

May 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](#).



Joined Up Care Derbyshire (JUCD) Public and Patient Insight Library Relaunch

The [JUCD Public and Patient Insight Library](#), created following the outbreak of Covid-19, has been revamped. This central library for collating and storing patient and public insight gathered across Derbyshire health, care, statutory and voluntary organisations is open to a wide variety of professionals to help inform decision-making.

The system was identified as a solution to help facilitate a more collaborative way of working amongst organisations working within the Integrated Care System and provides a simple and user-friendly way to identify and share reports on people's experience of local health and care services.

Whilst initially focused on people's experiences of Covid-19 and how services were responding to the pandemic, the library has been updated to reflect experiences of the current local health and care sector. It is being relaunched with new reports containing insight into people's experiences of health and care across a wide variety of services.

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 an [online form](#).

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

If you are not already a member of the platform and would like access to this system please contact the NHS Derby and Derbyshire Engagement Team at ddicb.engagement@nhs.net.

The library has been recognised nationally by NHS England with [a workspace template created and available for use by other Integrated Care Systems](#) across the country based on the JUCD Public and Patient Insight Library.

Spring Covid jab now available to help Derby and Derbyshire's most vulnerable people stay protected

The NHS has recently kicked off the next phase of its world-renowned Covid vaccination programme with a spring campaign to protect the most vulnerable people in Derby and Derbyshire.

Around 144,000 people across the county are eligible for a spring Covid jab, including people who are over 75, those with a weakened immune system and older adult care home residents.

The latest vaccination is being offered to those considered most at risk, following advice from the Joint Committee of Vaccination and Immunisation. The NHS will let those eligible know if they need the vaccination, but if you know that you or someone you know is eligible you can [book online](#), on the NHS App, or by calling 119. Those invited should make sure their appointment takes place at least three months since their last Covid dose.

Joined Up Care Derbyshire's Vaccination Programme Director, Mandy Simpson said: *"Covid-19 is still in circulation and older people and those with weakened immune systems are at risk of becoming seriously ill if they catch the virus. We know that many people who are in these groups and eligible for the spring vaccination will be keen to get the further protection being offered as soon as possible."*

"We remain committed at Joined Up Care Derbyshire to delivering a successful vaccination programme to protect our population. I would urge those that are eligible to come forward and take up the opportunity of further protection from the vaccine."

"It's quick and easy to get vaccinated and will give you the protection you need for the months ahead."

There are more than 50 sites across Derby and Derbyshire, with the majority of appointments being delivered in communities by pharmacies and GPs.

People who have not yet received a 1st or 2nd dose of the Covid-19 vaccinations who are not in an at-risk group can also access these through the spring vaccine programme.

Derbyshire's trailblazing role in Enhance training

The Enhance training programme enables doctors in training to undertake enhanced generalist skills and involves them taking up placements at Derbyshire Community Health Services NHS Foundation Trust (DCHS). Generalism is defined as comprising holistic approaches to both the health and wellbeing of the individual, and also entire populations. The first Enhance internal medicine trainees arrived in August 2022 and over the course of this three-year training scheme will be rotating through placements across DCHS and with other Derbyshire system partners.

Dr Becky Steed led the Enhance three-year trailblazer pilot to introduce enhanced generalist training for clinicians from conception to reality. Becky is the locality lead for the Enhance training programme overseeing clinical placements for trainees in DCHS. Trainee Doctor Kandace Baggan and Advanced Clinical Practitioner Andy Adams were filmed by Health Education England and the Midlands Deanery to talk about their experience of being among the very first on this programme, not just in Derbyshire but across the country. To view the film [click here](#).

You can find out more about the Enhance programme [here](#).



Dr Kandace Baggan
Internal Medicine Doctor
enhance participant

Supporting care leavers into the workplace

Careers

Joined Up Care Derbyshire

The health and care system in Derby and Derbyshire has become one of the first in the country to get all local organisations signed up to a scheme to support young people leaving care to access a career path in the sector.

Partner organisations across Joined Up Care Derbyshire have all signed up to the programme, known as the Care Leaver Covenant, which will help care leavers aged 16-25 access employment, education and training opportunities and support their independence.

As a health service and care sector pilot site for the scheme, Derby and Derbyshire is one of the first to go live in the country. The work has been coordinated by Joined Up Careers Derbyshire, the recruitment and retention group for partner organisations. The offer to people leaving care in the city and county is now set out on the Care Leaver Covenant website which can be found [here](#).

Amanda Rawlings, Chief People Officer for NHS Derby and Derbyshire said: *“We are really pleased to be leading the way on this scheme. The partner organisations within the ICS have all been very proactive in seeing how we can best provide opportunities to young people who need a bit of support in finding work and making their way in life. It is great to be able to help care leavers in this way, and by doing so, we will be able to improve the care we can provide by filling critical workforce vacancies.”*

Matthew Gordon, Chief Executive of social value agency Spectra which delivers the Care Leaver

Covenant programme for the Department for Education said: *“We are delighted that Joined Up Care Derbyshire is one of the first ICSs to sign up to the Covenant and help lead the way for care leavers. Working with our team and other partners, it will enhance internal awareness of care leavers and extend its reach in serving this vulnerable group. Through dedicated pathways, it will employ more care experienced young people and satisfy more recruitment needs with a pool of diverse talent.”*

The Care Leaver Covenant programme will see participants involved in discussions about their hopes and aims, attend employability skills workshops, gain work experience and mentoring opportunities, and be provided with guaranteed interviews with employers where applicants meet the minimum essential criteria.

Successful participants could land jobs in a wide variety of vital health and care roles such as care workers, healthcare assistants and in administration.



Spotlight on Derbyshire Supported Employment Services

Whether disability is something you are born with or the result of a sudden trauma or a long-term degenerative condition, meaningful work is an essential element of independence, purpose and wellbeing and a key ingredient of financial health.

The social model of disability tells us that people are disabled by barriers inherent in society, not by their impairment or difference. These barriers can be the attitudes of employers, accessibility issues, lack of positive images and encouragement around disability, Social Security restrictions, traditional recruitment practices, stigma, and prejudice. These barriers make it more difficult for some disabled people to find and stay in good work, and as a result individuals who have a disability or health condition are more likely to be unemployed than those who aren't.

Support Employment Services have been set up in Derbyshire to try to address these barriers. These offer personalised approaches to support disabled people with their goals and help them to secure and retain good employment. They offer free advice and 1:1 support to all from a young adult who has just finished school or college to an older adult who wants to return to work.

Services include:

Adult Careers Service - provides free and impartial information, advice, and guidance about career opportunities, learning and employment to any Derbyshire residents aged 19 years and over and to those aged 18 who are not currently in education, employment, or training. Careers Advisors will signpost and refer individuals to supported employment services based on their needs. You can find more information [here](#), or call 01629 539707.

Disability Employment Service - helps disabled adults to find training, work experience, voluntary work, and paid employment. This could include help to find appropriate work experience and voluntary work, help to find out about job vacancies, help with interviews and interview practice, advice about support in the workplace such as equipment, support to access work placements and apprenticeships and help for employers to support their employees. The offer of support is not time-bound and is tailored to needs of the individual. The Disability Employment Service can also refer or signpost individuals to other related services. You can find more information [here](#), or call 01629 532440, or email disabilityemploymentservice@derbyshire.gov.uk.

Disability Employer Engagement Derbyshire (DEED) - this is an additional service that sits alongside the Disability Employment Service. It provides free support to businesses and workplaces across the county. The support is aimed at assisting them to recruit and retain people with long term health conditions or disabilities. The service seeks to address health inequalities for Derbyshire residents and empowers employers to break barriers. For more information, please contact EmployAble@derbyshire.gov.uk.

Well for Work - this service aims to support lone parents, those with disabilities or health problems, people from ethnic minorities, people over 50 and those who lack basic skills, to get into work and stay in work. The Well for Work programme provides individuals with personalised help to feel confident and supported through their employment journey. You can find more information and register your interest [here](#).



Spotlight on Derbyshire Supported Employment Services

Direct Education Business Partnership - offers supported internships in collaboration with Derbyshire Adult Community Education Services for young adults aged 18-24 with an Education, Health Care Plan (EHCP). Based at Chesterfield Royal Hospital and with places commencing each September, it provides bespoke job coach support to enable access to a variety of meaningful work placements, empowering the young person to gain competitive job skills and the independence to move towards paid employment. Contact Sarah.Cutler@DEBP.org for further information.

Zink's Employability Programme (High Peak and Northern Derbyshire Dales) - includes work coaching and tailored work experience. Work coaches enable people with complex issues including disabilities to overcome behavioural and practical challenges that prevent obtaining and sustaining work. Young disabled people (including neurodiverse conditions) can undertake paid micro jobs as a step between volunteering and mainstream work. There's also a weekly timetable of activities (from knitting, music to gaming) and community eco-café to enjoy! More information can be found [here](#).

Working Ways - an intensive, personalised program supporting people with disabilities and other complex barriers to find work. Each participant receives intensive one-to-one support from a dedicated key worker, to reduce obstacles to employment. The program delivers 15 months of pre-work support, with a further six months of in-work support for both the participant and the employer to ensure that they remain in work.

The Work Health Hub - an online platform dedicated to the mental health and wellbeing of the workforce. The Hub pulls all the latest research, resources, tools, and experts together in one place to ensure positive mental health and wellbeing is the golden thread that runs through any organisation. The Hub is designed to empower and support everyone in the workplace, to create a culture that promotes positive mental health and wellbeing. The website can be found [here](#).

The Mental Health and Productivity Pilot - a programme that is aimed at reducing absence and presenteeism related to mental health and to reduce the stigma and discrimination associated with mental health in the workplace. Supports organisations to create a bespoke plan, exploring culture, employee engagement, support for managers, training and workshops, strategy development, introducing Mental Health First Aiders in the workplace and reducing stigma. More information can be found [here](#).

YES (Youth Employment Support) Derbyshire - a one-stop-shop for young people aged from 16 to 24, offering access to training and careers advice and guidance. An inviting and engaging space enabling young people to access support both locally and in an environment that is in the heart of the community. You can find more information [here](#). You can also call 01629 539720, text HUB to 86555, or email youth.hub@derbyshire.gov.uk.

Reed in Partnership Chesterfield - Better Working Futures - helps people who face challenges finding employment. That challenge might be a health condition or disability. Their friendly employment advisors are experts at helping progress people into employment. They offer personal advice and guidance, skills training, and health support to support individuals to find the right job. More information can be found [here](#), or call 01246 389070 for a chat.

Work Your Way employment service - employment specialists and job coaches helping people who use community mental health services in Derbyshire to find work and stay in work. You can find more information [here](#).

Direct Help and Advice (DHA) - offer several interactive bite size workshops in money management funded throughout Derby. Workshops can be mixed and matched to suit the needs of the audience. Workshops include money management, supermarket sweep, budgeting, understanding your universal credit, understanding debt and solutions and many more. Workshops are delivered from the DHA office on Phoenix Street, Derby, as well as other community venues. For more information contact 01159 300199 or email training@dhadvice.org.



Let's Chat

After the successful launch of the Derbyshire Let's Chat campaign in 2022, around 700 bench signs were put up by partners across the county to encourage conversations to tackle social isolation and provide access to mental health information.

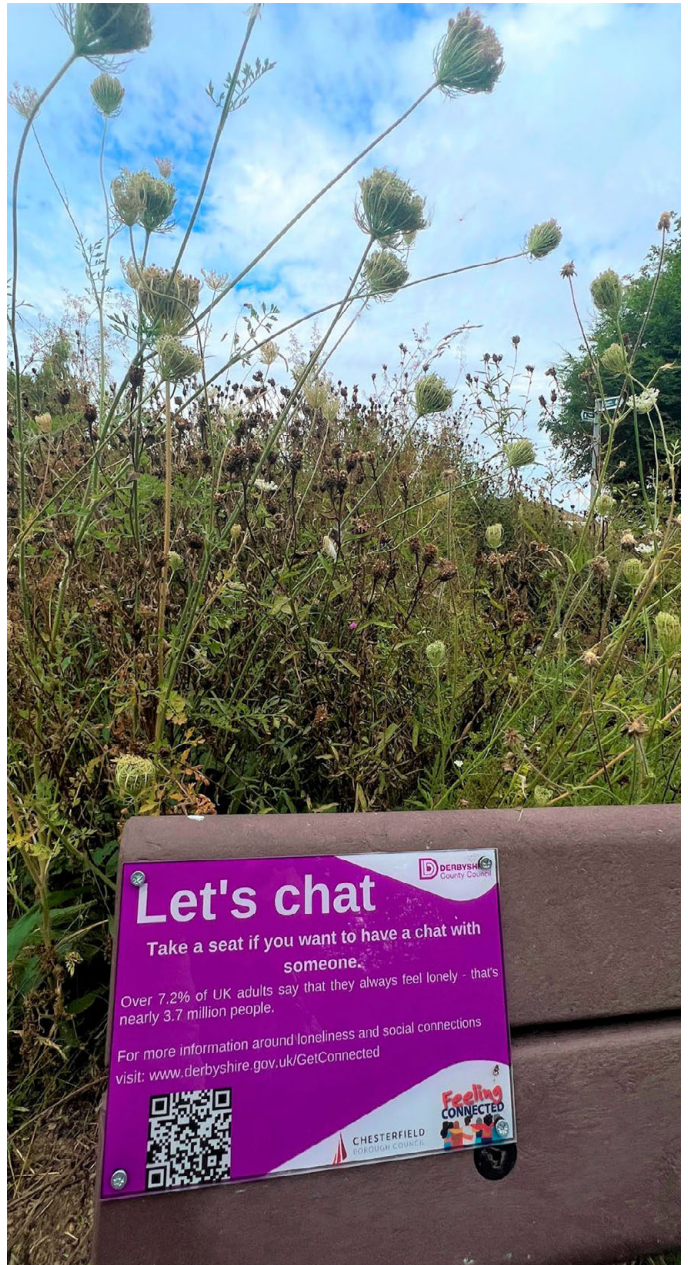
The location of Let's Chat benches can be found [here](#).

Due to phenomenal feedback and growing requests for more signs for the winter period, we have now developed a set of indoor campaign resources, which consists of posters, window stickers and table signs to support similar conversations to take place indoors. So far over 120 organisations have participated with 5,000 resources sent out. We've had excellent feedback about how these have enabled positive conversations, and other local authorities have contacted us to mirror our campaign in their area.

We've also been lucky to have local photographer Tony Fisher taking images of the benches in use by local people, and these photos are part of Derbyshire's travelling exhibition.

This year we are relaunching the bench signs campaign, and you can play a role in reducing the stigma of mental health and help to create conversations and provide access to information on mental health. We are asking organisations, charities, and businesses to display our signs in public-facing or employee-facing venues within Derby and Derbyshire. This can be our bench signs, our smaller mental health information signs for gates and fence posts, or our indoor resource.

- You can order our indoor resources [here](#). These are available now
- You can order our bench signs and fence post signs [here](#). These will be sent out between April-June this year
- If you order signs and would like them adding to our 'Let's Chat' [map](#), please email letschat@derbyshire.gov.uk
- If you have any questions, please email luke.oldham@derbyshire.gov.uk
- You can follow us on [Facebook](#) and [Twitter](#) to keep up to date on mental health, suicide prevention and neurodiversity within Derby and Derbyshire.



Continuing the Team Up transformation

Team Up Derbyshire

Team Up Derbyshire is currently changing the way we care for all the people in a neighbourhood who are unable to leave home without support. The programme is seeing the creation of one team across health and social care in Derby and Derbyshire – a teaming up of existing services and the creation of additional capacity – with general practice, community care, mental health care, adult social care and the voluntary and community sector all working together and with their local communities.

It is now an opportune time to review progress to date and work out the next steps on this transformation journey. As such, Team Up has brought in Newton Europe, specialists in operational improvement, to help diagnose issues and pinpoint the areas where there is the biggest potential to make a difference to services, the provision of care and the health and wellbeing of our population group. The company has previously worked with 40 local authorities including Derbyshire's children's services and adult social care services.

The reason for this work is that we want to help those people facing progressively rising needs to remain independent. We want to support more people to return to their best life after a crisis or escalation in needs, with increased access to reablement services. We know there are opportunities to make a big difference – it is a case of capturing the big ideas and putting them into action.

A core offer of Team Up is the Urgent Community Response (UCR) service. This provides crisis response care within two hours of referral and

reablement care (support to help people live at home) within two days of referral. UCR brings together home visiting services, rapid response nursing and therapy services, adult social care rapid response services, and falls prevention and falls recovery services. Improved care and support for individuals through this programme will likely see a reduction in ambulance call-outs, emergency hospital admissions and the need for long-term residential care.

We need to ensure that our approach is both transformational and sustainable. This means we must consider the health and care system as a whole, how the various parts of the system interact and influence each other, and how the decision-making of thousands of individuals who make up our system contributes to the service and people's outcomes.

Newton Europe is helping us by carrying out research into the way the system currently works and holding workshops to investigate issues and future opportunities. This will lead to a realistic, practical transformation plan that is owned and supported by frontline staff and management. The key focus will be on what new or different ways of integrated working will result in the most benefit for local people across Derby and Derbyshire. It is expected the initial phase of research and engagement will last for about eight weeks from this spring, with implementation set to last for up to 18 months.

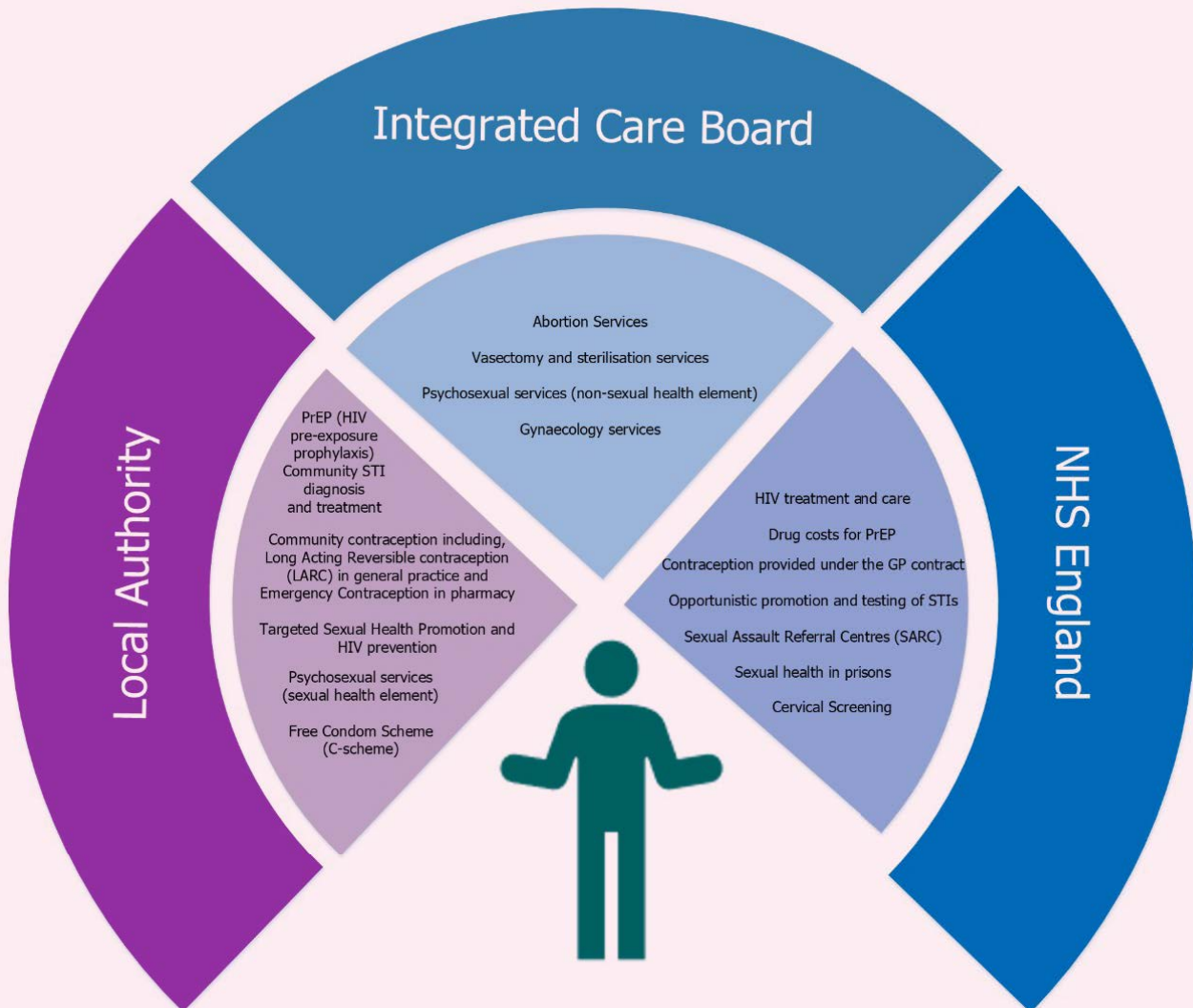
To find out more, please email Dr Ian Lawrence, Clinical Lead for Ageing Well and Team Up Derbyshire on ian.lawrence@nhs.net.



Greater collaboration for the benefit of population sexual health and wellbeing

One of the biggest challenges for sexual and reproductive health (SRH) across Derby and Derbyshire is working collaboratively with commissioning and provider colleagues with responsibility for sexual and reproductive health care.

Nationally and locally the SRH commissioning system is diverse, fragmented and sometimes complex. See image below:



This presents challenges for:

- Patients trying to navigate services that have multiple needs addressed by separate services
- Local services wanting to work together in innovative ways beneficial to patient care, but having separate contracts and budgets that can hinder this and prevent making best use of resource in the system
- Staff stability, due to service provision being subject to recurrent, lengthy and costly procurement processes
- Individual services having to deal with additional pressure and demand if another service is decommissioned or changed.

[The Health and Social Care Select Committee report](#) on Sexual Health stated that “It is vital that organisations work together to make services more cohesive, so that the care expected by patients is available to them, is convenient and is delivered to a high standard”.

In Derby and Derbyshire a major new forum, called the Sexual Health Alliance (SHA), which is aligned to the Joined Up Care Derbyshire footprint, has been created to address this issue. This brings together a growing number of system partners, including commissioners, providers and associated organisations including the voluntary and community sector.

Greater collaboration for the benefit of population sexual health and wellbeing

The Alliance aims to address the challenges outlined above and support exciting collaborative opportunities to benefit the sexual health of Derby and Derbyshire's population, putting patient care at the heart of all developments.

The Alliance is already making progress in terms of fostering partner confidence within the system, and has enabled the following to happen in the city and county:

- Increased investment for the Derby Sexual Health Service from Derby City Council
- Created a Joint Sexual Health Needs Assessment (JSNA) for the city and county to be published in July
- Fostered a commitment to collaborate towards the development of a Sexual Health Strategy
- Exploration of sexual health service pathways through the eyes of patients with lived experience
- Explored solutions to areas of challenge in the system, for example:
 - Ensuring contraception access across different settings
 - Digital provision post-COVID
 - HIV Prevention, treatment, and care
 - Under 25s sexual health, for example Chlamydia prevention, teenage pregnancy prevention, relationship, and sex education
- Agreed a local response to changing sexual health priorities at a national level

The Sexual Health Alliance depends on system-wide collaboration, and a focus on patients, communities, and local populations to drive sexual health improvement.

If you would like more information about the Sexual Health Alliance please contact mary.hague@derbyshire.gov.uk.

Welcome to the HIV Services team

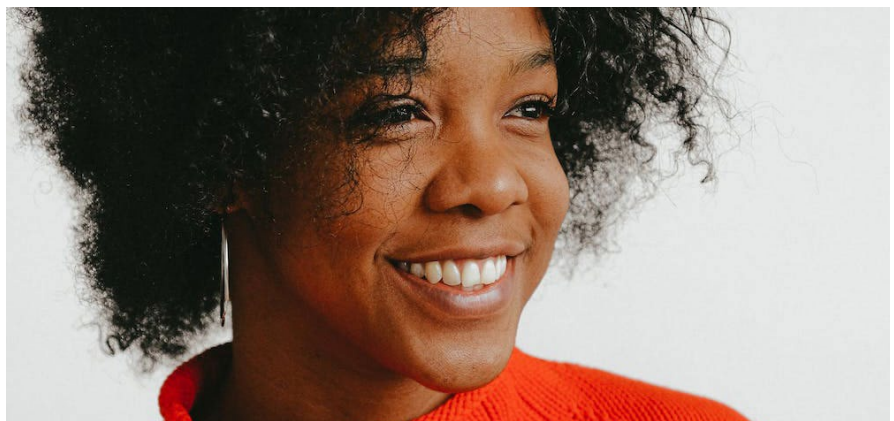
As part of their ongoing commitment to providing comprehensive, high-quality care to the people of Derbyshire, the HIV Services team from the Chesterfield Royal Hospital NHS Foundation Trust will be joining the Derbyshire Community Health Services (DCHS) NHS Foundation Trust family.

This transition marks a new chapter for both the HIV Services team and Integrated Sexual Health Services, as they continue to work towards a more integrated, collaborative approach to sexual health care across the region. The expertise and experience that the HIV Services team brings to DCHS will further strengthen their ability to provide exceptional care and support to those living with, or at risk of, HIV.

FREE Oral Health Awareness Training

Oral health is a key marker of the general health of a population. Dental diseases such as tooth decay, gum disease and mouth cancer are largely preventable. There are significant inequalities in oral health outcomes across Derbyshire, with areas of high social deprivation experiencing higher rates of dental decay. This training is specific to Derbyshire and aims to improve knowledge and skills around the delivery of consistent and appropriate oral health messages and signposting to the correct dental service depending on need.

If you have a minimum of six staff and would like to arrange a training session (one hour minimum) please get in touch at DCHST.Oralhealth-promotionteam@nhs.net. Please note we are currently only able to deliver this training to teams working with the population of Derbyshire county, not Derby city.



First official day of construction for new mental health facilities

Derbyshire Healthcare NHS Foundation Trust has commenced its first official day of construction for the pioneering new mental health hospital facilities in Derby and Chesterfield that will improve the safety, privacy and dignity of patients experiencing mental illness. The two ground-breaking ceremonies took place on 22 March 2023 for the two new 54-bed mental health hospital units being built at the Kingsway Hospital in Derby and in the grounds of Chesterfield Royal Hospital. The construction of the Trust's new Psychiatric Intensive Care Unit (PICU) at Kingsway Hospital was also celebrated.

These important milestone events were led by Trust Chair, Selina Ullah, and included a range of talks on project developments, insight from former inpatients on the importance of better patient experience and 'listen and learn' tours of the new sites.

The new hospital units will each have single, ensuite rooms, with the adult acute units replacing the current facilities which have dormitory accommodation, including green areas, therapy space and temperature-controlled rooms.

They are part of the Trust's ambitious £150 million [Making Room for Dignity programme](#), a programme which will completely revamp the mental health inpatient (hospital) facilities in Derbyshire.



Thr1ve Award

Thr1ve's young people's social prescribing service scooped a [HSJ Partnership Award](#) in the 'Most Effective Contribution to Integrated Health and Care' category'. The project has been a collaboration between Derbyshire Community Health Services NHS Foundation Trust, Chesterfield Football Club Community Trust, Derbyshire Voluntary Action and North Hardwick and Bolsover Primary Care Network, to create integrated social prescribing services for young people.

Focusing on social prescribing for under-18s, inclusion of an occupational therapist, use of a new IT system for referrals and tracking and working with research teams to develop young people-specific outcome measures, Thr1ve is a truly innovative project. We would like to give a special mention to Helen Burke, specialist school nurse practitioner and Mark Armstrong-Read, sustainability manager at Derbyshire Community Health Services NHS Foundation Trust who led the project for the Trust. The judges said: "It's a simple solution to a very complex issue. The service is genuinely embedded in the community and the data sharing solution is ground-breaking. There is huge potential for spread and scale across the UK – well done to everyone involved."

Their mission is to reach out to young people struggling with their confidence and connections. Thr1ve recognises young people's potential and offers support to help boost confidence, independence, and participation. THR1VE aims to fill a gap in NHS mental health services between early intervention and CAMHS support for more serious conditions.

North Derbyshire's Community Diagnostic Centre Welcomes First Ultrasound Patient

A new ultrasound service opened on Friday 17 March at Whitworth Hospital in Darley Dale as part of the new Community Diagnostic Centre (CDC).

CDCs allow patients to receive care closer to home, in a one-stop style approach, which includes having direct same-day access to tests such as ultrasound, x-ray and phlebotomy (blood tests).

The ultrasound department is staffed by Chesterfield Royal Hospital NHS Foundation Trust colleagues. The first patient was Jason Rotherham from Eckington who was offered an ultrasound at Whitworth Hospital to investigate a painful shoulder. Jason said: *"Although Chesterfield Royal Hospital is technically nearer to me, I chose to attend Whitworth Hospital because they offered me an appointment much quicker – in fact, it was the next day!"*

Nic Sowden, Ultrasonographer, performed the first ultrasound at Whitworth Hospital. He said: *"The new ultrasound CDC service at Whitworth Hospital means more patients can be seen faster, supporting a quicker diagnosis and treatment. We're looking forward to further expanding the service including longer opening hours and establishing a link with other clinics to create more streamlined pathways – like podiatry.*

"We've seen an increase of around 20% for the number of ultrasounds taking place across our region, so this extra service will support the demand across our North Derbyshire community. It was fantastic being able to open this new service, and to also welcome our first patients having ultrasounds here, including Jason. I really look forward to seeing what is next for the Community Diagnostic Centre and look forward to expanding our services further."

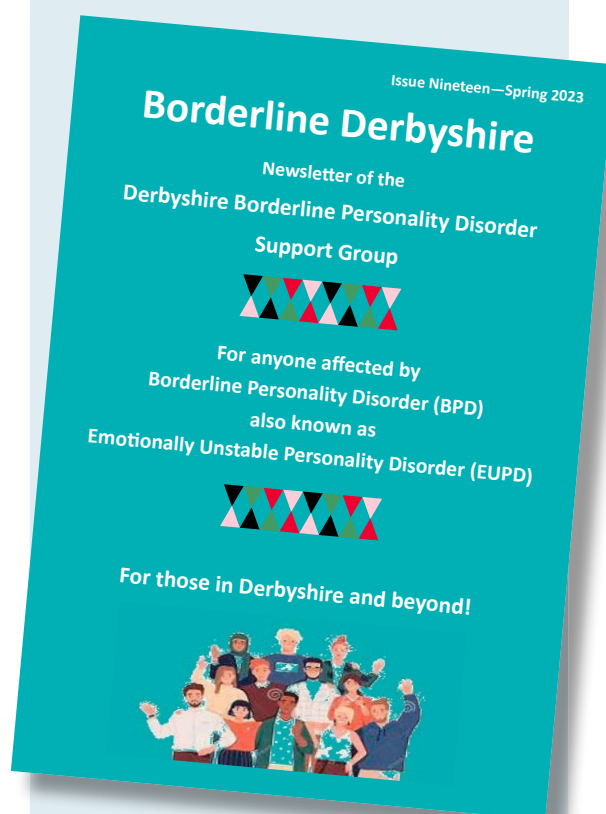
Melissa Dalton, Clinical Lead for Urgent Care and Specialist Services at Derbyshire Community Health Services NHS Foundation Trust, which runs Whitworth Hospital, said: *"This is very good news for patients who can now come here for ultrasound and other diagnostic tests, including seven day a week x-ray facilities.*

"The development of Community Diagnostic Centres, like the one being developed here, means that patients get easier and often quicker access to diagnostic services to help clinicians plan the best course of treatment for them. We are delighted to be able to offer these facilities to patients across North Derbyshire."

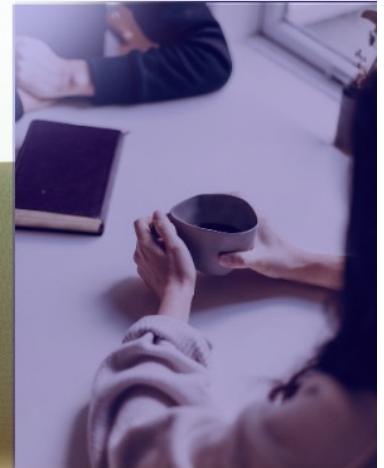
Patients still have the option to attend appointments at Chesterfield Royal Hospital but may receive an appointment quicker if they are able to attend North Derbyshire's Community Diagnostic Centre, located at Whitworth Hospital.

Derbyshire Borderline Personality Disorder Support Group

The Derbyshire Borderline Personality Disorder (BPD) Support Group has been operating since 2017 and provides a safe space for those affected by BPD, as well as their friends and family, to meet for support and advice. This can be through the dedicated WhatsApp group, regular zoom meetings and/or monthly activities. The emphasis is on managing the symptoms of BPD through self-help and peer support. Quarterly newsletters and further information can be found on the website [here](#), or you can email derbyshireborderlinepd@gmail.com. You do not have to live in Derbyshire to join the group.



Are you experiencing symptoms of worsening mental health?



Supported Self Help

derbyshiremind.org.uk/supportedselfhelp

Do you find you are starting to experience symptoms of worsening mental health, such as stress, low mood, grief, worry, low self-esteem? Don't wait. Supported Self Help is our new one-to-one service that supports and empowers you to improve your mental health and wellbeing right at the moment you are starting to struggle.

How does it work?

Our trained mental health practitioners deliver Supported Self Help in community venues across Derby, and also remotely via telephone or video call - whatever method suits your needs best. The first session is a 40 minute introduction and assessment to discuss what support you need. If both you and your practitioner feel Supported Self Help is appropriate, you will have five weekly 20 minute sessions where your practitioner will introduce evidence-based tools for you to try at home and support you to create and try out your own wellbeing toolkit.

What to do now?

You can let us know if you are interested in the Supported Self Help service by going online to our [website](#) and completing a Self Referral Form. Alternatively your Support Worker, Social Prescriber, or GP may do this for you if you agree. Once we have received your referral we will contact you by telephone to tell you more about the service and to book you in for your assessment with your practitioner.

New service announcement - 'Crisis Cafes' in Derby and Derbyshire

'Crisis Cafes' out of hours community mental health drop-in services will be provided in Derby and Derbyshire. The aim of the cafes is to provide a safe place where people can access support based on their individual needs including listening and safety planning. The cafes are part of a wider programme of activity that aims to reduce the need for people to attend hospital Emergency Departments when they are experiencing immediate mental health needs.

A tender process was launched in October 2022 by NHS Derby and Derbyshire Integrated Care Board (ICB) to identify a preferred provider for three cafes in Buxton, Ripley and Swadlincote. This followed engagement with potential users of the service across Derbyshire county and Derby city.

Derbyshire Mind will be delivering this service in all three geographical areas. They will be partnering with Zinc in Buxton and will be working to identify a partner/community organisation to work within the other two areas.

The cafes will start to be available from the summer onwards, with Buxton expected to be the first café to be open, and the services in Swadlincote and Ripley will be available towards the end of 2023.

Jenny Ryan, Business and Operations Manager, Derbyshire Mind said: *"We are very excited about the opportunity to offer safe and welcoming non-clinical alternatives to attending A&E to residents across Derbyshire. We are proud of our delivery model that sees us working in partnership with local community organisations, combining the expertise of both our organisations."*



Green Connections

Derbyshire Mind in partnership with Wellness Without Walls deliver a Green Connections Service to support mental health and wellbeing. Regardless of whether it is rainy or sunny, activities are provided in line with the changing seasons and include opportunities to be mindful, relax, explore nature, art and crafts, and 'forest bathing'.

Two different versions of the service are available in two locations:

- Once a month on a Thursday, 10am – 3pm, Whistlewood Site near Melbourne just outside of Derby.
- Fortnightly Tuesday morning sessions, 10.30am – 12pm, Hannah Fields Community Garden, Littleover.

Sessions are free, and open to adults (18+) who are experiencing common mental health symptoms such as low mood, worry and anxiety, stress, depression, grief and loss, low self-esteem, or feeling alone or isolated.

You can find more information [here](#), or you can email community@derbyshiremind.org.uk.

You can also book a place [here](#).



Hypertension Case Finding – A JUCD Approach

Cardiovascular disease (CVD) causes a quarter of all deaths in the UK and is the largest cause of premature mortality in deprived areas.

Prevention is at the heart of the [NHS Long-Term Plan](#). The plan includes a major ambition to prevent 150,000 strokes and heart attacks over the next ten years by improving the treatment of high-risk conditions – hypertension (high blood pressure), Hypercholesterolaemia (high cholesterol) and atrial fibrillation (AF). Early detection and treatment of CVD can help patients live longer, healthier lives.

Large numbers of people are still undiagnosed or under-treated, partly because these conditions often have no symptoms, and partly because treatment decisions are complex. In Derbyshire there is an estimated 22,068 people who are undiagnosed with hypertension and within Derby city this estimate is 9,656.

High blood pressure is one of the most preventable and treatable conditions; lifestyle changes can help reduce it and lower the risk of life-threatening situations such as heart attack and stroke, as well as serious long-term health conditions.

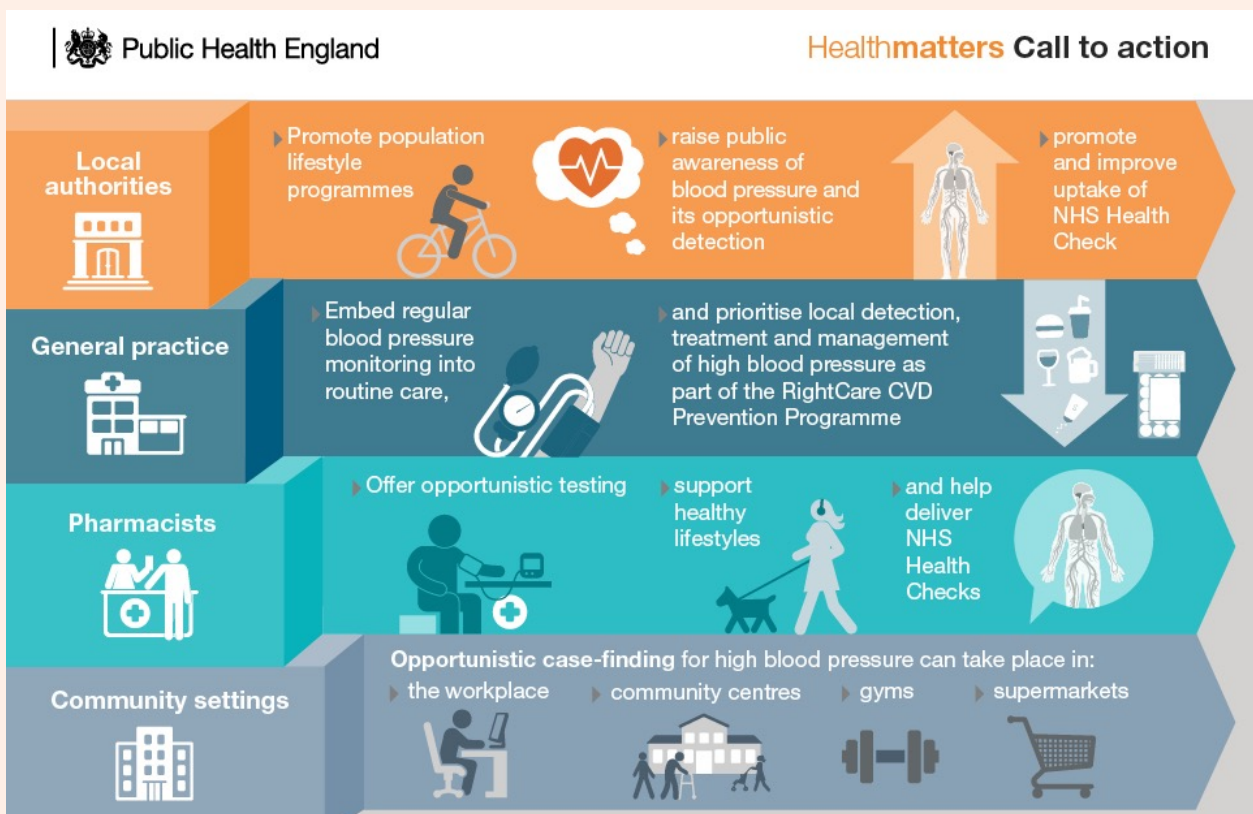
JUCD are working hard to support patients across Derbyshire and Derby city to ensure that they receive the best possible outcomes in terms of hypertension case finding and CVD.

Local initiatives include:

- The BP Monitoring at Home Programme – Developed to encourage self-management of hypertension from home, with the support of General Practice.

- The Derbyshire Hypertension Referral Pathway – A standardised and consistent pathway available to GP practices to ensure the smooth referral of hypertensive patients to secondary care.
- Community Pharmacy Hypertension Case Finding Programme – Pharmacies across Derbyshire have committed to providing a blood pressure testing service on-site. Over 1600 hypertension checks have taken place so far.
- Community BP Testing Project – A blood pressure testing project coordinated by Public Health, offering BP testing in local communities across Derby and Derbyshire, as well as providing lifestyle support and advice.
- NHS Health Checks for Derbyshire – NHS Health Checks are for people aged 40-74 with no specific pre-existing conditions. The checks can help spot early signs of stroke, kidney disease, cardiovascular disease, type 2 diabetes, or dementia. The estimated population eligible for a health check in Derbyshire is 225,724.
- Going Further Faster - Derby City – This programme aims to enhance current services in the detection of hypertension, enhancing the existing Community Pharmacy blood pressure testing programme and is aimed at individuals and communities facing the greatest inequalities for CVD outcomes.

JUCD are committed to working together to support hypertension case finding across the ICS.



New spring activity timetable for Joined Up Care Wellbeing



The 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. Information about the service was covered in the [March issue of our newsletter](#).

As part of the service offering, the Wellbeing Team has developed an extensive Activities Support Programme, run by the team's highly trained Health Improvement Advisors, which is open and inclusive to all JUCD Health and Social Care colleagues.

A host of brand new activities has been introduced to the new Spring Activity Timetable launched recently. This includes Relax and Reflect Workshops, a Stress Awareness programme, Emotional Freedom Techniques and Morning Meditations, to provide mental and emotional health support.

In response to high demands for Menopause-related support the Spring Activity Timetable features a wealth of sessions to help support colleagues through Perimenopause and Menopause. This includes monthly Menopause Cafés, Menopause Practitioner Q&As and Manager and Leader Menopause Workforce support sessions.

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

Activity bookings can be made by colleagues via our easy [online booking platform](#). You can view all the activities [here](#).

If you work for JUCD or one of its constituent organisations and would like to find out more about the wellbeing support available, please email UHDB on GetHealthyStayHealthy@NHS.net or call the team on 01332 787 703.



Contact Joined Up Care Derbyshire

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

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

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

