

## March 2023 newsletter

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

# Development of the Joined Up Care Derbyshire Integrated Care Strategy

One of the most recent developments within Joined Up Care Derbyshire (JUCD) is the draft of our new integrated care strategy, which has involved bringing together colleagues from across partnership organisations to help make decisions around what it will include.

The development of this system-wide strategy follows national guidance that was released last year by the Department of Health and Social Care to support integrated care partnerships to produce their strategies. The purpose of the JUCD integrated care strategy is to set out how Local Authority, NHS, Healthwatch and voluntary sector organisations will work together to improve the health of Derby and Derbyshire citizens, and further the transformative change needed to tackle system health and care challenges.

To date, a first draft of the strategy has been produced and was taken to the Integrated Care Partnership (ICP) Board on 8 February, where members agreed the three strategic areas of focus for the system as part of it. These areas of focus reflect where the system believes that integrated working can make the biggest difference to fully test integration. There will continue to be other priorities that we will work through as individual organisations and in partnership:

- **Start Well** - To improve outcomes and reduce inequalities in health, social, emotional, and physical development of children in the early years (0-5) via school readiness
- **Stay Well** - To improve prevention and early intervention of the three main clinical causes of ill health and early death in the JUCD population - circulatory disease, respiratory disease, and cancer

- **Age/Die Well** - To enable older people to live healthy, independent lives at their normal place of residence for as long as possible. Integrated and strength-based services will prioritise health and wellbeing, help people in a crisis to remain at home where possible, and maximize a return to independence following escalations.

The development of the strategy is already having an impact on how we work as a system as we are seeing stronger working relationships between partners that will prove beneficial even beyond the creation of the strategy. The strategy also provides an ideal opportunity to test and further develop our emerging JUCD approach to engagement.

The final strategy document is due to be complete in April, when it will be submitted to NHS England, but before that the draft document will visit a range of partner boards for review and agreement. It will also be shared with the wider public at a series of [Derbyshire Dialogue](#) meetings.

The strategy in its draft form is available to view as part of the [Integrated Care Partnership Board meeting papers](#).



# Digital Support Derbyshire

Digital Support Derbyshire is raising awareness of digital inclusion across the county by launching a new digital inclusion referral map, facilitating Derbyshire's inclusion network and providing resources and information.

The [Digital Inclusion Referral Map](#), provides a comprehensive, interactive list of the places where people can get digital skills support and free internet access across Derbyshire.

Created by [Digital Support Derbyshire](#) (part of Rural Action Derbyshire) and [Citizens Online](#), the Referral Map reaches from the High Peak to South Derbyshire and shows the libraries, community venues, village halls and support services where residents can get online.



The map will help referral agencies, community organisations and residents to discover where digital inclusion support is currently available across the county. The mapping work has already supported the creation of the [Digital Support Derbyshire Network](#), enabling digital support projects across the county to connect and share their knowledge, skills and experience.

In April 2022, NHS Charities Together awarded [Rural Action Derbyshire](#) funding to deliver the Digital Support Derbyshire project. While being connected to the digital world is easy for most of us, many still lack access for a variety of reasons including cost, connectivity, lack of skills, confidence or interest. In fact, as many as [62,000 people in Derbyshire](#) have still never used the internet, and many who do use it are not fully confident, according to Citizens Online.

This is what makes the work of Digital Support Derbyshire, and its network of digital inclusion partners, so important. Getting people online can

lead to better life experience and opportunities to work, train, socialise and save money. The Digital Support Derbyshire Network is committed to working together to tackle the barriers that lead to digital exclusion, by collaborating on raising awareness, community activities, training, and information sessions.

The project has collated a number of [resources to support groups](#) interested in setting up a digital support offer, including user-friendly training materials for Digital Champions. These resources, together with some funded devices, are currently being trialled in five of the county's Community Pantries. The pantries are creating mini-Digital Hubs within their premises to enable members to carry out online benefits checks, prepare CVs, and search for jobs.

The creation of the Referral Map and the Digital Support Derbyshire Network has also provided vital information about areas of need and gaps in support. It is just the next step in Digital Support Derbyshire's mission to increase access to the internet, affordable devices, and digital skills support across the county. For example, the project is currently scoping a pilot which would offer assistance to unpaid carers, including providing access to devices and one-to-one Digital Champion support.

Going forward the project would like to investigate collaborating to assist those with specific accessibility needs, isolated rural residents, those escaping domestic abuse, and those needing support to access work and training opportunities. This would mean significantly increasing the number of paid and volunteer Digital Champions and Ambassadors across the county. These individuals are invaluable in supporting others to become more interested, confident and skilled at accessing the digital services, platforms and information that matter to them.

If you would like to get involved in some way, have an idea of your own, or would like to know more about the work of Digital Support Derbyshire, please do contact Jo Peck the Project Coordinator on [j.peck@ruralactionderbyshire.org.uk](mailto:j.peck@ruralactionderbyshire.org.uk)

If you would like to find out more about Digital Support Derbyshire, visit their [website](#).

# Measuring the experience of integration

[Team Up Derbyshire](#) is an ambitious programme in Derby and Derbyshire that aims to create one integrated team across health and social care who see all housebound patients in a neighbourhood. A housebound patient is someone currently receiving their care at their place of residence due to physical or mental illness. It includes people living in their own home or a care home. These patients tend to have complex health and social care needs.

A research study conducted by Traverse, commissioned by Joined Up Care Derbyshire and incorporating expert advice from [The King's Fund](#), has produced a report outlining findings around the question of 'how do we measure how well integration is working from a service user, patient, carer and staff perspective?'. Team Up was an excellent service to use to explore this concept, as it aims to integrate services provided by Primary Care, Community Care, and Adult Social Care.

Following in depth qualitative interviews with users of services, families, carers, professionals, and other stakeholders in Derbyshire, the key themes that emerged in the findings were:

- Navigating health and care
- Joined-up communication
- Working together
- Trust
- Efficiencies
- Policies and procedures

These themes were then used to develop:

- a user questionnaire
- a carer questionnaire
- a staff questionnaire

These questionnaires capture data on key areas of integration that can be used to understand whether integration is working for users, carers, and staff.

The study also examined barriers to giving feedback and barriers to listening to feedback and developed a methodology enabling service user, carer and family feedback to feed into the cycle of service improvements. There are suggested practical ways of using these questionnaires to ensure that user, carer and staff views about experiences of integration are captured, analysed and used to shape and inform service improvements.

The initial report is being shared and discussed at a number of forums with people being asked about the most practical ways of advancing the study. For a copy of the report please contact [Karen.Lloyd24@nhs.net](mailto:Karen.Lloyd24@nhs.net)

*"We have two ears and one mouth for a reason. I think if we listen to and truly engage with communities, they can lead on what we do, not the other way round."*

**Staff member**

## Support voiced for 'Team Up' home visiting service

A survey of GP practices across Derby and Derbyshire has found overwhelming support for the roll-out of [Team Up Derbyshire](#) home visiting services.

The overall aim of 'Team Up' is to keep people safe at home and provide the best, most seamless care, keeping people out of hospital wherever possible. Team Up Derbyshire aims to ensure that person-centred care services are provided at the right time, in the right place, by the right person. As a result, people should be able to live well, for longer.

The Team Up survey attracted responses from across primary care, including GPs, practice managers and members of the practice team. In areas where they had a home visiting service:

- 83% agreed it freed up GP capacity
- 83% said it enabled patients being cared for at home to be seen earlier in the day
- 82% would recommend their service
- 67% said it provided more time to care for patients.

Although small numbers of survey responses were received (33), feedback is consistent with information through other sources. Over 82% of [Primary Care Networks](#) (PCNs) identified themselves in the responses.

Areas of improvement identified were the need for more capacity, including providing more proactive care, concerns around continuity of care, variation in training for Advanced Clinical Practitioners (ACPs), communication and links with general practice.

*"The home visiting service has made a huge difference in allowing clinical staff to have more time to see and speak to more patients in the practice."*





## Home from Hospital

If you know someone who needs a bit of extra support at home then you may be able to help them access the Home from Hospital service.

Home from Hospital can provide a person with six weeks of support, ranging from help with shopping to collecting prescription medicines, signposting to other support services and even arranging bill payments or key safe installation.

Anyone can refer a person to Home from Hospital, which operates across Derbyshire outside of Derby city. It is funded by Derbyshire County Council and managed by South Derbyshire CVS in partnership with Amber Valley CVS, The Volunteer Centre Chesterfield & District, Erewash Voluntary Action CVS, Connex Community Support and Bassetlaw CVS.

At the end of the six-week period of support, the programme aims to ensure that the person can manage independently, has access to appropriate further support or has been assessed by adult social care for an ongoing care package.

Jackie got support from Home from Hospital after she came out of hospital following treatment for a bad leg injury: "When they patched me up at hospital, they sent me home but because I live on my own and I was in a leg splint, and I couldn't bend my knee and was on crutches, I said 'well I can't get out to get my shopping, or pay my bills and things.

"They helped me with paying bills, made sure I had gas, electric, water, paid the council tax, phone credit on my mobile so I could keep in touch with friends and family. It's been an absolute lifeline, an absolute godsend. I mean, literally I could not have managed without them."

You can make a referral to the Home from Hospital service [here](#).

## Seven things people can do to help get loved ones home from hospital

People currently in hospital across Derby and Derbyshire, but well enough to leave, need the help and support of their families to get home.

That is the message coming from the region's acute hospitals, where many patients' discharges are often delayed due to them not having any way of getting home, or their current living environment not being ready for their return.

Families can help avoid these unnecessary delays in a number of ways, for example by being available for lifts home, collecting their family member's prescription, ensuring their home is heated and stocked with staple food items.

Simple steps such as this will support the region's hospitals – University Hospitals of Derby and Burton and Chesterfield Royal Hospital – to open up valuable bed space for new patients, many of whom will be in need of urgent or emergency care.

Dr Chris Weiner, Chief Medical Officer, NHS Derby and Derbyshire Integrated Care Board, said:

*"We know that hospital is not always the best place for people, and we want to get people back to their own homes as quickly as possible, because homely surroundings and personal comforts aid recovery.*

*"Any delay to discharging a patient means we are not able to give a bed to our sickest and most vulnerable patients who are waiting to be seen.*

*"We positively encourage families, friends and carers to be involved in early discussions around the patient's recovery, and any ongoing care needs, so that arrangements can be made at the earliest opportunity.*

*"If you have a loved one in hospital who is well enough to leave, but is waiting to be discharged, please talk to ward staff. Opening up that conversation really is the most important thing people can do to support their loved one."*

### Don't forget to:

- Ask ward staff how they can help
- Bring clothes for leaving hospital
- Ensure they have any dressings or equipment they need
- Confirm any follow up appointments or care support information
- Check for valuables and belongings when leaving
- Arrange access to their home or place they call home and check on heating and food
- Confirm transport arrangements



[www.joinedupcarederbyshire.co.uk](http://www.joinedupcarederbyshire.co.uk)

Help us help you



## Winter Hubs

A systemwide initiative run by DHU Healthcare aimed at providing additional primary care appointments in Derbyshire to support with greater demand in winter is expanding to more areas, relieving pressure on the health system.

The DHU run Winter Hubs, commissioned by NHS Derby and Derbyshire Integrated Care Board (DDICB), started taking appointments in early December at Derby Urgent Treatment Centre (UTC) and Ashgate Manor in Chesterfield. Since the New Year, sites at Ilkeston Hospital and New Mills Health Centre have been added with further hubs at Buxton Medical Practice, Langwith Medical Centre, Moir Medical Centre at Toton and Woodville Surgery to provide additional appointments in the High Peak area.

The aim of the service is to provide more 'on the day', face-to-face GP or Practitioner appointments to reduce the pressure on primary care and support reducing the number of people visiting Emergency Departments (ED) or UTCs who could more appropriately be seen by a GP. It's part of the Derbyshire system's winter plan to help relieve pressure on the system.

Kirsty Osborn is DHU Healthcare's Deputy Director of Urgent Care (Derbyshire). She said: *"We've been incredibly busy which is always an indicator that a service is needed and being well used. In the run up to Christmas from opening on the 8th, we provided 739 appointments in Chesterfield and Derby alone."*

*More than half of those were children and for more than 96% of those we were able to provide treatment and advice. As the service expands, we expected to see even more of an impact.*

*"The type of patient we are likely to see is someone who has called their GP practice with acute symptoms and has been assessed as not needing emergency treatment but does need to be seen by a clinician. The criteria is, for example, a condition that is not chronic, complex or requires ongoing care but does need a face to face review from a clinician."*

The hubs are run daily from 9am to 6pm and designed specifically to take the pressure off primary care colleagues and reduce the need for an unnecessary trip to the Emergency Department or an ambulance call out.

Calls to primary care will be assessed by a clinician based within the practice. Where appropriate, they will be referred to DHU Healthcare's Winter Hub team who will arrange for an appointment depending on clinical priority. The service is being extended to reach more rural areas to further bridge that gap between patients and face to face appointments.

Please remember that if you need help and advice quickly about a medical condition, visit [111 online](#) to find out where you need to go to get the treatment and help you need.



# Don't wait to get advice this winter – 111.nhs.uk is here for you

If you 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 treatment centre, 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.



The advertisement features a woman and a young child sitting on a red sofa in a pharmacy. The woman is holding a tablet. The background shows shelves of medicine and a green cross logo. The text 'Get to the help you need' is overlaid in large white letters. In the top left corner, there is a logo for 'HM Government'. In the top right corner, there is the 'NHS' logo. At the bottom left, the website '111.nhs.uk' is displayed. At the bottom right, there is a box that says 'Use 111 online' and 'Help us help you'.

## Wellbeing Services for Health and Care Staff

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

Operating in alignment with the NHS England (NHSE) wellbeing model, the team work collaboratively with a network of partners across the system to promote and deliver a first-class equitable range of physical and mental wellbeing activities and programmes for staff to utilise.

As part of the service offering, the Wellbeing Team have developed an extensive activities programme, run by the team's highly trained Health Improvement Advisors.

The Activity Timetable sees multiple activities taking place daily to help promote good physical health - including salsa dancing, kettlebells, bodyweight toning, running, cycling clubs, plus many more.

The timetable also includes activities to help support staff mental wellbeing too with a range of mind and body classes such as yoga, tai chi, meditation and pilates.

A wealth of information and support groups feature regularly to provide additional staff support. These include a men's mental health 'Pit Stop' group, a virtual menopause café, and a bereavement support group.

Furthermore, numerous information workshops are timetabled in offering support and advice on a vast array of topics - covering everything from healthy eating, financial advice, and stress reduction, through to tinnitus support and hair loss workshops.

The timetable even includes a range of arts and cultural activities for staff to try such as the Air Arts Choir, Doodle Club, Poetry Club and a Book Club.

The wellbeing activities take place across a range of Health and Social Care settings located throughout Derbyshire and North Staffordshire, with many of the activities also available online. All activities are also free of charge.

If you work in the health and social care sector, as part of JUCD, and would like to find out more about the wellbeing support available, please email [UHDB.GetHealthyStayHealthy@NHS.net](mailto:UHDB.GetHealthyStayHealthy@NHS.net) or contact the team on 01332 787 703, who will be happy to share details of the activities with you.

# Spotlight on Public Health in Derby City

The purpose of Public Health is to support population health improvement, ensure that the health of the local population is protected, and to help reduce health inequalities. In Derby, we do this by:

- **Advocating** – raising awareness of, championing and taking action on, the state of the health of the population, the relative contributors of health and inequalities, and the opportunities for prevention and health improvement
- **Providing system leadership and facilitation**, particularly in relation to prevention and wider determinants
- **Delivering** professional public health advice and insight and community health promotion
- **Designing and commissioning** a range of public health services
- **Providing oversight and scrutiny** of health care services including quality and health protection arrangements.

Our 'customers' are the population of Derby as a whole, but we have particular focus on our most vulnerable communities and those experiencing poorer health and premature mortality.

The Public Health Team in Derby City Council is led by

[Robyn Dewis](#), Director of Public Health.

Derby is a very compact city that has some areas of very high levels of deprivation, is home to a diverse population and a population that, on average, has significantly worse health outcomes than the rest of England and has significant health inequalities with large disparities in health outcomes and in access to care.

The team is comparatively small (currently 24 whole time equivalent), and whilst working broadly within the areas as described below, many of the team in reality work across numerous areas. We are currently considering our priorities and how to best use our limited capacity. We anticipate that this will lead us to prioritise and matrix-work across key programmes of work such as health inequalities, smoking, healthy weight etc. that we think will have the greatest impact on population health and reducing health inequalities in the city.

Beyond the dedicated Public Health Team, the wider Council provides a wide range of services that contribute to the population's health such as environmental health, leisure services, housing services, and management of parks and green space.

## Strategic and business planning and insight

We support a range of strategic and business planning and insight activity within the Council and wider health and care system including:

- Day-to-day corporate and business planning and management
- Coordination and support of the [Derby Health and Wellbeing Board](#)
- Lead, on behalf of the Health and Wellbeing Board, the [Local Joint Health and Wellbeing Strategy](#)
- Lead, on behalf of the Health and Wellbeing Board, the preparation of the [Joint Strategic Needs Assessment](#) which sets out the health

and care needs of the local population, and the [Pharmaceutical Needs Assessment](#)

- Provide specialist public health knowledge and intelligence across the system and producing a wide range of products such as health needs assessments, literature reviews, surveillance, and bespoke work such as Housing Stock Conditions Survey
- Provide knowledge, intelligence, and analytical support to Population Health Management
- Produce the annual [Director of Public Health Report](#).

The primary contact for this work is: [Alison.wynn@derby.gov.uk](mailto:Alison.wynn@derby.gov.uk).



## Strategic leadership, advice, and assurance

We provide strategic leadership, public health advice and assurance across the Council and wider health and care system, including:

- Provision of public health leadership, insight, and guidance to the Integrated Care System particularly health inequalities, population health outcomes, strategic intelligence, and population health management
- Provision of expert public health advice to NHS commissioners supporting, for example Individual Funding Requests, clinical policy development and quality assurance
- Provide system leadership and drive activity in relation to prevention, health inequalities and the wider determinants most impacting on population health.

For example:

- o Development of a systemwide Health Inequalities Strategy
- o In partnership with Community Action Derby develop and lead the Derby Health Inequalities Partnership
- o Whole Systems Approach to promoting healthy weight
- With key partners, provide leadership and appropriate response to policy such as the national drugs strategy, 'From Harm to Hope'.

The primary contacts for this work are:

[Robyn.dewis@derby.gov.uk](mailto:Robyn.dewis@derby.gov.uk), [Siobhan.horsley@derby.gov.uk](mailto:Siobhan.horsley@derby.gov.uk) and [Richard.martin@derby.gov.uk](mailto:Richard.martin@derby.gov.uk).

## Health protection

We work alongside the UK Health Security Agency (UKHSA) and other partners to ensure the health of the local population is protected from harm caused by communicable disease and environmental hazards. This includes:

- Contributing to the planning and testing of emergency plans
- Providing effective response, advice, and management of outbreaks of communicable disease including COVID-19
- Contributing to the leadership and delivery of the Derbyshire Health Protection Board

- Providing assurance and oversight of vaccination and immunisation programmes
- Working with colleagues and partners to ensure effective infection prevention and control measures are in place in care settings.

Much of our health protection support is provided on our behalf by Derbyshire County Council's Health Protection team:

[ASCH.Health.Protection@derbyshire.gov.uk](mailto:ASCH.Health.Protection@derbyshire.gov.uk)

The primary contact for this work is:

[Robyn.dewis@derby.gov.uk](mailto:Robyn.dewis@derby.gov.uk).

## Designing and commissioning

The Public Health Team commission the provision of a range of public health services in the city, including:

- [Family health](#) and public health nursing provision for children and young people aged 0-19 years – including [health visiting](#), [school nursing](#) and national child health measurement programme (NCMP)
- [Sexual health services](#) – providing testing and treatment of sexually transmitted infections (STIs), contraception, pregnancy support, and health promotion. Specific sexual health services are also provided by primary care and pharmacies, such as the provision of Long-Acting Reversible Contraception and emergency contraception
- Lifestyle and behaviour change services – [Livewell](#) supports people in Derby to lose weight, get more active, stop smoking and improve their health. Livewell also supports delivery of Health Checks

- [Substance misuse services](#) – providing support and treatment to those struggling with alcohol and drug use
- GP and Pharmacy services – providing a range of services including Health Checks, contraception, needle exchange, workforce flu vaccination.

The primary contacts for this work are: [Richard.martin@derby.gov.uk](mailto:Richard.martin@derby.gov.uk) and [Kerry.hodges@derby.gov.uk](mailto:Kerry.hodges@derby.gov.uk).





## Meet Katrina - Population Health Fellow

I have been working as a paediatric doctor for the last 10 years; during my training I have become aware that failure to recognise and respond to the wider determinates of health limits the health and wellbeing of my patients. I am now on a quest to find new ways, beyond the application of a sticky plaster, to improve health and health equity for the children I look after.

I was fortunate to join Derby City Council in September as a Health Education England Population Health Fellow. The fellowship is a national programme, open to mid-career professionals providing NHS or public services relevant to population health in England. It aims to develop and grow a workforce that can incorporate population health into their everyday role.

As a Fellow I spend two days a week working within the Public Health team in Derby city, with the remainder of my time working for Embrace, a regional transport service for critically ill infants and children in Yorkshire and Humber.

I received a warm welcome into both Derby City and Derbyshire County Councils, with various teams taking the time to orientate me to the organisations. The insight and experiences they have shared has provided the perfect accompaniment to the centrally delivered education programme that supported the first four months of the fellowship. These opportunities have increased my understanding of what a 'health in all policy' approach looks like and the challenges and successes that accompany this. I have been inspired by the collaborative work between local authority and health which I have seen thus far.

The focus of my work has been within the multiagency partnership responding to the Serious Violence Duty. With the support of the UK Health Security Agency library service, and in collaboration with a public health registrar in Derbyshire County; I have been busy completing a literature review that will inform our strategic needs assessment on the risks, drivers, enablers, and protective factors associated with serious violence.



Looking to evidence the problem of violence, using data informed knowledge and intelligence I am also leading a project to improve the assault data we receive from emergency departments in our region. Utilising the opportunity to explore practices in neighbouring Violence Reduction Units I hope to offer shared learning between hospitals.

I have also had the opportunity to network with a local public health registrar involved with the British Association for Child and Adolescent Public Health. We have now created a buddy programme between 10 paediatric and public health registrars across the country. We hope this will further support collaborative working between clinicians, policymakers, and commissioning bodies, pushing forward child health agendas.

The skillset I will take from this fellowship will undoubtedly improve my ability to work across organisations and professional boundaries, allowing me to promote and develop collaborative practice in my daily workplace to improve population health.

Recruitment to Cohort 4 of the [Population Health Fellowship Programme](#), which starts in September 2023, is currently underway. Given the added value that Katrina has brought to the system, we will again be hosting a Population Health Fellow in Cohort 4. This is a fantastic opportunity for health and care professionals interested in population health and passionate about health inequalities. The aim of the Fellowship is to develop a growing network of professionals from a non-population health background with population health skills to benefit place-based healthcare systems across England. The Fellow will be hosted by Public Health, Derby City Council in partnership with Primary Healthcare Derby Ltd. You can find more information and apply for the post [here](#). If you have any questions about the role, please contact [alison.wynn@derby.gov.uk](mailto:alison.wynn@derby.gov.uk).

# Understanding how we can improve Pulmonary Rehabilitation services

Pulmonary rehabilitation (PR) is a treatment programme made up of exercise and education sessions and is designed for people with lung conditions. The aim of these sessions is to improve the quality of life, reduce symptoms of breathlessness and provide education for patients to support themselves better. People who attend receive a personalised plan which they follow over a 6-week period (2 sessions per week for 6 weeks).

NHS Derby and Derbyshire Integrated Care Board (DDICB) has an opportunity to refresh its local PR programmes in a more fair and inclusive manner. In Derby and Derbyshire, the PR programmes have been running for over 5 years and are currently delivered by two providers. The delivery of PR programmes differs between providers; these differences include:

- How referrals are screened
- Content of initial assessments
- Types of programmes (face-to-face, virtual, at home)
- Delivery of virtual PR programmes.

We wanted to understand how we can make improvements, such as offering different options for how people can use the PR service, and what these different options might be. We also want to increase awareness and

the benefits PR can bring to those with lung conditions such as Chronic Obstructive Pulmonary Disease (COPD).

An engagement exercise was conducted between 31 October and 16 December 2022 with feedback collected through a survey hosted on the [Joined Up Care Derbyshire \(JUCD\) online engagement platform](#), and we also held a virtual focus group.

Key themes from the engagement highlighted areas such as the cost of transport to get to appointments and the large time commitment required, especially for those that had a job. Recommendations for improvement included ensuring the service was offered as a mixed approach with options for both face-to-face and virtual appointments.

This was the first phase of the engagement, and we will continue to speak to people throughout this work and report back on the findings throughout the process. The next phase of engagement is being planned and will include collecting data through targeted engagement with under-represented groups.

If you would like to find out more about this work, visit the pulmonary rehabilitation section on the [Joined Up Care Derbyshire online engagement platform](#). You can see a summary of data collected so far, view upcoming opportunities for getting involved and submit any questions you may have about the work.





# Prevention first!

In an innovative project, the Derbyshire Community Health Services (DCHS) Wound Clinic Service has been working in partnership across Joined Up Care Derbyshire to share important prevention messages with Derbyshire residents.

Prevention is all about helping people stay healthy. One useful way to think about prevention is to think of a stream, and that prevention is like going upstream and making a difference early on for people rather than rescuing people downstream when they are unwell. Many of us can often feel like we are working downstream, when people's health and wellbeing is already not as good as it could be.

Staff in the DCHS Wound Clinic Service knew there are lots of things that can prevent leg wounds in the first place. They were passionate about getting the right information to the Derbyshire public, when the public needed it. The team wanted this information to be where the Derbyshire public would see it and written in a way that was accessible. They knew this information could make a massive difference to so many lives and that it could help the NHS too.

They then had a boost from DCHS Wound Clinic Service patients who kindly gave their time to come to a focus group. The patients told staff that they wish they had known what could have prevented them getting a lower leg wound. They said information on preventing leg problems just was not out there when they needed it. Patient insight was invaluable for the team as they moved forward with their idea.

When the DCHS Wound Clinic Service told the local Public Health department about their idea to promote prevention messages a partnership was formed. An exciting health literacy friendly campaign was developed to help the people of Derbyshire look after their legs!

If you know a Derbyshire venue or business that might like some (free and colourful) 'Look after your legs' posters please get in touch, and the DCHS Wound Clinic Service will send you some out (A3 or A4). You can get in touch by emailing [karen.binks1@nhs.net](mailto:karen.binks1@nhs.net) or [jennifer.wilson80@nhs.net](mailto:jennifer.wilson80@nhs.net).





## Work Your Way

Derbyshire Healthcare NHS Foundation Trust is delighted that its employment team is in its third year of supporting people in its community mental health teams to find sustainable work as part of their recovery.

Launched in March 2020, the internationally renowned Individual Placement and Support (IPS) service, locally known as 'work your way', has supported over 200 people to find work of their choice in Derbyshire and surrounding areas.

The team of Employment Specialists and Peer Support Workers are integrated into secondary mental health treatment teams across the county and city and work with small caseloads referred by the teams in which they work. The team has recently expanded with more staff, due to getting much needed funding, and has a target to work with 1000 people over the next year.

Samantha Parr, IPS Service Manager said: "I am so proud of how the team has adapted to serve clients pre, during and post pandemic. Their work ethic is purely driven by wanting to help people live a better life, on their terms in a job they choose."

To qualify for support, you should be in receipt of secondary Mental Health treatment in the working age adult community teams or be an outpatient or receiving treatment from the early intervention team. You must of course also want to find paid employment. The team of Employment Specialists will then meet you out in the community, approaching employers on your behalf, looking for work that you want to do.

You can find more information [here](#). This includes contact details for each staff member by geographical area who you can contact for more information about the service and how they can support you.



Working for a positive future

## Mental Health Support Pack

Derbyshire Voluntary Action's Mental Health Liaison Service have created a simple support pack providing information about mental health support, training, and therapy services.

The support pack, which is available [here](#), will be available in printed format soon. If you would like to request copies of these packs, please contact a member of the team.

Rachel Bounds works on the Mental Health Liaison Service and says: "More and more people are feeling able to open up and talk about their mental health, and the hope is that this pack will enable people to offer clear and simple ways to signpost to services.

"The pack includes guidance on how to respond in a mental health crisis, crisis and support helplines, as well as a number of QR codes and websites where you can find mental health related apps, services and training for adults, children and young people."

For more information, please email: [Rachel@dva.org.uk](mailto:Rachel@dva.org.uk) or [Bryony@dva.org.uk](mailto:Bryony@dva.org.uk)



## Making Room for Dignity

In 2020 the Government pledged more than £400 million to eradicate dormitory accommodation from mental health facilities across the country to improve safety, privacy and dignity of patients experiencing mental illness.

In Derbyshire, significant national and local investment was allocated for the development of new facilities, providing single room, ensuite accommodation across two 54-bed acute mental health hospitals and a psychiatric intensive care unit (PICU). Derbyshire Healthcare NHS Foundation Trust called the programme 'Making Room for Dignity' and sought to put the views of patients and clinicians at the heart of the programme.

The war in Ukraine and cost of living crisis put in doubt the financial viability of various elements of the programme. However, in December 2022 the Trust received confirmation of a financial commitment to complete the whole programme.

This means that the following hospital developments can proceed:

- A new 54-bed adult acute mental health unit at Kingsway Hospital in Derby
- A new 14-bed PICU at Kingsway Hospital in Derby
- A new 54-bed adult acute mental health unit at the Chesterfield Royal Hospital site
- Refurbishment of the Radbourne Unit in Derby to create a dormitory-free acute 34-bed female unit
- Relocation of the northern Derbyshire older adult's mental health inpatient service from Hartington Unit to Walton Hospital (12-bed relocation)
- Refurbishment of Audrey House at Kingsway Hospital – initially into a 10-bed decant ward, then into an eight-bed mental health 'Acute Plus' female unit.

These developments will transform the services we are able to offer locally by providing private ensuite bedrooms for our acute patients and reducing our number of out-of-area placements.

### Psychiatric Intensive Care Unit (PICU)

The PICU at Kingsway Hospital, in Derby, will be a 14-bed new build for males.

Derbyshire is the only area in England that does not currently have a PICU. This means that people needing this level of support must travel outside of the county to access an appropriate bed, with an average of 14 male service users being supported out of area at any one time.

Throughout the application for dormitory eradication funding, Derbyshire Healthcare remained committed to providing a PICU in Derbyshire for those service users who are most unwell, with an ambition to build a facility adjoined to and built concurrently with the adult acute unit at Kingsway Hospital.

The Making Room for Dignity Programme delivery team has been working closely with NHS colleagues nationally and locally to identify and secure the additional capital required to realise this ambition. The team recently received confirmation of a financial commitment to funding which will be provided over the next two years, enabling PICU construction works to commence in line with the adult acute unit.

More information about the Making Room for Dignity Programme can be found [here](#).



## Grant scheme to support adults to improve or maintain good mental health

In Autumn 2022, JUCD approached Erewash Voluntary Action through Derbyshire Mental Health Forum to administer a grant funding pot and disseminate to Voluntary & Community Sector groups across Derbyshire including Derby city. This one-off fund was to be used for one off or ongoing projects, activities, or equipment to support adults to improve or maintain good mental health.

The parameters of the fund were kept broad to receive as many applications as possible and to encourage vibrant and innovative suggestions for activity from a wide range of organisations.

The aim was to prioritise supporting smaller organisations working locally that are reliant on grant funding in preference to those larger, regional, or national organisations that can access much larger pots via statutory agencies. The grant pot was divided into two funds – one for grants of up to £500 which un-constituted groups could apply for and another for grants of up to £5,000 for more established groups.

The up to £500 grants programme had a total of 30 applications with 27 awarded. The up to £5,000 grant programme was much more competitive with 60

applications. Requests totalled over double the amount available, leaving the panel with tough decisions to make.

Funding was awarded to groups delivering a myriad of activities, including befriending sessions, holistic therapy, lunch clubs and connecting with nature.

Groups will be asked to feedback within the year on how the funding has benefited people, which should result in some heart-warming case studies. These stories will be shared at the June meeting of the [Derbyshire Mental Health Forum](#).

*"The Grant Funding Programme has been a real success. Thanks so much to Erewash Voluntary Action for administering this and for all the hard work involved. The activities that this funding will support form a key part of our tiered approach to mental health crisis alternatives, as part of our wider programme."*

**Jenny Appleby**, Head of Adult Mental Health  
Commissioning Mental Health, Learning Disability and  
Childrens Commissioning Directorate, DDICB/JUCD

## Improving mental health services for deaf people

A group of people from organisations across Derby and Derbyshire supporting deaf people including charities, workers within the city and county councils, and experts by experience are now meeting regularly to improve mental health services for deaf people.

The group co-chaired by Erewash Voluntary Action's Derbyshire Mental Health Forum and Communication Unlimited are working through a set of actions that were identified at an event back in July last year ([for more information see page 10 of the November 2022 issue of our newsletter](#)).

At the last meeting the group received an update from Joe Williams, Public Health Speciality Registrar about the health needs assessment work he is conducting around the deaf population, to identify where potential improvements are needed. The group are also working to support developments around the Derby and Derbyshire Emotional Health and Wellbeing website building on the accessibility and information contained on the site for people who are deaf or hard of hearing, also known as hearing impaired.

Some of the representatives from the focus group presented to the Mental Health Learning Disability, Autism and Childrens Delivery Board on 9 February, giving their personal accounts of their lived experience of accessing mental health services.

If you want to find out more, please contact [jodie@erewashcvs.org.uk](mailto:jodie@erewashcvs.org.uk)

*"Ensuring people with lived experience are central to programmes of work is critical and hearing the personal experience and challenges in accessing mental health services from individuals who are deaf/hard of hearing was insightful and incredibly moving and highlights many opportunities to improve these experiences."*

**Pardip Hundal**, Assistant Director for Quality Improvement and Health Inequalities/Deputy Programme Director,  
Learning Disabilities & Autism programme, NHS England.



## Community-based activities for adult mental health - South Derbyshire Provider Collaborative

An exciting new development for social prescribing has been created to deliver community-based activities for adult mental health.

The NHS through its personalisation policy agenda has made funding available to model effective and efficient systems and processes for sustainable social provision in Derbyshire and Derby. This has led to the development of a provider collaborative model to deliver consistent and sustainable social provision, focussing on the patient pathway, the needs and preferences of the individual, and to build capacity within the local voluntary and community led enterprises to coordinate and deliver high quality experiences.

The principles are:

- Seeking to address inequality of access to health and wellbeing
- Focus on engaging participants with poor mental health
- To develop the model and proof of concept and create inward investment opportunities.

Two areas of Derbyshire are involved in the modelling - Bolsover and Southeast Derbyshire.

Elephant Rooms is the coordinator for the Southeast Derbyshire Provider Collaborative which also includes Blue Tonic, Helping Hooves, Long Eaton Community Gardens and Whispering Trees offering a wide range of activities focussed on mental health across the area. The project is funding capacity for referrals to the collaborative which is available from the beginning of 2023 until the end of September.

You can find a menu describing how the collaborative will work and the activities that can be accessed [here](#).

The approach is holistic, person-centred and relational rather than clinical. It helps people get more control over their healthcare, to manage their needs and in a way that suits them. It can especially help people who:

- have one or more long-term conditions
- need support with their mental health
- are lonely or isolated
- have complex social needs which affect their wellbeing.

To discuss a referral please contact [elephantroomsdraycott@gmail.com](mailto:elephantroomsdraycott@gmail.com), or phone 07375 468 005.





## Stay PrEPared

Derbyshire Community Health Services (DCHS) have launched a campaign called 'Stay PrEPared' to raise awareness and educate about the HIV prevention drug, PrEP, as well as increase uptake across the county.

PrEP (pre-exposure prophylaxis) is a drug which should be taken prior to engaging in sexual activity. When taken as prescribed, PrEP is highly effective and can reduce the risk of contracting HIV by around 99%. DCHS's 'Stay PrEPared' campaign aims to raise awareness of the drug, encouraging people to find out if they are eligible for free PrEP prescriptions via their local sexual health clinic.

PrEP became readily available on the NHS in the UK in April 2021 as part of the government's aim to end HIV transmission by 2030 – with a total of £39million

in funding being distributed among local authorities to deliver PrEP via local sexual health services.

Rebecca Spencer, General Manager of Derbyshire Integrated Sexual Health Services says: *“Many of those who currently take PrEP have reported feeling less anxiety in relation to contracting HIV, which in turn has allowed for their sexual encounters to feel more intimate. Through highlighting the benefits of taking PrEP and cultivating sex-positive discussions, we hope to tackle the stigma surrounding taking PrEP, having sex with multiple partners or engaging in sexual relations with those who are HIV positive.”*

You can find more information about the Stay PrEPared campaign [here](#).

## NHS vision testing

It is important that all parents and carers are aware of their child's eye health and take them to an optician for regular eye health check-ups.

Good eye health helps your child to learn, play, be happy and healthy.

You or your child may not realise they have a problem with their eyes. An NHS sight test will tell you how well your child can see, and how healthy their eyes are. NHS sight tests are free for all children under 16 years old.

Some eye problems are difficult to fully correct if they are not found early. The sooner an eye problem is found, the sooner your child can get treatment and help.

We recommend you take them when they reach school age, between the ages of four and five years old.

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

Take your child for a free NHS sight test when they start school.

Love their eyes, **boost their confidence.**

[www.derbyshirefamilyhealthservice.nhs.uk/vision](http://www.derbyshirefamilyhealthservice.nhs.uk/vision)

# National recognition for work to reduce harm from opioids in chronic pain

Late last year, Tony Jamieson, the England Patient Safety Specialist & Clinical Improvement Lead for the Medicines Safety Improvement Programme at NHS England visited Joined Up Care Derbyshire (JUCD) to hear about its collaborative work with East Midlands Academic Health Science Network (EMAHSN), supporting a systems approach to reducing harm from opioids for people living with chronic non-cancer pain.

The event included professionals from across the system, Healthwatch Derby, and patients with lived experience of chronic pain, who have played an active role in the programme. The work forms part of the [National Medicines Safety Improvement Programme](#), which in the East Midlands is delivered by the Patient Safety Collaborative, part of EMAHSN.

Opioids, such as morphine and codeine, are a type of pain relief. There is little evidence of significant benefit for the use of opioids for pain that is chronic (lasting more than three months) and is not cancer related. There are also serious harms associated with opioids and the risk of dependency when taken long-term. For this type of pain, there are often more effective approaches that may not involve medication.

Alison Brailey, Chief Pharmacist and Head of Medicines Management at Chesterfield Royal Hospital NHS Foundation Trust and the Senior Responsible Officer for the project, said: *"The ability to share progress and challenges with a diverse range of people and hear a range of perspectives is really important in moving this work forward."*

During the event, attendees heard from patients Michelle Butler and Paul Hemsil, both of whom have experience of living with chronic pain. Michelle, previously an Engagement Manager at Healthwatch Derby, presented a report called [Chronic Pain Experiences 2022](#) to the group, that offered some valuable insight into the experiences of people living with chronic pain. Alison Brailey said of Michelle's report: *"There is a really clear message here that it's not all about medication, we need to think broader than this."*

Steve Hulme, Director of Medicines Management & Clinical Policies at NHS Derby and Derbyshire Integrated Care Board, said: *"This project has been an exciting opportunity for JUCD to do some collaborative work with everyone across our partnership to improve the care of our patients in Derby and Derbyshire. We can't do this without taking this approach."*

Tony Jamieson said: *"It feels like this partnership is coming together really well and today has made me realise the potential of what can be achieved taking a system-wide approach."*

Prior to the programme (to January 2021) there was a year-on-year increase in patients prescribed opioids from 16,659 in November 2017 to 20,257 by January 2021 – since then this increase reversed and by October 2022 (16 months) 1,120 fewer patients were being prescribed, equating to 18 deaths avoided.

You can find out more about the Medicines Safety Improvement Programme [here](#), and watch short films of Michelle Butler and Paul Hemsil talking about their experiences of living with chronic pain.





# Health Literacy Awareness

Did you know that 6 out of 10 adults in Derbyshire have low health literacy? This means they will struggle to understand everyday health information.

Please help us to address the barriers!

We have three new training dates available:

- **Monday 13 March 2023**  
9.30am – 11.30am
- **Wednesday 26 April 2023**  
9.30am – 11.30am
- **Thursday 18 May 2023**  
9.30am – 11.30am

You can book your place [here](#), or find more information [here](#).

**Health Literacy Awareness**  
Free Virtual Training - New dates added!

**Did you know?**  
The average reading age in the UK is **9 years old**. This includes people you work with.

**6 out of 10** adults in Derbyshire have low health literacy.

This means they will struggle to understand everyday health information.

**Let's address the barriers!**  
We have **3** training dates available:

- Monday 13th March  
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- Thursday 18th May 2023  
9.30am – 11.30am

[Sign up now!](#)

**What will you learn?**

- ✓ What health literacy is and why it's important
- ✓ What it might mean to have low levels of health literacy
- ✓ What other health and care practitioners have done in practice, and think about what you could do
- ✓ Where to go for further information about health literacy.

ASCH [healthliteracy.admin@derbyshire.gov.uk](mailto:healthliteracy.admin@derbyshire.gov.uk)

Joined Up Care Derbyshire Health Literacy

## Contact Joined Up Care Derbyshire

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

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

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

