeat prescription request, so it's best to get your request in as soon as you realise you are running low.

2. Stock up the medicine cabinet

Keeping your medicine cabinet stocked with over-the-counter medicines, especially cold and flu remedies, is also important over winter. This will help you to manage common winter illnesses and minor injuries at home. For advice on what to keep in your medicine cabinet search online for 'What everyone should have in their medicine cabinet.'

3. Don't put off the dentist if you have toothache

Seeing a dentist is very rarely at the top of someone's "to do" list, but there is nothing worse than needing a dentist and having to wait to see one. What may seem like a relatively small issue can develop quickly into something more serious, resulting in even more pain and discomfort. So listen to your mouth and visit a dentist for advice as soon as possible if you have any signs of toothache or discomfort.

4. Don't wait to get advice – pharmacy and 111.nhs.uk is here for you

If you do feel unwell or need advice on a health concern, get help early before your condition worsens by contacting your local pharmacist or visiting 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, you can:

- find out how and where to get the right healthcare in your area, whether it's through your GP, urgent care or pharmacist
- get advice on self-care
- get a call back from a nurse, doctor or other trained health professional if required

People should still call 999 or go to A&E in an emergency – when someone is seriously ill or injured and their life is at risk.

5. Get your vaccines

The last thing you can do to prepare for the winter period is to get your flu and covid jab booked in. It can take 2-3 weeks for the flu and Covid-19 vaccine to kick in and offer protection, so if you are eligible, get booked in as soon as possible. Book online or call 119.

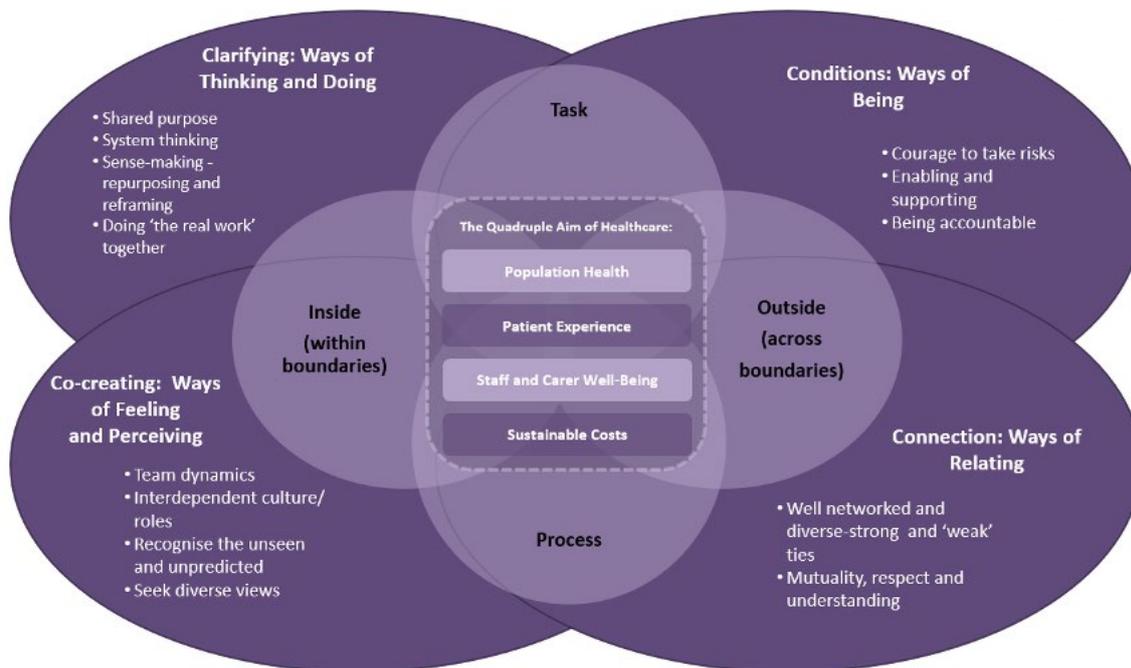
Visit 111.nhs.uk for healthcare advice. Find a pharmacist [here](#) or find a dentist [here](#), and to book your vaccine, go [online](#) or call 119.

Embedding distributed leadership across Joined Up Care Derbyshire (JUCD)

A system-wide workshop, the second in a series of events, was held on 11 October 2022 which saw over 70 existing, emerging, and aspiring clinical and care professional leaders come together across Derbyshire.

The aspiration for clinical and care professional leadership (CCPL) in Derby and Derbyshire is to give all colleagues, no matter their role, the ability and opportunity to influence and lead decision making to collectively achieve the best outcomes for the local population.

The behaviour framework below highlights the JUCD aspiration for clinical and care professional leadership:



The workshop was an opportunity to explore what good CCPL looked like, what is needed to make it reality, and the difference that can be made through leadership connectivity and collaboration.

Gemma Deltoro (Clinical Lead Nurse Specialist) and Jordana Wright (Advanced Clinical Practitioner) shared powerful examples of their leadership journeys, reflecting that it started with wanting to make a difference for the people they serve, then having the vision, ambition, and resilience to enact change.

The need for a development offer to support clinical and care professional leaders was highlighted in the first event of this series back in May 2022. This current workshop was an opportunity to unpick what this offer might look like, what was already available, and the gaps that needed addressing. Examples of practical tools already available across JUCD were shared including [Quality Conversations](#), [Personalisation](#), and [Joined Up Improvement Derbyshire](#).

Colleague feedback highlighted several components they would like to see included in the offer, for example co-production skills, wellbeing support (recognising

asking colleagues to be brave and take risks can be difficult), and buddying/mentoring to nurture and support leaders. Colleagues emphasised that the offer needs to be inclusive for colleagues at all levels working across the system and needed to be accessible via bite-sized accredited modules. Moreover, the menu of support offered needed to suit different learning styles and preferences.

A group of willing volunteers were identified to further support the development of the offer – colleagues will work with Linda Garnett (Programme Director, People Services Collaborative) to shape and agree what the offer might look like. The ambition is to take the draft offer to the Clinical and Professional Leadership Group (CPLG) and Workforce Advisory Group in the new year.

If you would like to get involved in the design of the CCPL development offer, please contact Linda Garnett: linda.garnett1@nhs.net

If you want to find out more about clinical and care professional leadership in Derby and Derbyshire, please contact Sukhi Mahil (JUCD ICS Assistant Director): sukhi.mahil@nhs.net

New Year, New Career

NHS and social care organisations across Derby and Derbyshire are coming together to stage four events early this year to attract more people into a variety of rewarding caring careers.

Joined Up Careers Derbyshire, a partnership of health and social care employers, is putting on Future Talent, Future Heroes events to highlight apprenticeship opportunities and other entry-level roles.

Two events are being held in January, highlighting the availability of local apprenticeships – on Tuesday 10 January, 1-7pm, at the Derbyshire County Cricket Ground, Derby and on Wednesday 11 January, 1-7pm at the Chesterfield Technique Stadium.

In March, a further two events will be held showcasing how students and the wider public can gain roles in the health and social care sector. These events take place on Tuesday 14 March, 10am-2pm, at Chesterfield College and on Wednesday 15 March, 10am-2pm at Derby College Roundhouse.

Susan Spray, Joined Up Careers Derbyshire programme lead, said: *“One of the biggest challenges facing health and social care is ensuring successful recruitment into the sector and that we have a workforce fit for both now and into the future. As such, we are really excited to be staging these four events that spotlight the many ways to get into working in health and social care and the huge number of different roles available. And what better way to begin the new year with a new career!”*

NHS organisations including mental health care, community care and hospital care as well as local authorities and care homes will be represented at the



events. There will be display stands, speakers, and seminars. All four events are free to attend and do not require booking in advance. Just turn up on the day and find out all about the many different opportunities available.

For further information for anyone wanting to attend or for employers wanting to book a stand, please email ddcib.joinedupcareers@nhs.net

You can also find out more information about being an apprentice and how to apply [here](#).

Meet Joe and learn about NHS apprenticeships

Meet Joe who is an NHS apprentice. Joe is 12 months into his role as digital marketing apprentice in the Derbyshire Community Health Service NHS Foundation Trust (DCHS) Health, Wellbeing and Inclusion Marketing and Communications Team.

You can read his story [here](#) and find out about NHS apprenticeships at DCHS [here](#).

The New Year could be an opportunity to kickstart your career in all sorts of roles.



‘Off the Job’ Apprenticeship Event Success

Last month, Charlie Knight, Health Education Derbyshire's Placements and Apprenticeship Administrator planned and delivered our first ever systemwide apprenticeship event for current non-clinical apprentices. The event's aim was to reach out to managers and current apprentices to identify support needed for non-clinical apprentices to develop their ‘Off the job’ (OTJ) skills. Often non-clinical apprentices struggle to develop OTJ as they do not always have access to shadowing opportunities and day release at college or university.

This event is even more newsworthy as Charlie herself only completed her own apprenticeship this year and has taken a lead in supporting primary care apprentices, hence she is a great success story in her own right.

After highlighting that there were limited training opportunities and events to support non-clinical apprentices' off the job learning, Charlie arranged the event to support all apprentices across Derbyshire in Health and Social Care. Not all non-clinical apprentices have access to the same training and the importance of this resonated with Charlie, who began her career

at Health Education Derbyshire as a Level 3 Business Administration Apprentice.

The event featured several guest speakers, who all have a background in apprenticeships, including current apprentices, previous apprentices and experienced apprenticeship support and education staff. Having guests from various apprenticeship backgrounds created an opportunity to share advice, learn about apprenticeship career progression and the various opportunities available, and to exchange ‘top tips’ on non-clinical apprenticeship skills. A Q&A panel of experts were on board during the event to answer any questions surrounding apprenticeships, which created insightful discussions and an informative knowledge base.

The feedback received has been excellent, and will ensure future workshops and events are planned.

To find out more about the future plans for apprenticeship events and how Health Education Derbyshire are working to support managers and apprentices, please contact Charlie.Knight@healtheducationderbyshire.co.uk or visit the [website](#).

Getting your blood pressure checked is easy, and it could save your life.

Reduce your risk of heart attack and stroke, if you are 40+, ask your pharmacist about blood pressure checks.



Glossop GPs roll out lung health checks for smokers

Local NHS teams in Glossop are inviting smokers past and present to get a lung health check in a drive to improve earlier diagnosis of lung cancer and save lives.

GPs will be sending letters to households as part of the new screening project, which includes in-person appointments and CT scans.

The letters will go to eligible people aged 55-74, inviting them for an initial lung health check with a specially trained healthcare professional. More than 65% are then expected to be eligible for the low-dose CT scans.

Over two years, across the 23 pilot projects in England, the programme is expected to identify an estimated 6,000 cases of lung cancer earlier than would have been possible.

Glossop has one of the highest mortality rates for lung cancer in England and is one of 23 places across the country running the Targeted Lung Health Check (TLHC) programme.

This programme will help to improve early diagnosis and survival for people with cancer, in line with the [NHS Long Term Plan](#).

Lung cancer can often be caught too late as there are rarely symptoms at the earlier stages. The programme

is designed to save lives by checking those most at risk of developing lung cancer and thereby spotting signs at the stage when the cancer is more treatable.

This offers the opportunity for more and earlier interventions, including curative surgery, which will save people's lives. Stop smoking advice will also be available to support current smokers.

Dr Veena Jha, Clinical Director of Glossop Primary Care Network, said: *"I'm delighted Glossop is part of this pilot project to provide early diagnosis for serious lung conditions. The survival rate for lung cancer significantly increases if it's caught in the early stages and through our approach to these targeted lung health checks will be contacting residents most at risk."*

"I encourage anyone who receives an invitation letter to contact the bookings team as soon as possible."

"These targeted lung health checks will save lives, not just by finding cancers earlier, but also in identifying a range of other health conditions such as chronic obstructive pulmonary disease (COPD) and cardiovascular disease."

For more information on the Targeted Lung Health Check programme please call 0161 529 0900.

Looking after your lungs



Targeted Lung Health Check Programme

Lung health checks are available for anyone who's ever smoked and is aged from 55-74 years-old. Look out for an invitation letter from your GP.

Visit joinedupcarederbyshire.co.uk/news/glossop-rolls-out-lung-health-checks-for-smokers or call 0161 529 0900 to find out more.



Public Health in Derbyshire County

Public Health is responsible for making sure there are a wide range of services available to help people in Derbyshire to stay healthy. This is done by directly delivering, commissioning, or buying in, certain services from other organisations. Public health places a great deal of importance on partnership working between councils, health professionals and other organisations to improve the health of people in Derbyshire.

Being healthy is not just about tackling illness. It looks at a wide range of factors that affect quality of life and general wellbeing. This includes things like education, income, housing, and employment, as well as lifestyle issues like smoking, alcohol, and exercise.

Below is a breakdown of all the services offered by Public Health in Derbyshire and where to find more information.

Best Start Team

The Best Start Team deliver services and programmes that aim to improve health and wellbeing early in life. Good health before and during pregnancy, and positive early experiences help to ensure children are ready to learn and have the foundations for good health and wellbeing into adulthood. You can find more information [here](#). You can read more about the Healthy Start initiative on page 16.

Disability Employment Service

The Disability Employment Service support disabled people to find training, work experience, voluntary work, and paid employment, making employment a realistic outcome for disabled individuals. You can find more information [here](#), or you can email disabilityemploymentservice@derbyshire.gov.uk

Disability Employer Engagement Derbyshire provides support to workplaces across Derbyshire, to employ people with disabilities or long-term health conditions. The Disability Employer Engagement Derbyshire can be contacted by emailing EmployAble@Derbyshire.gov.uk

Financial Inclusion Team

The Financial Inclusion Team delivers a variety of different services to ensure that residents in Derbyshire are receiving the correct benefits, have access to grants or emergency cash payments for urgent needs following a crisis or disaster, and can receive financial support when facing a financial crisis. They also promote safe and low cost lending and saving. For more information click on the link:

- [The Welfare Rights Service](#)
- [Derbyshire Discretionary Fund](#)
- [Affordable Credit Project](#)
- [Household Support Fund](#)

The team also supports the work of the countywide network of multi-agency Financial Inclusion Groups,

and together with colleagues they are promoting support to residents and staff in facing the current cost of living pressures. Find out more [here](#).

Health Protection Team

The Health Protection Team work to prevent or reduce harm caused by communicable disease and environmental hazards for both Derbyshire county and Derby city, working alongside the UK Health Security Agency (UKHSA), and local council and NHS colleagues. This includes vaccination, communicable disease including Covid-19, air quality/climate change impact/extreme weather events, antimicrobial resistance/infection prevention and screening. You can find more information [here](#). The team can be contacted by emailing ASCH.Health.Protection@derbyshire.gov.uk

Healthcare Public Health Team

The Healthcare Public Health Team works closely with health and social care partners to embed public health principles across the system, focusing on long term conditions, ageing well, and reducing health inequalities. You can find more information [here](#).

Healthy Workplaces Team

The Healthy Workplaces Team supports workplaces to improve the health and wellbeing of staff. Evidence shows that where workplaces invest in physical health, and mental health and wellbeing, staff feel valued, productivity increases, sickness absence is reduced, and staff retention improves. You can find out more information and register your interest [here](#). The team can be contacted by emailing asch.healthy.workplaces@derbyshire.gov.uk



Live Life Better Derbyshire

Live Life Better Derbyshire is a free service helping people to live healthier lifestyles, and support people to identify their health and wellbeing needs. Support is provided to stop smoking, lose weight, and get more active. You can find more information [here](#). The team can be contacted by emailing asch.llbd.info@derbyshire.gov.uk



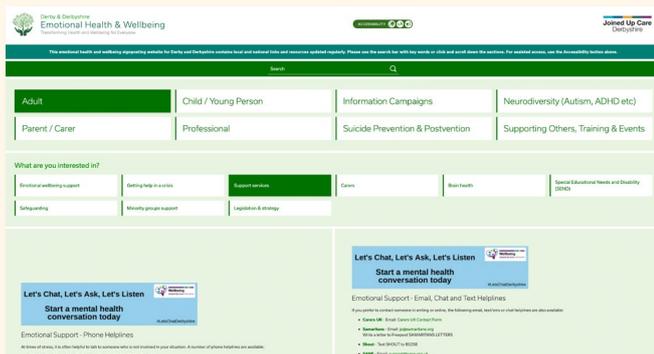
Localities Programme

The Derbyshire Localities and Place Team works with local partners and communities in each of the eight boroughs and districts in Derbyshire to identify and tackle barriers to improved health and wellbeing through a community-focused public health approach. The team also strives to reduce inequalities through local place-based and community partnership approaches.

Mental Health and Suicide Prevention Team

The Mental Health Team lead the strategic approach to mental health and suicide prevention, contributing to Joined Up Care Derbyshire’s Mental Health approach. The team coordinates training and projects to promote mental wellbeing, manage the Derbyshire mental health website and provide wellbeing support to the voluntary sector.

The team can be contacted by emailing ASCH.Suicide.Prevention@derbyshire.gov.uk. You can find more information about support for Mental Health in Derbyshire [here](#). You can read more about how you could prevent a suicide on page 13.



National Child Measurement Programme

[Live Life Better Derbyshire](#) also visit schools across Derbyshire to weigh and height measure children in reception and year 6 as part of the [National Child Measurement Programme](#). The National Child Measurement Programme can be contacted by emailing llbd.ncmp@derbyshire.gov.uk

Prevention

The Winter Pressures Single Contact Point is a signposting, referral, and advice service open October 2022 – March 2023. This is by referral only and you can find more information and the referral form [here](#).

Once a referral is received the Community Response Unit will work with the client to link them to appropriate support and advice. Where situations are more complex a worker will be allocated to support an individual, but in all cases the focus will be on enabling the person to help themselves. Please complete the Winter Pressures Referral form if your client needs support with any of the following:

- Support with getting food (shopping/food bank)
- Collecting prescriptions
- Social isolation
- Keeping the home warm, including fuel poverty, winter fuel grants
- Home and heating maintenance issues
- Energy advice – changing suppliers or tariff
- Income maximisation and debt
- Employment support
- Eviction and homelessness support
- Reducing slips and falls – practical help
- Accessing flu vaccinations
- Health improvement services.

Public Health Commissioning Team

The Public Health Commissioning Team are responsible for ensuring Public Health services are commissioned and contracted in accordance with best practice and organisational policies and procedures.

Public Health Knowledge and Intelligence Team (KIT)

The Public Health Knowledge and Intelligence Team provides specialist epidemiological expertise to Public Health on a range of issues, utilising methodologies such as Health Needs Assessments, Health Equity Audits, Health Impact Assessments and Evaluation Frameworks. KIT also lead the transformation of the [Joint Strategic Needs Assessment](#) in order to inform strategic decision-making across the system. The team can be contacted by emailing kit@derbyshire.gov.uk. You can find the Derbyshire Observatory [here](#) which provides lots of data and statistics for Derbyshire.

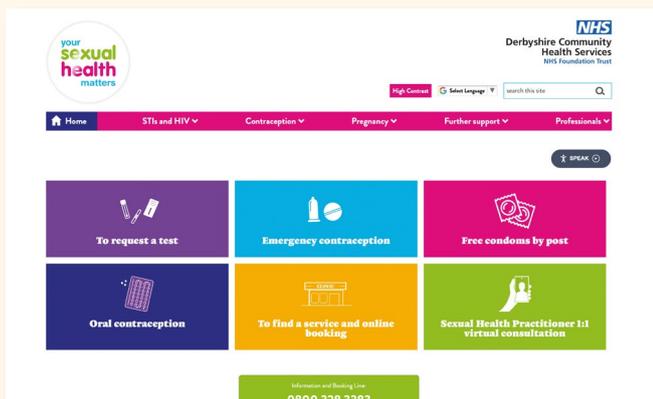
School Crossing Patrols

The School Crossing Patrol Service has over 100 sites across Derbyshire keeping children safe on the roads and encouraging active travel.

The School Crossing Patrol Service can be contacted by emailing school.crossingpatrol@derbyshire.gov.uk, or you can find more information [here](#).

Sexual and Reproductive Health Team

The Sexual Health Team leads and supports the work of the Derbyshire sexual health system with an aim to generate strategic vision and greater collaboration across partners to maximise population sexual health outcomes, including the commissioning of the Integrated Sexual Health Service. Find more information [here](#).



Derbyshire Health and Wellbeing Board

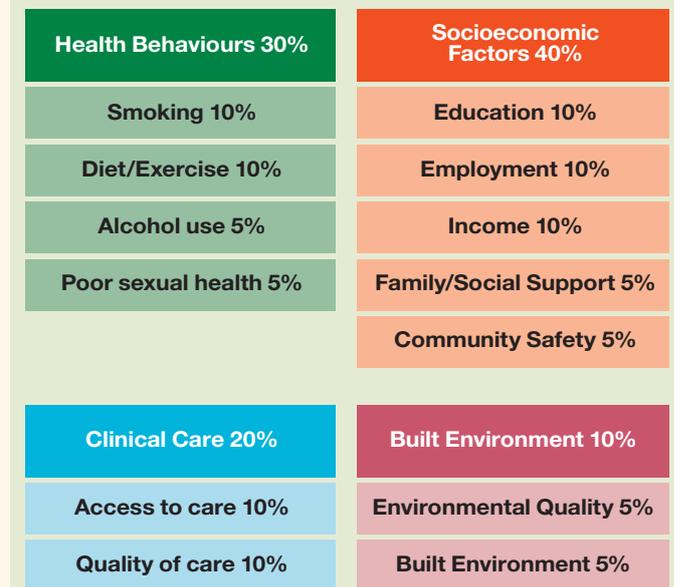
Public Health supports the work of the [Derbyshire Health and Wellbeing Board](#), the Integrated Care System development and coordination of a number of key programmes of Public Health activity via the Strategic Intent Team. The team can be contacted by emailing asch.strategicintent@derbyshire.gov.uk.

Substance Misuse Team

Public health plays a big role in making sure that there are support services on offer to people who are experiencing problems with drug or alcohol related issues. The Substance Misuse Team lead on prevention, early intervention, harm reduction, and treatment and recovery. The team works with partners such as police, probation, community safety, prisons, hospitals, primary care, mental health services, education and the wider community and voluntary sector to ensure individuals, families and communities across Derbyshire have access to the right information and support about substance misuse. You can find more information [here](#).

Wider Determinants of Health Team

The Wider Determinants of Health Team support work across a range of social, economic, and environmental factors which impact on people's health, including housing, planning, employment, environment, economy, financial, digital and social inclusion. By addressing the causes of ill health, we aim to support the reduction of health inequalities. You can find more information [here](#). The diagram below shows how other factors contribute to someone's health status.



Source: Robert Wood Johnson Foundation and University of Wisconsin Population Health Institute. Used in the US to rank counties by health status. While this is from a US context it does have significant resonance with UK evidence, though perhaps the contribution of housing to health outcomes would be increased for the UK.

If you are not sure who to contact in Public Health, you can email asch.publichealth@derbyshire.gov.uk

In the March 2023 issue, there will be a 'Spotlight on Derby City Public Health'.

Talking about suicide in Derbyshire

Most people who die by suicide are not known to mental health services, but in the months preceding their death many of them will have contact with settings such as their GP, their workplace or with friends and family. There are opportunities to support people before they reach a point of crisis. Suicide is an urgent but not inevitable issue, and we all can do our bit to help prevent it

Research tells us that it is effective to work in community settings to raise awareness and to increase skills by providing additional training to certain people. Culture and leadership are also important for suicide prevention, due to the stigma that can make it difficult for people to speak openly.

Suicide prevention is everybody's business and it's the ambition of the Derbyshire Self-harm and Suicide Prevention Partnership to embed a strategic approach to ensure sustainable long-term change in Derby and Derbyshire. We have taken the elements of community suicide prevention that have been proven to be effective and are collaborating with the NHS, local authority, and the voluntary and community sector to turn these into tangible actions. We have many teams and organisations on board but if you'd like to get involved, please contact Kath Rowe, Programme Manager: k.rowe6@nhs.net

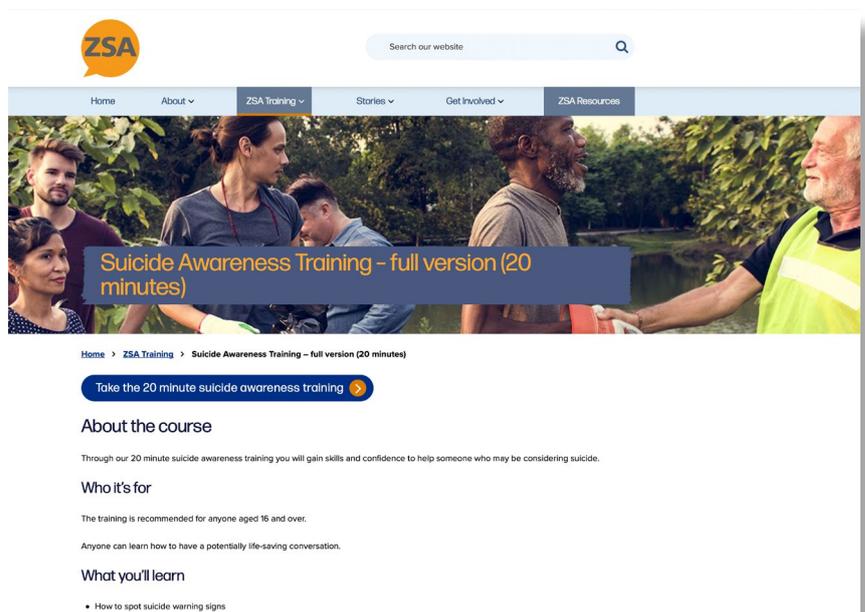
It is crucial that everyone feels able to talk about suicide and can also create environments and interactions to encourage others to. People often do not feel confident to disclose suicidal thoughts and one of the common misperceptions is that by asking about suicide directly the person is more likely to act. This is not the case as asking the question can be the opening someone may need to disclose their feelings and to be able to address any plans they may have made. The Zero Suicide Alliance provide free e-Learning that only takes 20 minutes and can help you in having this conversation. You can access it [here](#).

A local 24/7 helpline is available for anyone who is experiencing emotional distress or suicidal thoughts. The phone number is 0800 028 0077; however, in a medical emergency you should call 999 for immediate support.

As part of the programme, we have attended various events to help promote the message that suicide prevention is everyone's business, and to help break the silence around suicide. This has included Pride events, events within the farming community and local festivals. We will

be attending more over the next year and will be reaching out particularly to those who we know face health inequalities and may not reach out to access traditional health services.

If you have an event that you would like us to attend, or if you would like to access bespoke suicide prevention awareness sessions for your organisation, please contact Wendy at wendy.hodgkinson@nhs.net



Children and Young People's Mental Health Transformation Plan Refresh

On 31 October 2022 Joined Up Care Derbyshire (JUCD) published their annual Children and Young People's (CYP) Mental Health Transformation Plan Refresh. Each year NHS England (NHSE) ask us to publish this to share our progress towards the ambitions of the national [NHS Long-term Plan \(LTP\)](#).

It follows a period of focussed review, where commissioners and local professionals from across the NHS, public health, local authorities, education, and youth justice, have come together to revisit what we said we'd do, what we've done, and what is still to come. It's a process of looking back and forward at the same time, thinking clearly about what we're aiming for, and making sure we acknowledge our achievements along the way.

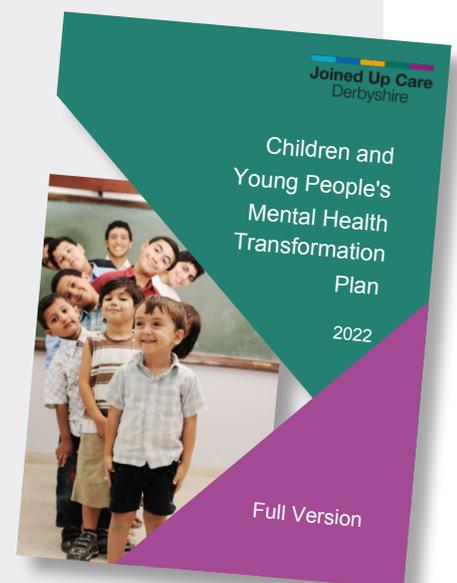
As well as our system priorities and ensuring we're aligned to the NHSE vision, it's where we outline the detail of our work with children, young people, and their families to design and provide the best possible services for CYP in Derbyshire.

You'll find a detailed overview of the emotional and mental health needs of our CYP population and how key areas of transformation are working to address these.

Some of these include the expansion of Mental Health Support Teams in schools; how we're developing our crisis response and intensive home treatment teams to better meet local need; the development of our young adult provision; work towards an enhanced eating disorder and eating difficulties pathway; and where we've implemented digitally enabled care and trauma informed approaches for children in care.

There is much, much more! So, for a full view of where we are as a system, with some excellent examples of collaboration, innovation, and best practice, we invite you to follow the link below and immerse yourself in the JUCD vision for CYP mental health.

The full plan and the easy read versions can be found [here](#).



Supporting young people with diabetes

The transition between paediatric services for children and young people, and adult services, has been an area where our young adults have often fallen through the gaps. Nationally and locally there is evidence that young adults are most likely to be admitted to hospital as a result of poor management of diabetes at this age and this is one of the areas of action for the [NHS Long Term Plan](#) for Children and Young adults with a diagnosis of diabetes.

University Hospitals of Derby and Burton NHS Foundation Trust (UHDB) have recently been successful in securing NHS England (NHSE) funding to pilot, over three years, a transition service at Derby and Burton hospitals that aims to:

- Reduce the number of diabetic ketoacidosis episodes that result in attendance at A&E or admission to hospital
- Reduce unplanned hospital admissions between ages 13 and 25

- Reduce health inequalities and variation in outcomes for children and young people with diabetes, including more equitable access to treatment technology
- Improve diabetes education to improve awareness and self-manage the condition
- Improve access to specialist diabetes nurses
- Improve access to psychological support that will improve adherence to treatment
- Reduce long term consequences to health from poorly managed diabetes in adulthood which can occur when young adults disengage around the age of transition.

This work is part of wider system transformation initiatives as part of the NHS Long Term Plan for children any young people with lifelong conditions, which include asthma, epilepsy and diabetes, and healthier weight management.

For more information, please contact Marie Crowley: marie.crowley1@nhs.net

MH:2K – Youth-led Citizen Research

Delivered by the social enterprise Leaders Unlocked, MH:2K is a powerful, youth-led model for engaging young people in conversations about mental health and emotional wellbeing in their local area. First piloted in Oldham in 2016/17, their early success saw them expand into new areas. MH:2K is now well embedded in Derbyshire and Nottinghamshire and running into its fourth year.

The youth led model empowers 14–25-year-olds to become ‘Citizen Researchers’ to:

- Identify the mental health issues that they see as most important.
- Engage other young people in discussing and exploring these topics.
- Work with key local decision-makers and researchers to make recommendations for change.

They achieve this through:

- **End-to-end youth leadership:** MH:2K’s youth-led approach means it is grounded in the reality of young people’s lives. Young people decide its focus, co-lead its events, and determine its findings and recommendations.
- **Peer-to-peer engagement:** By empowering young people to reach out to their peers, MH:2K creates a safe and engaging space for participants.
- **Close collaboration with key decision-makers and researchers:** By involving key figures in the project from its start, MH:2K builds trust, enthusiasm, and commitment for MH:2K, and the implementation of its recommendations.

Last year, MH:2K worked in partnership with Derbyshire County Council, Derby City Council, and the then NHS Derby and Derbyshire CCG to engage with 221 young people across the city and county. Through interviews, workshops, and surveys, they were able to outline youth informed priorities and recommendations for change across five key areas. These were:

- Hidden Impacts of the Pandemic.
- The Crisis Response Pathway.
- Specialist Community Support.
- Access and Communications.
- The Digital Offer.



You can find out more in the report '[A Youth-Led Approach to Exploring Mental Health](#)'.

This year, MH:2K were commissioned by the new NHS Derby and Derbyshire Integrated Care Board (ICB) to build on this work and take a deeper dive into some of the key areas. The ICB asked MH:2K to be involved in the procurement of an early intervention service for eating disorders, to take a closer look at the Crisis Response Pathway, lead a youth review of the Derby and Derbyshire Emotional Health and Wellbeing (EHWB) Website, and to undertake a detailed exploration of 'health inequality' from a youth perspective.

Since outlining the workplan, MH:2K have been in full swing. They hosted a young person's workshop about eating disorders, directly informing the shape of the early intervention service, and have held their first design days around health equalities, the EHWB website and social media. Throughout each event, MH:2K's citizen researchers have given their full enthusiasm, creativity, and sharp insight to the brief, generating rich and detailed information. As we collaborate through the rest of the 22/23 year, we look forward to the voice of young people continuing to inform mental health provision for the children and young people of Derbyshire.

As part of the NHS Long Term Plan to transform children and young adults' diabetes services, NHS England require Integrated Care Boards (ICBs) to look at improvements in the clinical care pathway for those with a diagnosis of diabetes and are approaching the age of 18.

Healthy Start Scheme

If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk. To be eligible you will need to be in receipt of qualifying benefits.

If you are eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops selling healthy food and milk, and who display the Mastercard® acceptance mark. Your benefit will be added onto this card every four weeks.

You can use the card to buy:

- Plain liquid cow's milk
- Fresh, frozen, and tinned fruit and vegetables
- Fresh, dried, and tinned pulses
- Infant formula milk based on cow's milk

You can also use your card to collect Healthy Start vitamins – these support you during pregnancy and breastfeeding and vitamin drops for babies and young children – these are suitable from birth to 4 years old.

- In Derbyshire families who are eligible can get Healthy Start vitamins via their Health Visitor by showing their prepaid card as proof of entitlement. They will then be issued direct or posted.
- In Derby city, families who are eligible, can get Healthy Start vitamins from 3 locations: Peartree Clinic (DE23 6QD), Revive Healthy Living Centre (DE21 6ET), Sinfin Health Centre (DE24 3DS) by showing the prepaid card as proof of entitlement.

If you were in receipt of Healthy Start prior to April 2022 you will have received paper vouchers, but from April 2022 these have been replaced by a prepaid card. If

you were claiming Healthy Start vouchers prior to April 2022 you will need to reapply to the new digital Healthy Start scheme to get the prepaid card.

There are a number of ways you can apply for Healthy Start depending on which benefits you are in receipt of. To find out how to apply visit go to [How to apply – Get help to buy food and milk](#):

- To apply online visit [here](#).
- You can email healthy.start@nhsbsa.nhs.uk
- You can call 0300 330 7010. Phone lines are open 8am to 6pm Monday to Friday (except public holidays). You can request an interpreter if needed. You can find out how much a call will cost to an 0300 number [here](#).

If you are a professional working with people who might be entitled to Healthy Start, please pass on this information, discuss eligibility with the individual and support them to complete the application process. If you require more information, please click [here](#).



Derbyshire Teen Health Website

The Derbyshire Teen Health website is part of the new public health Derbyshire Family Health Service website but has its own unique web address (derbyshireteenhealth.nhs.uk) to make it quicker for young people to find accurate, reliable, and engaging health and wellbeing related information.

The website aims to give young people the most up to date, expert advice on all matters related to their health and wellbeing. Written by Derbyshire Community Health Service NHS Foundation Trust clinicians, and explained in accessible language, we hope the website will provide a one-stop shop for young people to help themselves to be healthy and happy.

The Derbyshire Teen Health Instagram page also provides information and advice on everything from

national awareness days and what they mean for young people, to information on immunisations. The page can be found [here](#).

If you would like further information, please contact the team: dscht.hwicomcommunications@nhs.net



Neurodevelopmental Transformation Programme

The Neurodevelopmental Pathway cuts across education, social care and health. Much of the support provided is from the Voluntary and Community Sector and is a great example of where the whole of the Derby and Derbyshire system work together. One part of the pathway for some children and young people (CYP) is the specialist service responsible for the assessment of neurodevelopmental conditions such as [Autism Spectrum Disorder](#) (ASD) and [Attention Deficit Hyperactivity Disorder](#) (ADHD).

Improving the pathway for children and young people (CYP) and adults living in Derbyshire who require a Neurodevelopmental (ND) assessment is a key priority for Joined Up Care Derbyshire (JUCD) so NHS Derby and Derbyshire Integrated Care Board (DDICB) are leading a systemwide Transformation Programme that has three main elements:

1. Neurodevelopment Assessment Pathway Transformation Business Case

DDICB recently approved a Business Case to fund a 3-year programme to transform the ND assessment pathway across the JUCD footprint. There are currently three assessment pathways:

- Adults
- CYP North
- CYP South

The aim of the transformation programme is to redesign the adult and CYP pathways and where possible to bring them together under an 'all age' pathway. The first phase of the programme is to redesign the North and South CYP pathways. To do this we are working with Derbyshire Healthcare NHS Foundation Trust (DHcFT), University Hospitals of Derby and Burton NHS Foundation Trust (UHDB), Chesterfield Royal Hospital NHS Foundation Trust (CRH) and Derbyshire Community Health Services NHS Foundation Trust (DCHS) to develop and align the assessment processes starting with the recruitment of additional staff.

The second phase of the programme is to align the CYP pathway to the adult pathway, paying particular attention to the service offered to young people who are moving from children to adult services.

2. Neurodevelopment Community Hub 'wrap around support'

We've had feedback that information, support and advice for people before and after they receive a formal diagnosis is an area that needs to be improved. Information is perceived to be difficult to find and people feel like they are having to navigate this system on their own with no support. To help to improve this situation we have developed 'ND Community Hubs' which we've done with the support of our system partners from across JUCD including Experts by Experience.

We have secured funding to run a 12-month pilot with up to four hubs across the JUCD footprint to test and learn what works in different areas, with the aim of offering more hubs in the future. The plan is that anyone, including professionals, will be able to attend the hubs without the need for a referral and will be able to access a wide range of information and support, without a formal diagnosis. The Community Hubs will be closely linked to local authority led Family Hubs, and an online support offer to ensure that there is a wrap-around service for CYP, families and carers.

3. Neurodevelopment Research Project

To help to inform the roll out of the ND Transformation Programme including the ND Community 'wrap around' hubs DDICB commissioned a 3-month research project that has been ensuring we understand in detail the current ND pathway.

The researchers have accessed a wide range of data, including interviewing many professionals and experts by experience as part of the project which they are currently analysing.

The research will lead to a report that will provide recommendations for the work that we need to do to improve the ND assessment pathway.

One of the biggest challenges we face as a whole system is how we communicate with each other including with CYP, families and carers to ensure our system is easy to navigate and no one feels the system is not supporting them. We are planning a range of activities across the system in January 2023 and beyond to address this.

If you would like to find out more, the ICB's Children's commissioners can be contacted at ddicb.childrenscommissioning@nhs.net

Deaf-initely Women

Deaf-initely Women is run and governed by deaf, deafblind and hard of hearing women.

Deaf-initely Women, Community Action Derby and Derby Living Well Board have joined forces to set up the Derby Deaf Wellbeing Service for deaf, deafblind and hard of hearing people living in the city, helping them to improve and manage their mental health and wellbeing.

Two wellbeing coaches, Emma and Sarah, are part of this service. Both have direct experience of deafness and mental health and can give peer support to others. Sarah has won an award for Inspirational Story of the Year from Mental Health Roots. Both Emma and Sarah have recently passed their Mental Health First Aider certificate through training from [MHFA England](#).

Deaf-initely Women offer many other services including social connector service, digital support connector, art therapy and advocacy.

- You can find more information about all their services [here](#).
- To refer someone for wellbeing support please click [here](#).
- If you would like to self-refer for wellbeing support please click [here](#).

Are you a Personal Assistant, Communication Support Worker or Care Worker working with someone who is deaf or deafblind?

Deaf-initely Women in partnership with other deaf charities and Skills for Care, are running free

workshops for Personal Assistants, Communication Support Workers and Care Workers.

The workshops will provide an overview on what is involved in communicating and supporting deaf and deafblind people. Personal Assistants, Communication Support workers and Care Workers can be funded by Direct Payment, Personal Budget, Personal Health Budget or self-funders.

Direct Payment employers will be able to claim reasonable work and travelling expenses for their Personal Assistant(s) to attend the workshop to help them develop their skills and knowledge. It can pay for traveling expenses to get to and from the training venue and for a replacement PA when your usual PA is attending training. For more information, please email: booking@deafinitelywomen.org.uk or click [here](#).



Derbyshire Community Breast Pain Clinic

In June 2021 Derbyshire trialled the first Community Breast Pain Clinic. The clinic has been a huge success and the benefits have included:

- Reducing unwarranted referrals to secondary care (specialist) breast services
- Improving experience for patients with breast pain
- Reducing repeat GP attendances
- Improving early detection of significant breast cancer family history
- Covid-19 recovery and restoration planning for secondary care (specialist) breast services

This success was recognised at this year's [HSJ Awards](#) where the team were shortlisted in the category 'Primary and Community Care Innovation of the Year'.

All patients who attended the Derbyshire Breast Pain Clinics were asked to complete an anonymous patient experience questionnaire after their appointment. The clinics have been running since June 2021 and have seen 690 patients with a 100% completion rate demonstrating extremely positive feedback for the clinic.

We are pleased to announce that the East Midlands Mastalgia (breast pain) Pathway Implementation Team won the runners up prize with a high commendation at this year's national HSJ awards 2022 in the same category. Given the quality of the competition, to come second in the UK is a fantastic result. The East Midlands multi-disciplinary team have transformed the pathway and demonstrably improved the experience for thousands of patients across the East Midlands and influenced and assisted the adoption in 14 other Cancer Alliances nationally. It is an outstanding achievement.



Caring for more people using virtual wards

The NHS is increasingly introducing "virtual wards" to support people at the place they call home, including care homes.

Following national guidance from NHS England, a dedicated team have been working this year on developing a model of delivery for "virtual wards" for patients across Derby and Derbyshire.

What is a virtual ward?

Virtual wards allow patients to get the care they need at home safely and conveniently, rather than being in hospital. Through the use of technology, virtual wards support patients, who would otherwise be in hospital, to get the care they need in their own home.

In a virtual ward, support can include remote monitoring using apps, technology platforms, wearables and medical devices such as pulse oximeters. Support may also involve face-to-face care from multi-disciplinary teams based in the community, which is sometimes called "Hospital at Home".

Virtual wards are in place in many parts of the country, for example, supporting people with frailty or acute respiratory infections.

Virtual wards are not a replacement for face-to-face care; only when a clinician feels it is safe and appropriate will a patient be moved to a virtual ward. Virtual wards exist to support patients to remain or return home more quickly while still getting the care they need in a timely way.

Virtual wards in Derby and Derbyshire

NHS England hope to deliver 40-50 Virtual wards per 100,000 population by December 2023. In Derby and Derbyshire we are looking to develop the following virtual wards:

Chesterfield Royal Hospital NHS Foundation Trust

- Frailty/Acute Respiratory Infection/Haematology, Oncology and Supportive Care
- Cardiology

University Hospitals of Derby and Burton NHS Foundation Trust

- Cardiology
- Acute Respiratory Infection
- Also exploring if virtual wards can be developed for Frailty, Diabetes, Acute Medicine and Pathology

Derbyshire Community Health Services NHS Foundation Trust

- Frailty

DHU Healthcare

- Respiratory

Ashgate Hospice Care

- End of Life/Palliative

What's been happening in other parts of the country?

Some areas in the country have been providing virtual wards for some time now. In Leeds they have been providing rapid care to people in their own home rather than going to hospital, through a frailty virtual ward.

This virtual ward supports up to 40 patients per day and provides coordinated rapid care to people aged over 70 with moderate to severe frailty in their own homes. Together, they have already released 10,000 bed days since launching the pilot virtual ward in November 2019.

One person who experienced the virtual ward said: *"I think that should be the standard care, who wants to go to hospital, when you can have the people [matrons] to help you at home and get better while sleeping in your own bed!"*

Caring for people in their own homes has contributed to fewer hospital-acquired infections, falls and complications. For example, patients with delirium can find admission very distressing, so these patients are cared for much more successfully at home.

Similar outcomes have been achieved through virtual wards happening in other parts of the country including Birmingham, Leicester and Staffordshire.

Working with patient groups in Derby and Derbyshire

Feedback from patient groups across Derby and Derbyshire will be gathered as part of the ongoing development of virtual wards and this will help to shape and improve the model of delivery as we move forward.

Dr Steven Lloyd, Clinical Lead for the Virtual Ward programme, explains more about the ambition for virtual wards:

"Virtual wards are a new concept for the NHS and allow patients to receive hospital level care within their own home or care home. The whole concept has been in development for some time now and as a system we are formalising the introduction of virtual wards to provide support to patients within their own home utilising remote monitoring and technology. The support available will also potentially involve face to face care and support from experienced care teams working within the community.

"In terms of patient safety and managing clinical risk we have worked with a very enthusiastic and expert group of clinicians and non-clinical staff to develop at pace a suitable virtual wards model for Derbyshire.

"At the time of writing there were 84 virtual ward beds across two virtual wards up and running across Derby and Derbyshire and our ambition is to offer 100 virtual ward beds in Derbyshire by December 2022."

More information about virtual wards is available on www.england.nhs.uk

Dronfield Patient Participation Group

Self-service Kiosk

The Joined Up Care Derbyshire (JUCD) [Online Engagement Platform](#) is being used to help involve our local population in the decisions being made around changes to health and care services. The platform provides an interactive and engaging online space for people to voice their opinion on local health and care services.

The Patient Participation Group (PPG) of Dronfield Medical Practice utilised the platform to gauge the views of patients of the practice around a proposal under consideration by the Practice to introduce a self-service kiosk for patients to take their own vital signs such as Blood Pressure, Height, Weight, Blood Oxygen Levels, Heart Rate and Rhythm, and Temperature. This was a patient-facing change that the Practice wanted to hear patients' views on as part of their decision-making process.

Whilst Dronfield Medical Practice has a population of over 10,000, the PPG membership at the time consisted of 13 people. Dronfield PPG Chair, Tim Peacock, was keen to broaden the scope of input from the practice population on the potential use of a kiosk and so provide the Practice with a useful indicator of patient enthusiasm for installing a kiosk to help inform the decision. Tim also wanted to find out if using the online engagement platform was an effective way to engage a broader group of Practice patients about Practice proposals than currently existed.

“Being a Patient Participation Group Chair, I know how challenging it can be to get the voice heard of a greater number of patients than currently, their busy lives allow. The trial of the platform for use by local populations such as PPGs is, I hope, going to make it easier for more health care users to share their views on proposed changes at any time of day or night”

Tim Peacock PPG Chair Dronfield Medical Centre

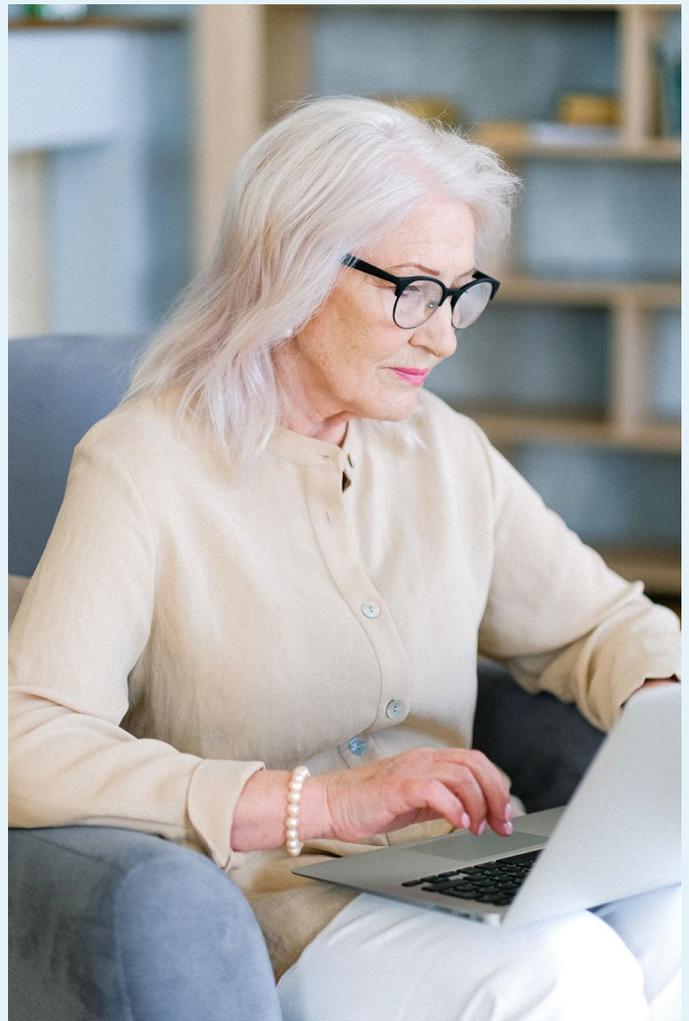
People were driven to share their experiences on the platform via numerous social media channels including a Facebook post from the medical practice signposting their 848 followers to the engagement platform. The Practice also displayed Kiosk Information posters created by the PPG in the waiting area with a QR code directing to the engagement platform and included it in their newsletter to raise awareness among those who do not use social media.

There was a much larger response than was anticipated with nearly 200 votes cast directly through

the platform or on social media posts promoting it along with some people sharing their thoughts on the idea of installing a self-serving kiosk into the Practice. With a total of 75% of votes in favour, there was clear support for the use of a kiosk.

The information gained from this work was collated and shared by Dronfield PPG Chair in a summary report to the practice stating: 'In summary, there is strong evidence of patient support for a Kiosk. If the decision is to install one there will need to be resources provided in terms of excellent promotion as to its use, and instructing and supporting patients in the correct and accurate use if it is to realise the benefits.'

Visit the [Dronfield PPG](#) section on the JUCD online engagement platform to keep up-to-date with this work and the Practice response to installing a self-service kiosk for patients to monitor their own vital signs and find out more about Dronfield PPG.



Crich Hubbub – A catalyst for community wellbeing

Crich Glebe Field Centre hosted a community engagement event on Thursday 17 November to raise awareness of the potential of the centre for improving wellbeing and to convene conversations between local residents, community groups and organisations and health related services and providers.

More than 50 people attended, including representatives from Crich Walking Group, Chair Based Yoga, Luncheon Club, Tuesday Club, Crich Men's Group, Popalong Parent and Toddler Group, Toy Library, Tai Chi, Belper U3A and Transition Crich. Alongside the voluntary groups and clubs were statutory providers such as Live Life Better Derbyshire, Amber Valley Social Prescribing, Crich Medical Practice, Amber Valley Borough Council, Derbyshire County Council Public Health and Sexual Health Services. In addition, in attendance were local businesses such as Crich based care provider, Supporting Solutions.

Andrew Auld, Chair of the Glebe Field charity led the morning which began with an overview of the facility and activities taking place within and outside the building which was followed by personal stories from local residents who had benefited from participating in activities such as the walking group, men's group and yoga. Each speaker shared their experience of how joining a social network had been critical to tackling loneliness, boosting physical and mental wellbeing and making deep connections with people who had gone on to support them through good times and bad.

The morning culminated in a hubbub of conversations - imagining a future where local collaboration leads to health creation in this rural parish. How can we connect better to make it easier for people to be well and access high quality opportunities? Cake, tea and then soup and a sandwich all provided by the Glebe via its busy kitchen

was much appreciated by everyone involved and, as the chat continued, ambitions spilled over onto the 'idea wall' which will form the basis of work going forward.

Concluding the session, Andrew invited participants to share their reflections on the morning and hopes for the future. It quickly became apparent that many useful connections had already been made during the morning such as Toy Library providing promotional material and items for use in the GP Surgery and offers of support between organisations to sit on committees and attend events. Capacity building in action!

Suggestions from participants featured the Glebe Centre as a coordinator of a community network including regular events akin to a Fresher's Fayre, more inter-generational activities e.g., Scouts and Luncheon Club, Toy Library and Tuesday Club, and for the work of Transition Crich to be embedded within everything that happens in the community going forward.

Winter pressures were acknowledged and the 'warm room' in the Glebe Centre was welcomed. There was also a suggestion of more activities to keep people warm by keeping people moving. Concern was voiced over the potential emphasis on the voluntary sector without sufficient resource to provide support to residents to function well and keep going.

To summarise, this experimental event seems to have been a real success. By 2pm many of the morning's participants were still deep in conversation soaking up the last of the soup and making plans for future connection. The afternoon offered local residents the chance to try a range of activities including table tennis, men's group, healthy cooking and tai chi and was well attended.

For more information about Crich Community and the Glebe Field Centre please contact office@crichglebe.org



Scanning for innovative solutions

If you are looking for innovations to solve a problem in your health or care service but aren't too sure where to start, [East Midlands Academic Health Science Network \(EMAHSN\)](#) can help.

They are one of 15 regional networks across England that work with the health and care sector to discover, develop, adopt, and spread innovation to improve services for patients and the workforce.

Their free [Horizon Scanning Service](#) will help define a particular challenge and scour their pipeline of 1400+ innovations from across the country to find potential solutions.

Recent horizon scans cover obesity and cardiovascular disease, mental health and asthma but can cover any topic.

If you'd like to find out more, please contact Suze Horobin: emahsn@nottingham.ac.uk

Wellness Hub

OneMedical Group NHS

Derby Urgent Treatment Centre Wellbeing Hub

Our Wellness Hub is here for you!

HOMELESSNESS FOOD BANK
DEPRESSION BEREAVEMENT
WORK PRESSURES ANXIETY
CONFLICT OVERWHELMED
UNSAFE AT HOME WORRY LOST
LONELINESS LOSS OF WORK
ISOLATED STRESS

This service can provide advice on many health and social care concerns. Our friendly service is available to listen and support you to gain control of your overall health and wellbeing. Please speak to reception for more information or call 01332 224700.

You can find more information [here](#).

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](#).

