

July 2024 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](#).



Diagnostics centres support thousands

Community Diagnostic Centres across Derby and Derbyshire are helping to cut waiting lists and improve patient satisfaction, latest figures show.

Work is well underway on a £29.9m programme to create the new centres in five locations that will serve the entire county.

The first new centre was opened last summer at Whitworth Hospital, Darley Dale, with work ongoing at four other sites across Derbyshire and Staffordshire: Ilkeston Community Hospital, Florence Nightingale Community Hospital in Derby, Sir Robert Peel Community Hospital in Tamworth, and Walton Hospital in Chesterfield.

These centres are now carrying out around 5,000 tests a week, up from around 2,000 tests a week in April 2023. When all centres are completed, more than 9,000 tests will be carried out each week, helping thousands of patients to access the care they need faster and closer to home.

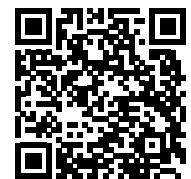
Read the full story on [page 12](#).

Please help improve our newsletter

Joined Up Care Derbyshire / NHS Derby and Derbyshire are reviewing their regular email newsletter and bulletin communications – would you help us please?

We receive positive feedback on some of our communications, but we also know we can do better.

Please help us provide the most useful and interesting content by answering some simple questions through [our survey](#). It should take no more than five minutes.



How we helped May manage her money – [page 7](#)

How staff and patients worked together to improve their general practice – [page 11](#)



Thousands of frail and older people avoid unnecessary hospital admission – [page 3](#)

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Let's join up our efforts to improve health and wellbeing

By Kathy McLean, Chair NHS Derby and Derbyshire



Thank you for the welcome I have received since becoming the new Chair of NHS Derby and Derbyshire Integrated Care Board on 1 May.

Many of you know me already as I have been in this system in one way or another for over thirty years.

I worked for many years as a consultant at the Royal Derby Hospital before leaving to take up regional and national roles I returned as Chair of University Hospitals Derby and Burton NHS Foundation Trust in 2019, until taking up this new role, so I know the area very well.

It's vital that we are always improving the way we do things.

The purpose of integrated care systems is to improve the quality of care and outcomes for our population, reduce health inequalities, as well as becoming financially sustainable and supporting our community's broader social and economic development.

We have an Integrated Care System Strategy and our Integrated Care Board contributes to that work through our five year "Joint Forward Plan".

This aims to target more resources for prevention of ill health, to empower local teams, to provide people with more control over their care, to improve productivity and efficiency, and to use data and intelligence better.

There are many great examples of joined up care, or integrated care, across our county. Some of them are showcased in this newsletter.

Drop me a line via ddicb.enquiries@nhs.net to invite me along to visit your project or work.

One set of people I'll be looking forward to meeting over the coming weeks is our new intake of MPs.

We have a new government now and we will work with them and our MPs, of whatever political party, to implement national policies and standards.

I'm very keen also to work with the new elected mayor of the East Midlands region Claire Ward.

I look forward to getting to know you here in Derby and Derbyshire and learning more about your work.

Thousands of frail people helped to avoid hospital

Thousands of frail and older people who are at greatest risk of being admitted to hospital unnecessarily are being helped to live at home with dignity, latest figures show.

Derbyshire's pioneering Team Up way of working has focused the effort of health and social care teams to come together or "team up" to help people who have the greatest need for support, or who are the most frail.

Now, three years after Team Up was introduced, the latest figures for the 12 months from March 2023 to February 2024 suggest:

- nearly 1,500 fewer attendances than would have been expected at A&E, of people who are the most frail
- nearly 1,000 fewer unplanned (emergency) admissions to hospital of this group

Ian Lawrence, clinical director for Team Up, said: "Nationally and locally we know that more people aged over 65 are attending A&E.

"However, by focusing our efforts on those who are the most frail and at greatest risk of an unnecessary hospital stay we appear to have slowed the growth in these type of attendances at hospital among this group of people.

"That is good news for them and their families because an unnecessary stay in hospital can lead to a worsening of their health."

The Team Up teams provide intensive support to people who require care in their own homes because they need support with daily living or are physically unable to get to their GP surgery.

The teams include health care professionals such as advanced clinical practitioners from local GP

practices, council social workers, health visitors, home carers and a local GP.

Ian said: "The teams of health and care professionals spend the time with the people they support, getting to know them and their carers, so they can understand what is important to them, help to identify deterioration early and put personalised plans in place for when this happens.

"That means they are less likely to have an emergency incident and less likely to be taken to hospital if they do. It also means that if they do go to hospital that their length of stay is shorter and that they can get back home again more quickly."

Local Team Up teams are operating in all eight of Derby and Derbyshire's local authority areas. They are able to devise their own priorities and ways of working that are appropriate to their local populations.

Team Up was the focus of June's Derbyshire Dialogue. Read more about this session on page 6.



A dignified end of life

"Mary", aged 92, had a fall at the care home where she lived, probably due to a mild stroke.

She had previously expressed her wish not to be admitted to hospital. A paramedic visited and, in consultation with GP home visiting service, agreed she should remain at home.

An advanced clinical practitioner visited Mary and, in consultation with a GP, agreed to put palliative care in place. This included visits from a district nurse to manage pressure sores and pain.

Mary died 18 days later at home, surrounded by her family.

Case study kindly shared by Chesterfield Home Visiting Service. "Mary" is not her real name..

Better housing standards will support better health

By Dawn Deakin, Team Leader, Housing Standards, Derby City Council

An innovative project to improve housing conditions in some of the most deprived parts of Derby will also help the health and wellbeing of the people who live there.

Derby City Council is piloting a new approach to create better living and social conditions in an area called the "six streets". These are Twyford Street, Havelock Road, Co-Operative Street, Young Street, Spring Street and Wolfa Street.

Through a successful bid to for government resources in 2022, the council's Housing Standards Team were able to fund some proactive work across the three wards of Abbey, Arboretum and Normanton.

The team established a targeted approach to improving living conditions in these streets which were identified as being the most likely to have properties with the most serious housing standards issues.

The project proactively develops a more holistic approach to tackling both housing and wider socio-economic issues, such as debt, mental and physical health and IT links to wider work in local neighbourhoods.

Improvement works have included:

- installation of low or zero carbon energy infrastructure
- supporting almost 500 households with a range of advice and signposting to other agencies
- carrying out inspections that have identified improvements required ranging from minimal remedial work to ongoing cases for the housing standards team to work with landlords to improve the standards of properties.

Evidence nationally and locally shows that conditions within the private rented sector are proportionately worse than those in other sectors.

The impacts of poor quality private rented housing are significant for the health and wellbeing of tenants and their families.

This also impacts on wider society through increased demands for health and care services.

Derby City Council used evidence from the Housing Stock Condition Survey report of 2021 and the associated Housing and Health Impact Assessment. This evidence includes a nationally innovative private rented sector stock condition survey, which incorporates the results of over 120 physical property surveys.

We have shown that the conditions of many private rented properties in Derby appear to be far worse than the conditions evidenced through the English Housing Survey, which are published in official Government data, and worse than the average quality of private rented dwellings nationally.

Across the Abbey, Arboretum and Normanton wards it was also identified there are inequalities in deprivation, child poverty, fuel poverty, lower healthy life expectancy and respiratory deaths.

This project will continue to work with partners and the wider community to enable a truly holistic approach to improving housing standards and the health and wellbeing of local residents.

For further information on the Six Streets project, please contact housing.strategy@derby.gov.uk



New independent advocacy service appointed

A new independent advocacy organisation has begun work in the Derbyshire County Council area.

Cloverleaf Advocacy has been appointed as the new advocacy service in the Derbyshire area, which was previously provided by Derbyshire Mind. In the Derby City Council area, the provider remains Citizens Advice Mid Mercia.

Jude Boyle, commissioning manager at Derbyshire County Council, explained: "Cloverleaf Advocacy is there to support people who have 'substantial difficulty' in being involved in decisions about their care.

"The advocacy service aims to ensure everyone has a voice and is heard when it comes to decisions that affect their lives.

"Over time, Cloverleaf Advocacy is looking to increase peer and self-advocacy support within the area."

Cloverleaf's Chief Executive, Suzi Henderson said: "We will work with people in Derbyshire to ensure they have a voice, whatever challenges they face, and can maintain choice and control over their lives.

"We aim to empower people, ensure their rights are upheld, and help them to build the skills needed to speak up for themselves wherever possible.

"For those already receiving advocacy in Derbyshire, we will ensure continuity of support delivered by a team of qualified advocates."

What is independent advocacy?

Advocacy is helping people say what they want, secure their rights, represent their interests, and get the support they need.

An advocate is someone who supports and speaks up for others, often those who are vulnerable, helping them to gain independence and ensuring their rights and needs are recognised and addressed. This can include help with social care services, health services and others.

In many cases, someone's right to advocacy is set out in law.

Independent Mental Health Advocacy

This is for people detained under the Mental Health Act and subject to guardianship or Community Treatment Order.

Advocates can help people to:

- understand their rights under the Mental Health Act
- have their say about their care and treatment, prepare for ward reviews and meetings and access legal advice and support.

Independent Mental Capacity Advocacy

This is for people aged 16+ who lack capacity to make decisions about where they live, or serious medical treatment, and who do not have anyone unpaid in their lives who can support or represent them. The advocate will write a report for the professional making the decision in the person's best interests.

Independent Health Complaints Advocacy

This is for anyone who wants to make a complaint about an NHS funded service. Advocates can help people to write complaints letters, put their views forward at resolution meetings, or escalate complaints to the Ombudsman.

Care Act Advocacy

This is for people who have 'substantial difficulty' in participating in local authority-led social care processes, including needs assessments, care reviews, safeguarding and care planning. The person must also have no-one else appropriate who can support them through the process.

Community Advocacy

This provides support to adults with social care or mental health needs on a range of issues that can impact on their day-to-day lives. Community advocates equip those who need their help with information and knowledge, so that they can make more informed decisions and have a better understanding about their human rights.

For more information or to make a referral, please contact Cloverleaf Advocacy by calling 01924 454 874 or emailing referrals@cloverleaf-advocacy.co.uk

Find out more on [Cloverleaf's website](#).



Derbyshire Dialogue

Derbyshire Dialogue is a conversation with our population and those delivering and commissioning our services. Each session is an opportunity for our local residents to discuss what matters most to them about health and care services, what's working well, and what we can improve. We feed all this information back to our commissioners and providers to help build on strengths and work areas that require further development.

Recent Sessions:

Diabetes in Derbyshire – This was an opportunity to meet the different organisations delivering care to people in Derbyshire living with and at risk of diabetes. For those living with Diabetes, we discussed the many options on offer to help them get their diabetes under control and reduce their risk of complications in the future.

Place – We looked at 'Place' which involves commissioners, community services providers, local authorities, primary care, the voluntary and community sector, and the public working together to meet the needs of local people.

Team Up – This session looked at the success of our Team Up way of working, which brings together colleagues

from NHS, social care and voluntary and community organisations to work together in supporting people.

Every session of Derbyshire Dialogue is uploaded to our [YouTube channel](#) so you can catch up on everything we've been talking about. To keep up to date you can hit the subscribe button.

Upcoming Sessions:

17 July. Virtual wards – Virtual wards provide hospital level care at the place you call home and reduces the need for a stay in hospital. Join us to find out more about virtual wards, how they work and when you might use one.

21 August. Derbyshire Dementia Strategy - the 2025 Vision. The aim of the new 2025 Derbyshire Dementia Strategy is to provide a vision for how dementia services will be organised to ensure people living with dementia, their carers and those close to them, have the support and services they need to live well with dementia in Derbyshire.

To find out how to subscribe to Derbyshire Dialogue emails and to book a place on upcoming sessions go to the [Derbyshire Dialogue page](#).

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:

Dentistry in Derbyshire 2022-2024 – this report from Healthwatch Derbyshire is focussed on access to dentistry. Many people in Derbyshire are finding it hard to get the dental care they need, because it is not easy to access and is often too expensive.

My Life My View, Derbyshire Wellbeing Survey 2023 – the aim of this report from Derbyshire County Council is to provide crucial insights into the emotional health and wellbeing of young people during their secondary education years. Having local data specific to Derbyshire can enable targeted prevention activities to address the unique needs of the community.

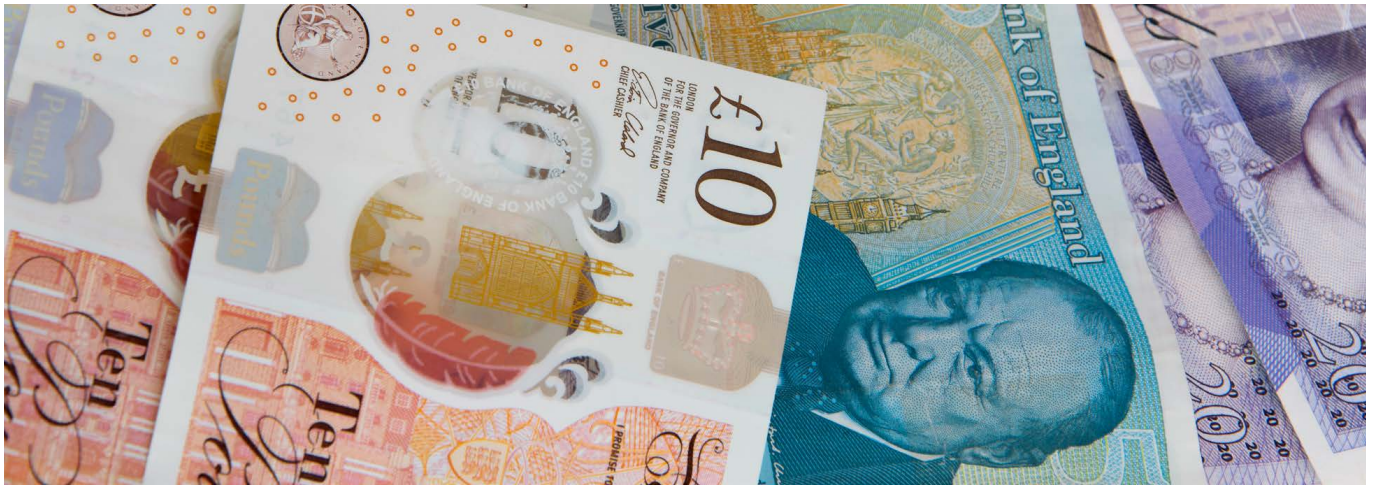
Carers' Voice High Peak Consultation Project Report

– the focus of this report from Derbyshire Carers Association is to represent the voices of carers in the High Peak, and to specifically address a number of key areas, such as improving early identification of carers and involving them as experts, to suggest improvements. Read more about this project below.

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. 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).



How we helped May manage her money safely

Disability Direct in Derby supports elderly and frail people home from hospital, helping them to rebuild their confidence and ability to manage when they are discharged. Here project manager Liz Chambers shares one example of their work.

May (pictured right) is a 96-year-old lady who came to our attention through discharge from the Royal Derby Hospital, where she had spent two days.

May shared her challenges, including the management of her finances. She used to make weekly visits into town to collect her pension and pay bills, a process that had become arduous and led to her falling behind on payments.

I built a rapport and trust with May and found out that she was withdrawing a large amount of money from the bank every Monday at the same time and she was following the same journey there and back.

This was reported as a safeguarding concern because May was putting herself at risk. We spoke to May and explained the need to safeguard herself and the ways she could pay bills without the need to withdraw cash.

I worked with May for several weeks to overcome barriers hindering her financial independence. May faced challenges obtaining a bank card due to the absence of photo ID (she did not have a valid passport or photographic driving licence).

Eventually, May acquired a bank card, allowing her to set up direct debits and transfer her bills to more manageable payment methods. She could also withdraw cash from a local machine.

May now has access to online banking and she states she does not have any worries about bills being paid on time and that Disability Direct is a great champion of the elderly and vulnerable people in Derby.

May has now moved over to our Community Cares programme after her 6-weeks' support through Hospital Discharge programme ended.

She is visited every fortnight for shopping, to read her letters and sort any problems and payments from correspondence. May has been able to stay in her own home in Derby and has not needed to go into hospital again due to our ongoing support. May knows she can contact us anytime in the week if there are any problems.

You can find out more about [Disability Direct on their website](#).





DHU Healthcare extends support for me&dee charity

DHU Healthcare recently welcomed the me&dee charity for a special event marking the launch of an extension to their partnership.

The company – which provides NHS services across Derbyshire and the Midlands – sponsors one ‘Hope’ elephant a month for two years.

The soft toys contain a mini voice recorder and memory notes – creating lasting memories for those who will lose a family member to a life-shortening or life-limiting condition.

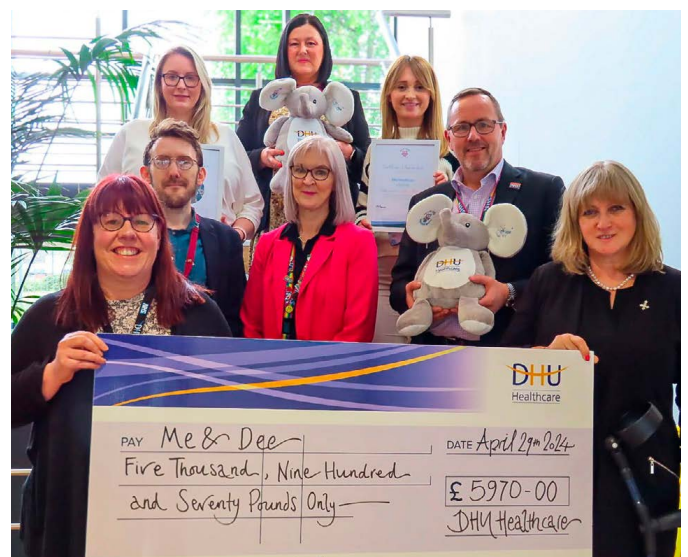
With a new social impact committee now in place, DHU Healthcare has opted to extend this partnership – joining forces with me&dee in a bid to encourage their employees and the wider community to support a cause close to their hearts.

Stephen Bateman, Chief Executive at DHU, said: "This collaboration perfectly represents our values and commitment to citizenship. It is a fantastic opportunity to collaborate with a like-minded charity."

DHU also handed over a cheque for £5970. The donation was raised through the company’s annual

flu vaccination campaign – thanks to a pledge to donate £10 for every colleague vaccinated against seasonal flu, in support of protecting patients, families and communities.

Maria Hanson MBE, founder and Chief Executive of the Derby-based me&dee charity, said: "This generous donation will enable us to continue providing essential support and services to those who need it most."



Support for five new digital healthcare innovators

Five digital health innovations have been selected for the Health Innovation East Midlands Digital Health Accelerator programme 2024.

Their work will help the NHS and care system to address the challenges of:

- supporting self-care in the community
- tackling waiting lists
- digital inclusion and accessibility

The Accelerator programme is designed to help companies with worthwhile digital health innovations that have the potential to have a positive impact on the health and care system and the wider economy.

Companies are supported with the aim to further the spread of their digital health innovations within the East Midlands and wider.

Each innovator will receive bespoke support from Health Innovation East Midlands to develop their solution and work collaboratively with local NHS and care organisations to identify opportunities to deploy their solutions for the benefit of services and patients in the region.

The successful applicants are:

- **JanamApp** – culturally appropriate perinatal support for South Asian women

- **SiSU Health** – high accessibility self-service health checks for hard to reach groups, such as homeless people
- **Tellmi** – anonymous, pre-moderated and age-banded mental health peer support for children and young people
- **Strata Health** – pathways e-Referral and directory of services platform enabling inter-agency referral and transparency for patients
- **Added Health** – health and wellness coaching for people living with long term conditions such as hypertension in the community

Nick Hamilton, Digital Health Navigator at Health Innovation East Midlands, said: “After a rigorous application process, involving representatives from Derbyshire and health systems across the region, we are looking forward to working with the 2024 cohort.

“Their solutions are ready to be implemented and have the potential to make a real difference to services and patients.”

For more information about the programme please contact Shazia Bi, ICS Innovation Lead, by emailing Shazia.bi1@nhs.net.



GP training helps to tackle domestic abuse

Together with Health is a pilot project The Elm Foundation is delivering across Derbyshire in a number of GP Practices. It has been funded by Standing Together as part of the Crossing Pathways initiative.

The aim of the project is to increase referrals from primary care to domestic abuse support services. Last year only 1.3% of referrals to domestic abuse support services came from primary care.

Together with Health hopes to achieve this by:

- working with GPs to enable them to feel confident enquiring about and responding to domestic abuse in patients they support
- providing a simple referral pathway for GPs to refer patients who consent to support
- providing a health liaison worker to work with patients referred to the project

Together with Health is led by Helen Onion, learning and development lead, and supported by health liaison worker Caitlin Kirkwood.

GP Practices that sign up for the project are given a half day training within a Quest session which covers:

- understanding domestic abuse and coercive control
- spotting signs of abuse and developing professional curiosity

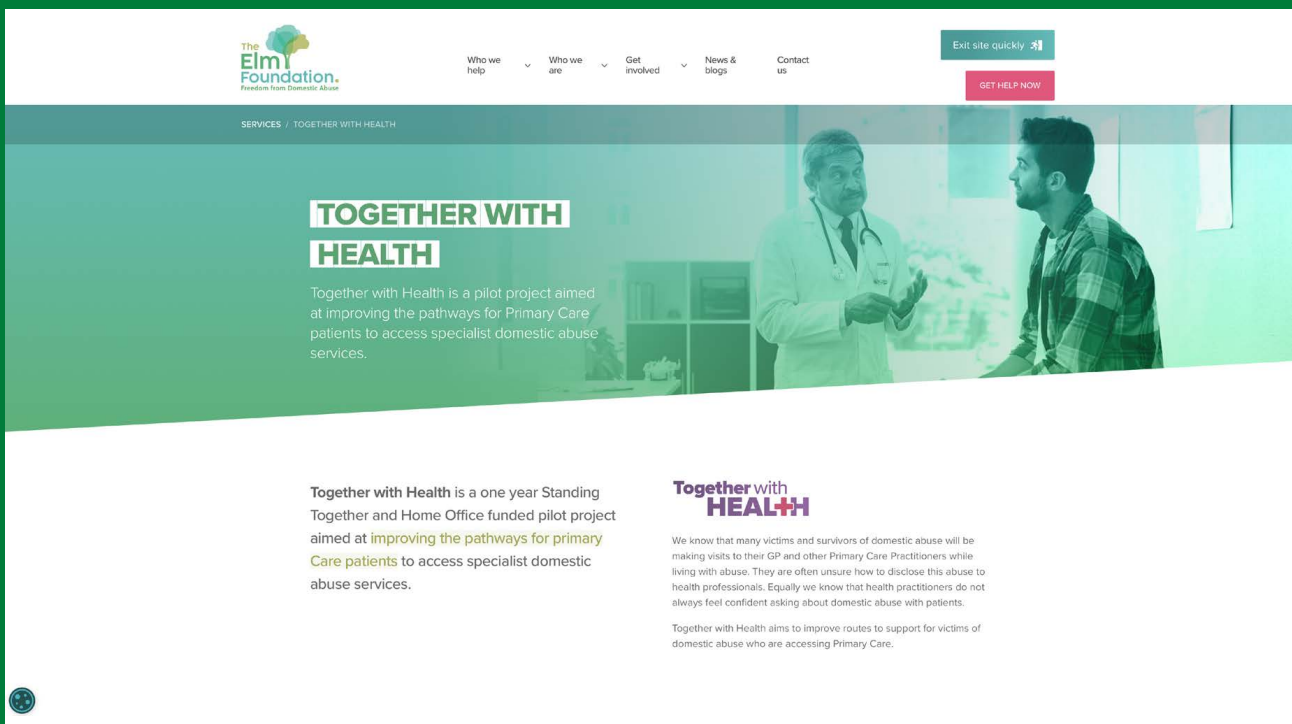
- safe enquiry about and responding to abuse
- risk assessment
- together with health referral pathway
- national safety initiatives and supporting victims.

Together with Health provides a simple referral pathway. GP practices that sign up and complete the training can then refer patients who disclose and consent to Together with Health.

The health liaison worker will then contact these patients, complete a full referral form, risk assessment and safety plan. If the patient is standard or medium risk and consents, the health liaison worker will provide domestic abuse support to that patient. Patients who present as high risk will be advocated for in the multi-agency meeting of professionals that assess risk and seek to support the victim.

A number of practices across Derbyshire have already signed up for the project but there remain spaces available if GP Surgeries are interested in taking advantage of the great opportunity to strengthen links with specialist domestic abuse support services.

You can find out more on the [Together with Health website](https://www.theelmfoundation.org.uk/together-with-health), or email twh@theelmfoundation.org.uk.



How we're making phone and online systems better

NEW telephone systems and improved on-line booking are helping to beat the 8am rush at GP practices in Derby and Derbyshire.

Most practices in the city and county have upgraded their telephone systems and all 112 practices now offer appointments and repeat prescription requests online.

The new telephone systems show call handlers how many people are waiting and they offer the option of a call back, rather than waiting in a queue.

This reduces the frustration for patients of waiting on the telephone and it means practice teams can spread the number of calls through the day.

At Gresleydale Healthcare Centre in Swadlincote practice staff worked together with their Patient Participation Group (PPG) to implement the changes in telephone and website systems.

Practice manager Rose Cotton (pictured right with PPG members) said: "We asked our patients what was important to them and they told us that the ability to get a call back, rather than waiting in a phone queue, was really important.

"Patients also wanted to be able to do simple things online like getting a FIT note if they can't work due to sickness, or the information they need for foreign travel.



"We worked with our Patient Participation Group to plan these changes and we looked at the feedback that we get through the Friends and Family Survey."

Helen Clare, chair of the Patient Participation Group (pictured third from the left), said: "The views and experiences of patients have been central to the changes implemented by the practice.

"It is better now for people to ring in for an appointment because you don't have to wait on the telephone.

"The website has also made it easier for people to do the more routine tasks like ordering repeat prescription.

"We know the practice staff are still under a lot of pressure because of the number of patients they need to see, but these changes have made a real difference."





Thousands more patients supported through new diagnostics centres

Community Diagnostic Centres across Derby and Derbyshire are helping to cut waiting lists and improve patient satisfaction, latest figures show.

Work is well underway on a £29.9m programme to create the new centres in five locations that will serve the entire county.

The first new centre was opened last summer at Whitworth Hospital, Darley Dale, with work ongoing at four other sites across Derbyshire and Staffordshire: Ilkeston Community Hospital, Florence Nightingale Community Hospital in Derby, Sir Robert Peel Community Hospital in Tamworth, and Walton Hospital in Chesterfield.

Despite work continuing on these sites, patients are still able to access a range of services, including blood tests, X-ray and MRI.

These centres are now carrying out around 5,000 tests a week, up from around 2,000 tests a week in April 2023. When all centres are completed, more than 9,000 tests will be carried out each week, helping thousands of patients to access the care they need faster and closer to home.

The centres at Florence Nightingale Hospital in Derby and Walton Hospital in Chesterfield are planned to fully open in November this year and January next year, with sites at Sir Robert Peel and Ilkeston Community Hospital set to be fully operational during the summer.

Mike Goodwin, who leads the programme to create the centres for Joined Up Care Derbyshire, said: "The Community Diagnostic Centres are being built in established community hospitals that are closer to where people live and away from busy acute hospital sites, meaning patients can access the care they need quicker whilst also eliminating longer journeys to bigger hospitals.

"Increasing the numbers of people we can see across our county is important not only in

diagnosing conditions but also in monitoring and preventing issues from getting worse.

"The feedback we have had so far from patients and colleagues has been overwhelmingly positive, with people saying they are pleased with the ease of access, the speed of getting an appointment and the friendliness of the teams who care for them."

The Community Diagnostic Centres provide a range of tests and scans including:

- Magnetic resonance imaging (MRI) scans
- Computerised tomography (CT) scans
- X-ray
- Ultrasound
- Cardiology testing (tests to measure the function of the heart), including Echocardiogram (scan of the heart and nearby blood vessels)
- Phlebotomy and point of care testing (blood tests and testing for certain diseases)
- Respiratory testing

The tests are used to diagnose many conditions including heart disease, lung disease and cancers.

These services will be available at all centres once they are fully operational, with some of them provided through mobile units. Some additional tests, including audiology, bone density scanning and dermoscopy, will also be available at select centres.

The Community Diagnostic Centres are operated as partnerships by our local trusts – University Hospitals Derby and Burton, Chesterfield Royal Hospital and Derbyshire Community Health Services.

Mike added: "I am delighted to see the progress with the Community Diagnostic Centres and would like to thank everyone involved in the projects for helping to make a real difference the sites are already making and will continue to make to the lives of patients across the region."

More support for carers

Carers across Derby and Derbyshire are set to benefit from more support from their GP practice, following ground-breaking research to identify their needs.

Derbyshire All Age Carers Support Service carried a year-long study of what it is like to be an unpaid carer in the High Peak – speaking to carers, healthcare professionals and support staff.

The findings from the study have led to the appointment of a GP carers liaison worker – Lisa Barker, who works for Derbyshire All Age Carers Support Service.

She will work with GP practices to help them to signpost carers to support in their local areas. In this way carers will be helped to manage their own health and wellbeing.

Emma Beestone, from Derbyshire All Age Carers Support Service, said: "Our research showed that the most important issue for carers is their relationship with their GP practice.

"Carers reported both positive and negative experiences. The strength of the relationship with the GP is massively important and the team there is often their first point of contact.

"However, barriers included long wait times and difficulty getting an appointment."

The second most important issue for carers was an understanding of their role. GP systems should flag someone as a carer and this should help inform the treatment and care provided.

Carers also wanted better communication between the GP practice and other health or social care bodies, including charities, and better sharing of information.

Andrea Price, care coordinator at Thornbrook Surgery, in Chapel-en-le-Frith, organised an event for carers and support organisations in April (pictured below).

She said: "We invited patients who we know are carers and they came and met Derbyshire All Age Carers Support Service and other support groups. Our doctors joined in too and found it very useful.

"We flag to multi-disciplinary teams when patients are carers so they can offer extra support and they know what signs to look for when people may be struggling.

"Carers are very special people and should be respected for what they do. If we can help them get the help, support and knowledge they need then we are doing our job."

Jonathan Wardle, senior Place manager said: "The High Peak Local Place Alliance identified carer support as a priority for action. It sought to work with Derbyshire All Age Carers Support Service to produce more cohesive and coherent support for carers that was based on understanding of the experience of carers in the High Peak, so the alliance commissioned this research.

"In the High Peak carers often have to travel further for healthcare and often they go out of the county, so the support they are offered by locally becomes particularly important.

"We are pleased this project has been a success and that the benefits will be felt now by the whole county."

"Help is at hand for the many carers who live in our county" – [read more about the work of Derbyshire Carers Association in the Derbyshire Times.](#)



"Suicide prevention is everyone's business"

By Millie Mitchell and Gracie Nunan, students at Ecclesbourne School, Derby

Suicide prevention programme team Wendy Hodgkinson and Caroline Savidge are aiming to take the message that "suicide prevention is everyone's business" to thousands more people, following a three-year extension to their work programme.

Wendy and Caroline work as part of the Public Health Mental Health and Suicide Prevention team, covering both Derby city and Derbyshire county.

They provide training and awareness raising to organisations in Derby and Derbyshire, and this year there is an initial focus on the NHS workforce.

Around 100 people a year in Derbyshire die by suicide, and some groups of people are more at risk than others, says Wendy.

She said: "We want to help every member of staff, whatever their role, to feel comfortable and confident in having those important conversations around suicide with patients, colleagues, and their family and friends.

"There are many resources available for people who are struggling, and they can be used to help support anyone feeling distressed or in crisis."

Last year Wendy (pictured below) provided suicide awareness sessions for more than 800 people working in the area, including the NHS, colleges and the university, councils, and the voluntary sector. The sessions cover:

- risk factors for suicide
- warning signs
- actions staff and organisations can take to help prevent suicide
- support available for people who feel suicidal
- suicide bereavement and support to reduce risk among people affected by suicide

Caroline said: "Our aim is to support organisations across Derby and Derbyshire to embed a suicide prevention approach.

"We can all play a part in helping to reduce the stigma around suicide. It's important that we all feel able to open-up conversations about suicide".

The team also attends a number of regular local events, targeting audiences who may be at greater risk of suicide. These include the Y Not Festival, Thinkfest, Ashover Agricultural Show and Pride in Chesterfield and Derby.

To support you to talk to people about suicide, the Zero Suicide Alliance offer a free 20-minute training which could potentially help to save a life. [Find out more on the website.](#)

If you would like to request a suicide awareness session for your organisation or team, contact Wendy at wendyhodgkinson@nhs.net. If you are wanting to develop your service or team to take a suicide prevention approach, contact Caroline at CSavidge@nhs.net.



Walk and talk to boost your wellbeing

A new "walk and talk" group has launched at Queen's Park in Chesterfield – and you are welcome to join in.

Derbyshire Mind is hosting the walks every other Thursday at 10.30am, from the bandstand, on 18 July, 1 August and every other week after that.

These walks are in addition to other MindSpace walks and events designed to help your mental wellbeing.

These include:

- MindSpace walks at Sinfin Moor Park, Derby, at 1pm on Mondays fortnightly, on 15 July, 29 July and every other week after that.
- MindSpace walks at Markeaton Park, Derby, at 6pm on Wednesdays fortnightly, on 17 July, 31 July and every other week after that.
- MindSpace walks at Markeaton Park, Derby, at 10.30am on Fridays fortnightly, on 12 July, 26 July and every other week after that.
- Mindful crafts at Quad in Derby at 1pm on Monday fortnightly, on 22 July and 5 August.

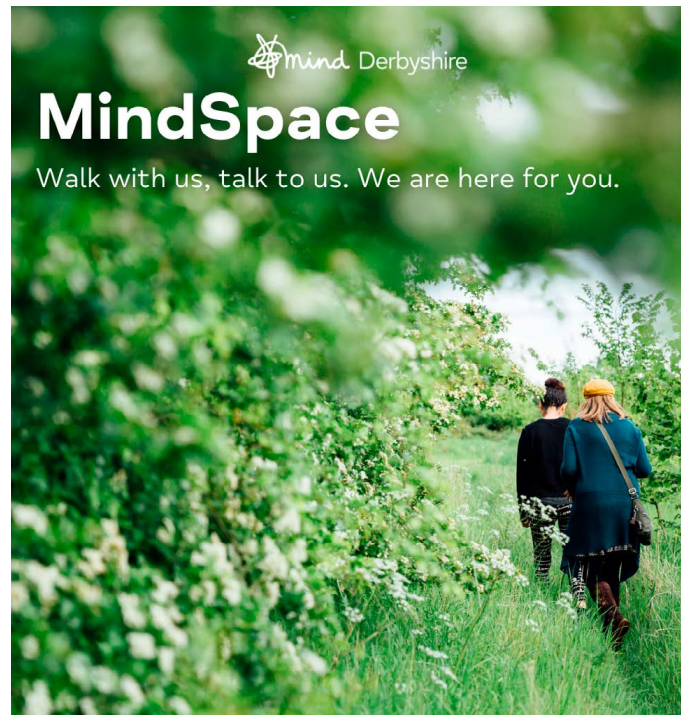
Lucy Brierley from Derbyshire Mind said: "MindSpace meet-up is a small supportive community group that creates space for us to get together, get some fresh air, meet some new people, and talk in a friendly and inclusive group.

"All our MindSpace walks are supported by our fantastic Derbyshire Mind volunteers who are friendly, inclusive, welcoming and really

great listeners. We listen without judgement and without trying to 'fix' or give advice. You can rely on us to be here, same time same place, no matter the weather, and ready to listen to whatever you are feeling or having trouble with.

"The group takes a gentle 'walk and talk' around the park. There is no need to register in advance, you can register on the day with our friendly walk leaders."

Find out more on the [Derbyshire Mind website](#).



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 please visit the [Joined Up Care Derbyshire website](#).

