

September 2022 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](#).

What defines an Integrated Care System?

The founding reason for Integrated Care Systems (ICS) is to strengthen the joint working between health and social care so that we provide our patients and service users with the best experience we possibly can. Services are important, providing care, support, and advice to our citizens in a wide range of situations throughout the course of their life. However, ICSs also have a unique opportunity to help grow communities, bring people together in new alliances and empower everyone to be in control of their health and wellbeing.

We will measure the success of services through national, regional, and local targets and these are important to help show consistency across national priorities and requirements. But we will also measure success through the way in which we are able to help connect people, to increase their confidence, knowledge, and skills, and to recognise where this has been successful in making a difference to the lives of individuals, often in simple and relatively small ways. This edition of the newsletter carries many stories of how that is already happening. Integrating care and improving the lives of local people is not new, and there are many examples of this through the following pages.

Without actively attempting to theme the articles in this newsletter, the picture that emerges is one of seeking to expand the pool of knowledge and leadership among our citizens and staff, through the peer leadership programme, the patient and public involvement guide, the health literacy course, and the knowledge services resource.



What defines an Integrated Care System?

There is information about alliances and collaboratives, with the Mental Health, Neurodiversity and Learning Disability Alliance event and the East Midlands Perinatal Alliance. There is information about a wide range of support available, on the cost of living, on domestic abuse, in stopping smoking and in improving diet. And there is the recognition of our work through awards achieved by Ashfield Care Home in Heanor, the Derbyshire Healthcare NHS Foundation Trust vaccination team and for Tracey Cunningham, Paramedic running the rough sleeper support project.

These are just some of the examples available to demonstrate the value of the work taking place and these approaches will be shared and replicated across the city and county through the passage of time, as we seek to capture the best practice and share it among colleagues.

Services are still very important, and we continue to face challenges in managing the demands facing some of them. Recent heatwaves, IT challenges and the ongoing pressure facing our urgent, emergency and community care sectors continue to have our utmost attention as we seek

to find solutions where these are needed. In July we declared a critical incident due to the lack of ability to keep our patients moving through the NHS and social care system and we found some additional solutions to help services get through that difficult period. Our system response was testament to the strength of our existing partnerships and saw colleagues from across the system working around the clock to ensure that everything was done to protect our public and patients and to keep everyone safe. We are now looking to what the long term solutions might be to these challenges, which we have faced now for more than a year.

Whilst challenges of this nature are unexpected and unwelcome, they do provide us with invaluable learning for the future, particularly in terms of a joint, rapid, and robust response to very challenging scenarios but also in terms of innovative solutions. We are very proud that our system partnership has responded in a manner that has minimised disruption and focused on maximising business continuity. We thank our colleagues across the system for their commitment and determination under very difficult circumstances.

Seasonal vaccinations

Both the Covid-19 and Influenza seasonal booster vaccines will begin to be administered during September and October and we're underway with preparations to ensure our staff, care home staff and care home residents are vaccinated first, followed by those within our communities who are eligible. Both vaccinations offer the best protection for you and your family against Covid-19 and Influenza, which can both cause serious illness and hospitalisation. Keep an eye out for more information on how to book in for your vaccination over the coming weeks. If you're eligible you will be contacted by your GP practice.



AUTUMN BOOSTER

Some people will soon be able to receive the Autumn Covid-19 booster.

You will be contacted if you are eligible to receive the booster, do not contact your practice.

Personalisation - What Matters to me

Personalised care simply means that people have more control and choice when it comes to the way their care is planned and delivered. It considers individual needs, preferences, and circumstances. It is based on 'what matters' to them and their individual strengths and needs. Personalised care provides an all-age approach from maternity and childhood right through to end of life. It encompasses both mental and physical health and recognises the role and voice of carers. Personalised care represents a new relationship between people, professionals and the health and care system. It provides a positive shift in power and decision making that enables people to have a voice, be heard and be connected to each other and their communities.

[In previous editions of our newsletter](#), we have covered Personal Health Budgets, Shared Decision Making, Social Prescribing and Personalised Care and Support Planning (PCSP). In this edition we look at Supported Self-Management (SSM).

We use the term 'supported self-management' to mean the ways that health and care services encourage, support, and empower people to manage their ongoing physical and mental health conditions themselves. People have a key role in protecting their own health, choosing appropriate treatments, and managing long-term conditions.



What good supported self-management looks like for people:

- Supported self-management focuses on 'what matters' to the person, so they are seen within the context of their whole life, including their relationships and interests
- People are valued as an active partner in conversations and decisions about their health and wellbeing. This means people are recognised as experts in their own lives, and conversations draw on the knowledge, skills, and confidence that people bring
- People are supported to find solutions, make plans, and break down their health and care goals into manageable steps. Supported self-management focuses on a person's goals, not what professionals think those goals should be
- Supported self-management means the steps to supporting people to manage their lives, including their symptoms. This means people actively managing their life with the challenges that go with their condition(s)
- Supported self-management encourages people living with long-term conditions to access information and to develop skills to find out what is right for their condition and, most importantly, right for them
- People can access peer support from other people with similar conditions or health experiences, and support each other to better understand the condition and aid recovery or self-management
- People can access support to self-manage in a variety of ways, including a one-to-one basis, in pairs or in small groups. Support can be delivered in person, by telephone or online
- People are supported to potentially improve in a range of clinical outcomes and physical wellbeing, e.g., blood pressure and behavioural outcomes such as improved diet or frequency of exercise and taking their medication.

PERSONALISATION - WHAT MATTERS TO ME

More than four in ten people living with a long-term condition do not have the knowledge, skills, and confidence to manage their health and wellbeing on a daily basis. As a result, they often have a lower quality of life and make more use of primary care and emergency services than those who are more knowledgeable, skilled, and confident. We should measure knowledge, skills and confidence by using tools such as the [Patient Activation Measure® \(PAM®\)](#) and provide tailored interventions to improve activation for those who would most benefit. Support for self-management is part of the shift in relationship between health and care professionals and people represented by personalised care. This means a person not being seen as a patient with symptoms or different conditions that need treating, but rather as a whole person with skills, strengths, and attributes, as well as needs that need to be met. It means health and care professionals tailor their approaches to working with people, based on the person's individual assets, needs and preferences, as well as taking account of any inequalities and accessibility barriers, and so working in a personalised way based on 'what matters' to the person.

Supported self-management means ensuring approaches are systematically put in place to help build knowledge, skills, and confidence.

These approaches include:

- Health coaching – helping people to gain and use the knowledge, skills, and confidence to become active

participants in their care so that they can reach their self-identified health and wellbeing goals

- Self-management education – any form of formal education or training for people with long-term conditions focused on helping them to develop the knowledge, skills, and confidence they need to manage their own health care effectively
- Peer support – a range of approaches through which people with similar long-term conditions or health experiences support each other to better understand the conditions and aid recovery or self-management. Peer support may be formal or informal, it can be delivered by trained peer support staff and volunteers, or through more informal, ad hoc support among peers with lived experience.

This way of working significantly increases the likelihood that people will adopt behaviours and approaches that contribute to their health and wellbeing. For example, [a literature review of over 1,000 research studies](#) found that peer support can help people feel more knowledgeable, confident, and happy, and less isolated and alone.

You can find a summary of supported self-management and some of the tools to help you implement this work [here](#).

If you have any further questions please contact Jo Blackburn, Personalisation Programme Manager, joblackburn1@nhs.net



Exciting new opportunity to join our Peer Leadership Programme



The central aim of an ICS is to join up care across different organisations and settings to provide people with more convenient and personalised care for their health and wellbeing. Personalised care means people have choice and control over the way their care is planned and delivered. It is based on ‘what matters’ to them and their individual strengths and needs.

Personalised care represents a new relationship between people, professionals and the health and care system. It provides a positive shift in power and decision-making that enables people to have a voice, to be heard and to be connected to each other and their communities.

Therefore, in partnership with NHS England we are offering an exciting and innovative online personal development programme called the **Peer Leadership Development Programme**.

The aim of the programme is:

- To explain what personalised care is and how people can benefit
- To develop new Peer Leaders. Peer Leaders are people with lived experience of using health and care services who are committed to working collaboratively with the ICS to shape and influence how health and care is delivered.

To find out more about this exciting opportunity please get in touch with Leni Robson ddicb.engagement@nhs.net.

We would particularly like to encourage people with long-term health conditions, disabilities and carers who provide care and support to someone, to join the programme.

If you would like to join the programme but feel you lack the confidence to do so, please do contact us for a chat, and additional help and support if needed.

Our Guide to working with people and communities

As an Integrated Care Board (ICB) we have legal and moral obligations to involve patients and the public in decisions about their care. There are many benefits to this:

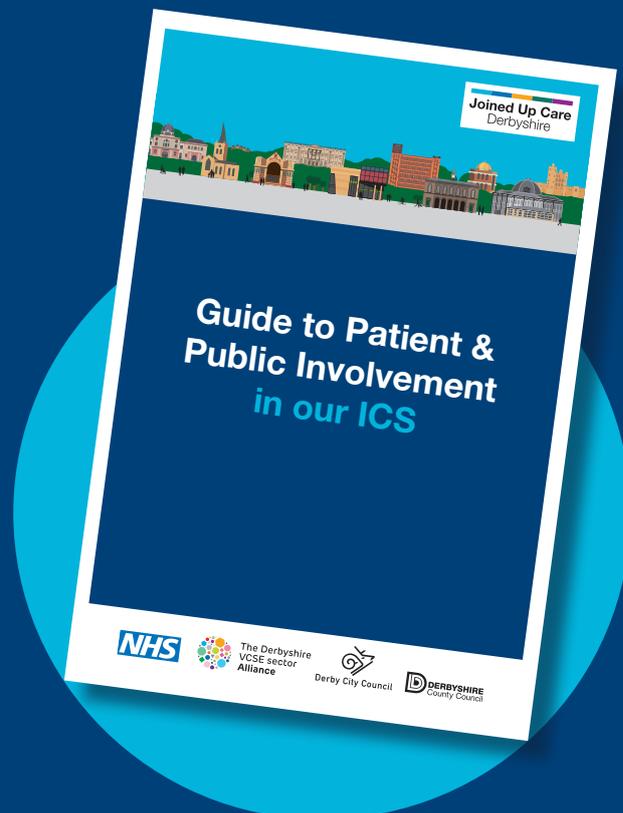
Why work with people and communities?



We have produced a guide to outline our legal and moral obligations with regard to patient and public involvement. This guide has been developed for those considering, and involved in, service change to help them navigate the common legal and policy issues from the very start of a service change programme through to the final decision-making. By service change, we often mean a change to the range of services available or a change to the location from which services are delivered. This might apply to plans to reconfigure or transform services to improve health and well-being, changes to specific services, new models of care, new service specifications, or local improvement schemes.

The guide can be found [here](#).

The guide is being disseminated to NHS commissioners and providers, as well as ICS leads and partners across the system, and training is available. If you would like more information, please contact ddicb.engagement@nhs.net.



Creating a leadership culture to lead change and innovation

In our [May 2022 newsletter](#) we updated you on the ICS guidance on effective clinical and care professional leadership and the JUCD developments that have been taking shape through the Clinical and Professional Leadership Group (CPLG) to support us in delivering the five principles:

1. Ensure that the full range of clinical and professional leaders from diverse backgrounds are integrated into system decision-making at all levels, supporting this with a flow of communications and opportunities for dialogue
2. Nurture a culture that systematically embraces shared learning, supporting clinical and care professional leaders to collaborate and innovate with a wide range of partners, including patients and local communities
3. Support clinical and care professional leaders throughout the system to be involved and invested in ICS planning and delivery, with appropriate protected time, support, and infrastructure to carry out this work
4. Create a support offer for clinical and care professional leaders at all levels of the system, one which enables them to learn and develop alongside non-clinical leaders (e.g., managers and other non-clinical professionals in local government and the Voluntary, Community and Social Enterprise (VCSE sector), and provides training and development opportunities that recognise the different kind of leadership skills required when working effectively across organisational and professional boundaries and at the different levels of the system (particularly at place)
5. Adopt a transparent approach to identifying and recruiting leaders which promotes equity of opportunity and creates a professionally and demographically diverse talent pipeline that reflects the community served and ensures that appointments are based on ability and skill set to perform the intended function.

We held our first engagement event on 10 May 2022 and had circa 200 clinical and care professional leaders from across the system attend. There was so much positive energy and a genuine desire to have more of these events where people can come together to connect, build networks, and learn from each other in the system space. The key messages we heard at the event were:

- **The need to create a leadership culture –**

Where there is distributed leadership at all levels and shared ownership that ensures no one feels awkward or out of their depth to speak, say what's important and lead change and innovation.

- **The need to work differently by:**

- Collaborating and learning together across, within and between services across our system
- Learning from others within and outside our system and creating opportunities for joint learning to share widely both what works and what doesn't and why
- Being curious and proactive to find out about colleagues in different organisations, test the benefits of shadowing and understanding different perspectives
- Building understanding across the system, about the system and how it works - connecting different parts of the system more widely and effectively; supporting people at the frontline to do the right thing
- Moving from silo working to better connected services
- Creating opportunities for people to meet, connect and collaborate
- Harnessing the energy and desire to improve things
- Coproducing solutions.

We are committed to holding these widescale events regularly and have planned the next one to take place on **11 October 2022, 9am to 1pm**. You can book onto the event [here](#). If you have any questions, please contact Abi Ingram abigail.ingram@nhs.net.



Team Up receives national attention

Team Up Derbyshire, the ambitious programme seeking to establish one team across health and social care for all people currently receiving their care at home in a neighbourhood, has been featured in a national NHS communique showcasing the best in integrated care programmes.

The innovative initiatives of Team Up were all highlighted in the recent national Integrated Care Bulletin, distributed by NHS England. The article in the bulletin pointed to the full story which is available on the [Team Up blog](#).

The article discusses how Team Up has been creating the conditions in which primary care networks (PCNs) and local place alliances can introduce innovative new roles in the community. It highlights examples of great practice among the PCNs drawn from across Derby and Derbyshire.

The story has also been covered on the Academy of Fab NHS Staff [website](#) (a site hosted by NHS commentator Roy Lilley).

Dr Ian Lawrence, clinical lead for Ageing Well and Team Up Derbyshire, said: “The thing I am most proud of with Team Up Derbyshire is that we have created the conditions for local teams to figure things out for themselves and to learn from each other. It hasn’t always been comfortable, but these innovations are testament to the power of this approach. We haven’t always got what we expected, but that is usually because a local team has come up with something better than we could have planned.”

Further information is available on the Team Up Derbyshire [website](#) and Team Up Derbyshire [blog](#)

The latest team up bulletin can be found [here](#).



Team Up Derbyshire

NHS Knowledge & Library Hub

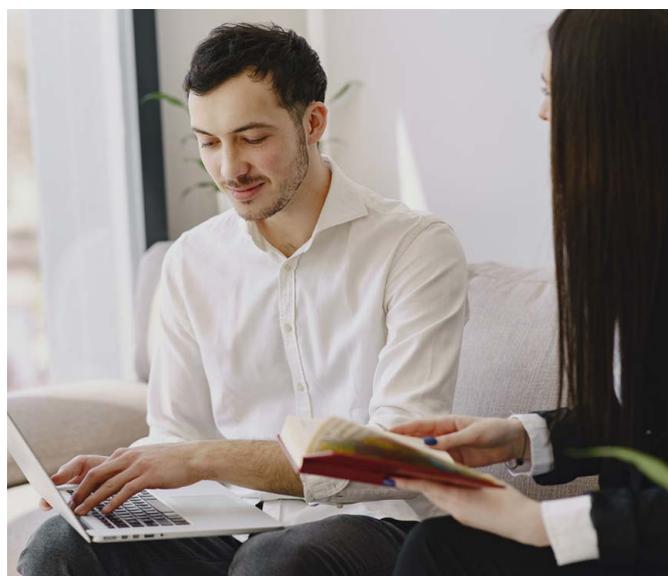
Do you want to access 100s of high-quality e-resources to support you in your day-to-day work or study? Do you want to access e-resources without ever visiting the library? Do you want to do this quickly and easily from one central starting point?

[OpenAthens](#) is the single username and password for nearly all the library resources purchased for NHS staff and learners. You are also eligible if you work with or support NHS patients or work for an NHS partnership organisation. After a quick registration process, you can explore 100s of resources from home or your place of work without ever visiting the library. The [NHS Knowledge & Library Hub](#) provides a single search box that searches across multiple resources at the same time and presents you with a list of high-quality search results. The Hub is easy to use and can provide support at the point of care or used to find current evidence quickly and efficiently. It can support patient care, service improvement, research, professional development, and coursework.

View the quick start guide to set up your account [here](#).

Find out more about the primary care library service for Derby and Derbyshire [here](#).

Any questions? Get in touch with Chloe, Primary Care Librarian for Derbyshire chloe.turner26@nhs.net



Care home's end-of-life care recognised in regional awards

A Derbyshire care home is celebrating after winning a regional award run by the East Midlands Patient Safety Collaborative. Ashfields Care Home in Mansfield Road, Heanor, won the award for their dedicated work in improving end-of-life care.

Michelle Achilleos, Kat Taylor, and Emma Mallen from Ashfields Care Home were all recognised for their contributions to becoming 'End-of-Life Champions' and demonstrating improvement leadership within their team. As End-of-Life Champions, the three staff members gather information from residents as to what matters to the residents and develop individualised care plans to ensure wishes and needs are met. They attend monthly end-of-life care meetings, actively seeking ideas from the rest of the team.

They played a central role in Ashfields Care Home achieving Derbyshire End-of-Life Accreditation and developed an information leaflet for relatives, special end-of-life care baskets and condolence cards.

Throughout Derby and Derbyshire support is provided to care homes through Team Up Derbyshire's Enhancing Care in Care Homes programme. Emma Plummer, Place Lead for Amber Valley and Programme Lead for Enhancing Care in Care Homes, said: "The work of the Ashfields team and the difference they have made to people at the end-of-life is incredible. The Derbyshire Team Up team is keen to build on Ashfield's success to inform our wider Ageing Well programme. Their approach to supporting truly personalised care and individual wishes is something that we want to spread across our teams of professionals as part of Team Up."

Further details on the award win are provided on the East Midlands Academic Health Science Network [website](#). A video of the award win is on [Vimeo](#).



Preparing for winter - NHS measures to boost capacity

As we begin to think about the winter months ahead, we wanted to update you on some key activity taking place in the Joined Up Care Derbyshire system, and across the NHS.

Nationally, the NHS has set out steps to rapidly boost capacity and resilience, including through increasing bed availability and staff numbers ahead of the busy winter period.

Outline plans are starting to take shape to prepare local services for additional pressure by creating more beds through a mixture of initiatives over the coming months.

The NHS will also recruit more call handlers across the country working in 111 and 999 call rooms to deal with higher demand. Additional capacity in the 999 system will help staff meet record demand, with a live 999 call answer dashboard and a target to answer calls in an average of 10 seconds.

You can find out more about the national plan [here](#).

Derbyshire vaccination team wins award for its work with vulnerable people



Derbyshire Healthcare NHS Foundation Trust has won a regional award for its personalised Covid-19 vaccination service for people with severe mental illness, learning disabilities or autism.

The Trust's Specialist Vaccination Team won the 'biggest contribution to those who are vulnerable and at risk' category in the NHS England Regional Recognition and Celebration Awards, based on its work supporting vulnerable people with receiving their vaccinations.

The team was nominated for the award by [NHS Derby and Derbyshire](#), and it is the second time their work has been recognised this year, having also been named as a regional winner at the 2022 NHS Parliamentary Awards.

The team supported people who struggled with anxieties around receiving the vaccine, offering a bespoke service to meet their needs and help them to receive their vaccine in line with national advice.

Service users were offered appointments in quieter locations with sensory activities, music, and less staff around. Vaccinators would wear non-uniform clothes, and nurses who knew the patients well would attend where possible.

The team also offered vaccinations in people's homes or on hospital wards as part of the effort to target those in need of the vaccine.

The team's efforts were part of the wider vaccination programme, which actively sought to reduce inequalities in Derby and Derbyshire by focusing on engagement, availability, and accessibility.

The Trust's nurses and Health Protection Unit worked closely with NHS Derby and Derbyshire, and with Derbyshire Community Healthcare Services, as well as other organisations within JUCD.

Richard Morrow, Assistant Director of Public and Physical Healthcare at Derbyshire Healthcare NHS Foundation Trust, attended the regional award event. He said:

"To win not one, but two regional awards is fantastic. The Specialist Vaccination team, with support from Joined Up Care Derbyshire partners, have been key in the fight against the Covid-19 pandemic to vaccinate a cohort of vulnerable service users who have found the process an extremely daunting one. It is only right that this team have received regional recognition for their exceptional work."

Dr Steven Lloyd is the executive senior responsible officer for Covid-19 vaccination programme and said:

"The specialist vaccination team embody all that is good about the Derbyshire approach to the programme and have been exceptional in their reach out to those most vulnerable and at need in our communities. It is a matter of great pride and celebration that this has been recognised more widely across the region and beyond and an outstanding credit to all involved in the team."

The NHS England Regional Recognition and Celebration Awards celebrates those who have contributed to the health and care sector with initiatives that have had a real impact on communities.

Exciting free health literacy training opportunities

Did you know that nearly half of the UK adult population does not have the required literacy skills to routinely understand health information, with even more not having the necessary numeracy skills?

Health literacy involves people having the skills, knowledge, understanding and confidence to make decisions about their health and well-being, and ensures that the services and systems we work in, provide health and social care information in a way that can be understood by everyone.

Derbyshire County Council's Public Health team have been funding monthly virtual health literacy awareness sessions over the last 12 months delivered via Microsoft Teams. So far over 300 people have completed the training which has been open to partners across the wider public health workforce who work wholly or predominantly in Derbyshire County.

If you're interested in transforming the way you work by understanding more about health literacy and why it's important then partners working in Derbyshire County can register [here](#) for an online health literacy awareness session on Thursday 29th September 9.30 – 11.30am.

Partners working in Derby or Derbyshire can access sessions organised by Health Education England in the Midlands on Thursday 10th November 9.00am – 11.00am book [here](#).

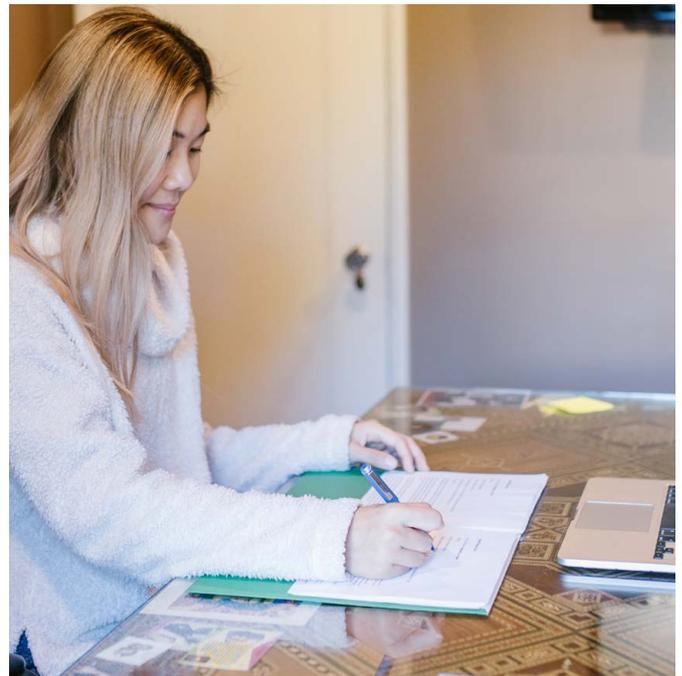
You can also access a free 35-minute Health Literacy e-learning module:

- [Here](#) for Derbyshire County Council employees
- [Here](#) for non-Derbyshire County Council employees.

If you've already completed health literacy awareness training you might be interested in attending a follow-on workshop where you will learn how to put health literacy into the heart of your organisation, create written material that is understandable and communicate verbally so that people can understand & act on the information you share. This takes place on Wednesday 28th September 9.00 – 12.00 and you can find more information [here](#).

For more information, including information about later dates available, please contact:

ASCH.healthliteracy.admin@derbyshire.gov.uk



New newsletter for Joined Up Careers

There's so much happening with Joined Up Careers Derbyshire that the team has established their own newsletter. The second edition of the newsletter has now been published on the [Joined Up Careers website](#). This issue covers a range of different activities, from the hosting of two major recruitment events to the running of an innovative recruitment campaign across the city and county. We hope you enjoy the read - if you want further information or to be featured in the next issue, please email ddicb.joinedupcareers@nhs.net.



Join us for the Mental Health, Neurodiversity and Learning Disability Alliance event

Join us in launching Derby and Derbyshire's all-age Mental Health, Neurodiversity and Learning Disability Alliance on Friday 23 September, 10 am - 4 pm at [The Post Mill Centre](#).

The Alliance is a vehicle for partners to deliver on the shared purpose of supporting the people of Derby and Derbyshire to achieve their health and wellbeing potential; partners include NHS providers and commissioners, Local Authorities, Derbyshire Constabulary, VCSE and Independent sector organisations. By working closely together to plan and deliver services, the Alliance hopes to improve health outcomes for the local population and reduce health inequalities. The Alliance also hopes to enable the provision of mutual aid, pooled budgets, and a shared workforce.

The festival is an opportunity for colleagues from across JUCD to come together to celebrate the launch of the Alliance, but also to further develop working relationships to support future joint working. There will be several different zones including a 'Marketplace' whereby organisations will share information about the services they offer, 'Speakers Corner' where individuals from different organisations/roles will share their experiences and a 'day in the life of', and 'Wellbeing Zone' where individuals can receive advice on maintaining their own wellbeing and those they support.

To book your free space at the festival, please register your details via [this link](#).

Lunch and refreshments will be provided, and colleagues are welcome to drop in if unable to attend for the whole event as activities will be running throughout the day.

For more information about the event, or the Alliance, please contact Abigail.ingram@nhs.net.



Update on Glossop Transition

As part of the Glossop boundary change and transition to the Derby and Derbyshire Integrated Care System from 1 July 2022 we committed to an ongoing programme of listening and engaging with Glossop residents. As part of this we joined with partners to attend a drop-in session at Norfolk Square on the second Saturday of each month to listen to what matters most to people and to answer their questions or concerns. Partners in attendance include Derbyshire County Council, Derbyshire Voluntary and Community Sector through The Bureau, Joined Up Care Derbyshire alongside the NHS, and other support organisations.

We have been able to answer some enquiries on the spot but in other cases we have arranged follow up sessions with colleagues to respond to the more complex questions. It has been great to see local people joining in with more detailed and ongoing discussions and representing their particular area of interest from a health perspective. The hope and intention is that we can involve more people in future engagements and develop a co-production approach to the shaping of services in the future.



Introducing the New Mills Out of Hours Walk-in centre

With recent changes to health service boundaries there are now even more options for care and treatment in the High Peak.

So, if you live in the New Mills and Glossopdale areas, the New Mills Walk-in Centre – based at New Mills Health Centre is here for you!

The Walk-In Centre is open from 6pm until 10.30pm Monday to Friday and from 9am to 10.30pm on weekends and Bank Holidays. It's available to everyone, appointments can be booked through the 111.nhs.uk or 111 telephone service, or you can attend as a walk-in patient.

The out of hours service at the Walk-in Centre is run by the not-for-profit, Community Interest Company DHU Healthcare - who are equally committed to providing you with compassionate high-quality out of hours health advice and treatment. During the day the Health Centre is run by Derbyshire Community Health Services. Both organisations work in collaboration for the benefit of patients. Between them they provide help, advice and treatment across a range of services and offer support for each other coming together to do their very best to ensure every patient gets the right treatment from the right person when they need it.

Caroline Hannan, Deputy Head of Clinical Services at DHU Healthcare says: *"The out of hours service is an important resource for people in this area, as we*

are able to provide a wide range of services and advice, face to face from our DHU practitioners. We don't have x-ray facilities and we can't treat major injuries, but there is a vast array of service we can offer you."

You can head to the Walk-in Centre for bumps, bruises, burns, sprains or insect bites and all manner of minor illnesses such as coughs, asthma, rashes and other infections. When you arrive remember that:

- Patients are treated based on the urgency of their need, so during busy times you may need to wait to be seen
- If you do come with something that's serious, we can assess and refer you to a nearby Emergency Department or neighbouring Urgent Treatment Centre (UTC) who have additional diagnostic facilities such as x-ray. We can also arrange ambulance transfer for people with critical conditions
- There are normally two Practitioners on duty. This could be a nurse, paramedic or pharmacy practitioner. They are supported by a Healthcare Assistant who will also provide support and advice
- Our Practitioners can prescribe and, where appropriate, can send an electronic prescription to your chosen pharmacy or will print out a prescription for you to take with you.

Important information:

The Walk-In Centre doesn't have GP cover, so if you arrive with pregnancy related problems, or you have a baby under 12 weeks of age, you would be redirected to our GP service in Buxton.

The address for the walk-in centre is New Mills Health Centre on Hyde Bank Road, SK22 4BP.



The East Midlands Perinatal Mental Health Provider Collaborative

Perinatal mental health problems are those which occur during pregnancy or in the first year following the birth of a child. Perinatal mental illness affects up to 20% of women and covers a wide range of conditions. They include ongoing mental health issues that a mother may be already aware of or could be a period of mental ill health which is triggered during pregnancy or after birth. If left untreated, it can have significant and long-lasting effects on the woman and her family. Perinatal mental health problems can also have long-standing effects on children's emotional, social, and cognitive development.

In the East Midlands, we are working to develop our Perinatal Mental Health provider collaborative, with Derbyshire Healthcare NHS Foundation Trust as the Lead Provider. This builds on the experience of several provider collaboratives already established in the East Midlands which include Forensic services, (called IMPACT) Child and Adolescent Mental Health Services (CAMHS) and Adult Eating Disorders.

Establishment of NHS-Led Provider Collaboratives is a key part of the [NHS Long Term Plan](#) and involves a group of providers of specialised mental health, learning disability and autism services who agree to work together to improve the care pathway for their local population. This is done by taking responsibility for the budget and pathway for the population, with each collaborative led by an NHS Provider (called the Lead Provider). The Lead Provider remains accountable to NHS England and NHS Improvement for the commissioning of high-quality, specialised services.

We have been working over the past months to set up our arrangements and involve stakeholders in our early plans. We are currently the most progressed of the perinatal provider collaboratives in the country and are sharing our experience with other areas as they develop their plans.

The partners in the East Midlands Perinatal Mental Health Provider Collaborative are:

- Derbyshire Healthcare NHS Foundation Trust (Lead Provider)
- Leicestershire Partnership NHS Trust
- Lincolnshire Partnership NHS Foundation Trust
- Northamptonshire Healthcare NHS Foundation Trust
- Nottinghamshire Healthcare NHS Foundation Trust
- St Andrew's Healthcare.

The contract that we as Lead Provider will take over from NHS England covers in-patient perinatal mental health services, which in the East Midlands are delivered through two Mother and Baby Units – one

within Derbyshire Healthcare NHS Foundation Trust (the Beeches) and one at Nottinghamshire Healthcare NHS Foundation Trust (Margaret Oates Mother and Baby Unit). However, the provider collaborative partners also include community perinatal services providers, which provides an opportunity to bring together decision-making on inpatient services from providers across the whole pathway and work closely with community teams to connect services and improve quality.

Key principles of the provider collaborative and the ways that it will be different from previous ways of working are that it is clinically driven and that input from experts by experience are integral to both the planning, development, and oversight of delivery of the clinical model. We have appointed a Clinical Lead, Dr Rahul Ghandi, Consultant Psychiatrist, whose role is to coordinate input from clinical and operational colleagues across the East Midlands to identify priorities for service development to ensure we can provide the best service possible to our patients and their families and carers. Dr Ghandi commented that, 'We see the development of the perinatal provider collaborative as a great opportunity to have the local ownership of services and involve clinical colleagues and experts by experience in all that we do to deliver the best possible service for our service users and their families'.

Our experts by experience group is made up of service users and their families who have experience of our services ensuring that our strategies and plans are coproduced and driven by the patient voice. Experts by experience will also have a place on committees and meetings throughout the governance structure of the provider collaborative to ensure that the patient voice is integral to all our decision-making.

We are keen to provide updates on our work to a wide range of stakeholders. If you have any comments, would like further information or an update to your organisation or team please contact Sam Harrison, Programme Lead sam.harrison@nhs.net or Vikki Ashton Taylor, Executive Director of Strategy, Partnerships and Transformation vikkitaylor@nhs.net.



Do you know the signs that someone is experiencing domestic abuse?

Domestic abuse doesn't just affect unemployed people who live in towns and cities. It can happen to anyone, anywhere. Statistics show that 1 in 3 women and 1 in 5 men will experience domestic abuse at some point in their life. That means that when you hold events, attend a meeting, or go somewhere in the community, it is more than likely that someone there is affected by domestic abuse.

Domestic abuse isn't always about a black eye or a split lip. It is also coercion and control, which is a crime, defined as "an act or a pattern of acts of assault, threats, humiliation and intimidation or other abuse that is used to harm, punish, or frighten their victim".

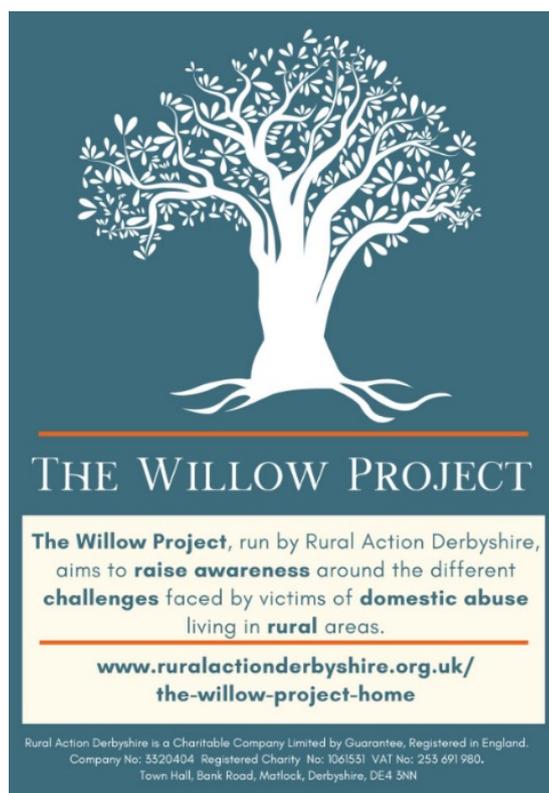
Whilst you may not know of anyone who is hitting their partner, do you know of anyone who is isolating their partner from family and friends? Or anyone who controls where their partner can and can't go and monitors every minute of their day?

At The Willow Project, we deliver free training for people living or working in Derbyshire to help you become more aware of signs of abuse and how to support and signpost a victim.

To book one of the dates and to find out more, please [check out our website](http://www.ruralactionderbyshire.org.uk/the-willow-project-home).

Or for further information please email e.brailsford@ruralactionderbyshire.org.uk or call 07594 088 858.

Please remember if you are in danger call 999.



Partnership work to support rough sleeping wins award

A JUCD First Contact Rough Sleeper Paramedic is celebrating after recently picking up a Community Heroes Award at the MJ Awards for Local Government.

Tracey Cunningham is funded by the Integrated Care Board (ICB) but employed by East Midlands Ambulance Service (EMAS) as a First Contact Rough Sleeper Paramedic and is part of a multi-disciplinary team (MDT) that supports people who are sleeping rough in Derby City.

The Rough Sleeper MDT is part of the Derby City Multi-Agency Rough Sleeper Hub (MARSH) and provides intensive support to people who are sleeping rough. Tracey works directly with people who are sleeping rough to triage, treat and enable them to access the services they need.

The interventions that Tracey has delivered have led to a reduction in the need for people to be unnecessarily conveyed by ambulance to A+E and a reduction in inappropriate presentations at A+E. She has also supported wider public health programmes including delivering Flu and Covid-19 vaccinations to people who are sleeping rough.

At the MJ Awards for Local Government on 24 June, Tracey won the Community Heroes award in recognition of the incredible work that she does with a population of the community who find it difficult to access support and treatment.

Roll-out of the Tobacco Dependency Treatment Programme

The [Long-Term Plan \(LTP\)](#) has made sure that the NHS has a bright future ahead of it and is making a significant contribution to England becoming a smoke-free society. One of the new services from the LTP and funded by NHS England (NHSE) is an evidence-based NHS prevention programme to reduce tobacco dependency. This has been established as the Tobacco Dependency Treatment Programme, a brand-new initiative to support patients and our communities to stop smoking.

This has been developed as a Joined up Care Derbyshire System approach. A wide range of stakeholders have been involved in developing the programme to gain buy-in from all providers. Evidence for this programme has been taken from the [Greater Manchester CURE project](#) to develop the local process.

This programme will involve personalised support to stop people from being tobacco dependant and will be available to all inpatients who have an overnight stay in our hospitals and who smoke. This will also include maternity services, with pregnant people and their partners receiving face-to-face support to help tobacco dependency which will benefit not only the pregnant person but the unborn child.

Additionally, a new universal tobacco dependency service is available as part of the specialist mental health services for long-term users of specialist mental health and learning disability services.

Support will be offered in a variety of ways, whether it's just a quick conversation with the person who is treating you, or a prescription for Nicotine Replacement Treatment which could include patches, gum, and medication. All patients who smoke will be offered 'Very Brief Advice' (VBA) and have access to the level of support that feels comfortable to you. A Tobacco Dependency Advisor will support you over a 12-week period as your non-smoking journey continues and once you have been discharged from hospital.

What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes

Check your pulse rate, it will already be starting to return to normal.



After 48 hours

All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 2 to 12 weeks

Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 1 year

Great news! Your risk of heart attack will have halved compared with a smoker's.



After 8 hours

Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 72 hours

If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 3 to 9 months

Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 10 years

More great news! Your risk of death from lung cancer will have halved compared with a smoker's.

What is next?

If you want to quit now, then you do not need to be admitted to our hospitals for support. If you're a:

- Derbyshire resident, call 0800 085 2299 or visit www.livelifebetterderbyshire.org.uk
- Derby resident call 01332 641254 or visit www.livewellderby.co.uk
- Staffordshire resident call 0333 005 0095 or visit staffordshire.everyonehealth.co.uk

First 2021 census data revealed including Derbyshire changes

Derbyshire's population has grown at less than half the rate recorded for England as a whole according to new data revealed in the 2021 census.

The national census is conducted every 10 years and the first data from Census Day 2021 has now been released.

It shows that the population of Derbyshire is 794,600, an increase of 24,900 since the last census in 2011, giving a population growth of 3.2%, when the growth for England is 6.6%.

The national census is designed to collect statistics on several areas ranging from population, households, health and migration to ethnic groups and national identity, religion, qualifications, employment, transport, and visitors.

Census Day was on 21 March 2021 and was the first digital census, with 88.9% of all households in England and Wales taking the opportunity to respond online.

It was also the first time people were asked if they'd ever served in the armed forces and about sexual orientation and gender identity.

Census data provides a wealth of detailed information nationally and about Derbyshire and can be used to plan vital local services people rely on such as transport, housing, schools, and hospitals.

Other information about Derbyshire released from the 2021 census reveals:

- Most Derbyshire districts have experienced a growth in population over the last 10 years, except for Chesterfield which is one of 18 local authorities across England to have experienced a decline in population since 2011, albeit a very small decline of 0.2% (the equivalent of 200 people)
- South Derbyshire has seen the largest growth in population with an increase of 12,600 people since 2011. This equates to a 13.3% increase and ranks as the 25th (/309) fastest growing local authority across England
- There were 404,800 women (50.9% of the overall population) and 389,800 men (49.1%) in Derbyshire
- Children aged 0-14 represent 15.9% of Derbyshire's population, lower than the England average of 17.4% and a 0.6% (800) decline in the age group since 2011
- The number of 15-24-year-olds has declined by 12.5% since the last census, higher than the England decline of 4.4% and highlighting potential challenges to the local labour market in terms of the supply of labour and skills shortages

- The number of people aged 65+ in the county has grown by 22.8% (32,600) since 2011, now representing 22.1% of Derbyshire's population and remaining well above the England average of 18.4%. The ongoing increase in the number of older people in the county will continue to have significant implications for older people's services in Derbyshire
- 2021 census figures show there were 354,200 households in Derbyshire. This represents an increase of 6.5% since 2011, higher than the England increase of 6.2%.

Derbyshire County Council Leader Councillor Barry Lewis said: *"We track population growth and trends across the county all the time using the information we receive each year from the Office for National Statistics. This helps us to monitor or predict changes and allows us to plan the delivery of our services and ensure the right resources are where they need to be.*

"However, the census data gives us more comprehensive information which is so valuable to us when we look ahead, helping us to shape future levels of service provision.

"We are already looking closely at the new statistics released and look forward to more details later this year so we can consider any implications for our services over the next 10 years."

The first phase of data is just the start of several other data releases from the census which will be revealed in the future. The council will be analysing all the new data as it comes out to find out what it means for Derbyshire and its communities.

For more detailed census information go to the [Derbyshire Observatory – Census 2021](#)

National information can be found via the Office for National Statistics at Population and household estimates, England and Wales - Office for National Statistics (ons.gov.uk) [here](#).



Let's Chat benches aim to strike up conversations across Derbyshire

Derbyshire County Council is putting up 700 Let's Chat bench signs across the county, aimed at starting conversations about mental health, helping people connect and reducing isolation.

Since the Covid-19 pandemic there have been increases in the risk factors which contribute to emotional distress, such as social isolation and worries over employment and finances.

Derbyshire County Council's public health team are connecting with local councils, community groups and Derbyshire businesses for the Let's Chat Derbyshire campaign.

Derbyshire County Council's Cabinet Member for Health and Communities, Councillor Carol Hart said:

"Loneliness and isolation can have a big impact on the way we feel, and the pandemic has meant that many more people have felt alone."

"Talking about how we're feeling can go a long way to helping reduce the feelings of isolation."

"We hope our Let's Chat benches will offer people a safe space to open up and start conversations."

The Let's Chat bench signs have QR codes which take you to webpages with information about tackling isolation, loneliness, and mental health support.

There will be around 700 signs across Derbyshire on benches in parks, town centres and community venues.

You can find your nearest Let's Chat bench by searching on the Google map [here](#).

Local photographer Tony Fisher will be travelling around the county taking pictures of the benches being used as well as having conversations with people across Derbyshire about their emotional health and wellbeing.

Why not find your nearest bench, take a picture, and post it on social media with the tag #LetsChatDerbyshire



Feeling the pinch?

Costs are rising and it can be hard to know where to turn if you're struggling to make ends meet. You can find advice and help [here](#) for Derby City residents, or [here](#) for Derbyshire County residents. There's lots of support available to you from help managing debt to checking you're getting all the benefits you are entitled to. There's also information about energy efficiency, cutting down on food waste and details about other services you might not know that the council offers.



The NHS Low Calorie Diet Programme

This programme is for people who are overweight and living with type 2 diabetes (diagnosed within the past 6 years). The aim is to improve their diabetes control, reduce diabetes-related medication and, in some cases, put their type 2 diabetes into remission.

The programme started September 2020 in Derbyshire and Xyla Health & Wellbeing are the provider. You can find more information [here](#).

How it works

Eligible participants are offered free total diet replacement products (soups and shakes) which add up to around 800 calories per day – for up to 12 weeks. During this time participants will replace all normal meals with these products and re-introduce real food after the initial 12-week period. Alongside this, participants will receive support and monitoring for one-year through 20 online group sessions with a Health & Wellbeing Diabetes Practitioner. These sessions address behaviour change and combine specialist nutrition, psychology, and physical activity.

Derbyshire results so far

Results so far*:

- 563 referrals across Derbyshire
- 346 patients have started their group sessions
- After total diet replacement: 14.1kg average weight loss; 3.49 mmol/L average decrease in blood glucose
- By the end of the programme: 11.58kg average weight loss; 2.72 mmol/L average decrease in blood glucose.

The programme has seen some fantastic results, you can read about Neil's journey [here](#).

You can find out more about how you can get involved in the programme by emailing ddicb.conditionsspecific@nhs.net.

*The Xyla data is representative of Derbyshire Low Calorie Diet service users and continues to be reviewed month on month, these figures are from the data to the end of August 2022.



NHS reaches key target for patient waiting times

NHS Derby and Derbyshire has virtually eliminated the need for patients to wait more than two years for scans, checks and surgical procedures, except for reasons of choice or complexity.

The NHS has been working towards this target since the publication of the Elective Recovery Plan in February as part of the health service's most ambitious catch-up plan in history.

The plan set out how the NHS would tackle the backlog, which built up due to the Covid-19 pandemic. The plan focused first on treating those patients who had been waiting the longest.

By the end of July, only nine patients had been waiting more than two years within Derby and Derbyshire. Six of those were waiting because their conditions were extremely complex, while the other three had chosen to wait for their treatment.

Delivering this target has only been possible thanks to the hard work of staff, making effective use of all available capacity, including partnerships with independent sector providers, as well as through new relationships and mutual aid arrangements to move patients where appropriate.

The next target in the Elective Recovery Plan is to eliminate 78-week waits by April 2023, as well as building greater resilience into the NHS by recruiting and retaining more staff, and expanding capacity through community diagnostic centres, surgical hubs and virtual wards.

NHS staff will continue to provide expert treatment to everyone who needs it and particularly those who have been waiting the longest, and it is crucial that people concerned to come forward for help if they are concerned about their health.

Turf cutting marks the start on site for £10.5 million new health hub in Bakewell

A turf cutting ceremony marked the start of building work on a £10.5 million NHS integrated health hub in Bakewell which will provide brand new facilities for community health services and an ambulance service base.

The scheme has been developed in partnership between Derbyshire Community Health Services NHS Foundation Trust and East Midlands Ambulance Service NHS Trust to rejuvenate health facilities for people living in Bakewell and the Derbyshire Dales.

Kier, a leading provider of construction and infrastructure services, has been appointed to construct the new health hub, on Baslow Road, which is due to be handed over to the NHS in late 2023 and will open for healthcare in early 2024. It will provide a modern new home for community health services currently provided in the adjacent outdated 19th century Newholme Hospital, which is earmarked for closure, and the neighbouring former ambulance station which is being demolished to make way for the new health hub.

Prem Singh, chairman of Derbyshire Community Health Services NHS Foundation Trust, welcomed guests to the turf cutting ceremony on Wednesday 24 August. He said: *“This investment in healthcare will help to future-proof local health service provision*

for the next generations of residents in the Bakewell area.

“We are delighted to be working in close partnership with our ambulance service colleagues to create integrated facilities which support the principle of joined-up care. It has taken a lot of planning, over several years, to get to this stage. We’re delivering on a facility which will be a legacy to the future health needs of the local community. We can now enjoy seeing the new building take shape over the coming months, knowing what fantastic facilities will be provided when the doors open in early 2024.”

Andrew Magee, head of operations for Derbyshire at East Midlands Ambulance Service NHS Trust, said: *“This is another really exciting step in the development of the new health hub for Bakewell and we can’t wait to see it progress over the coming months. We have been working closely in partnership with Derbyshire Community Health Services NHS Foundation Trust over a long period of time to make sure this development reflects our commitment to providing the best service to the community and our patients.*

“Not only will this new building and its modern facilities be such an improvement on our old



ambulance station, but by physically sharing a space together it will undoubtedly build on our relationships and understanding of one another's organisations and work we do to support our communities."

Newholme Hospital's League of Friends, which has done so much to support the work of the hospital's staff and patients over many decades, is due to wind up its charity and to transfer its residual funds towards the new building. Pat Lunn, chair of the League of Friends, was a VIP guest at the turf cutting ceremony, and was thanked for the league's generosity and for many years' service in support of local patient care.

Architect's plans for the new integrated health hub were first shared in late 2020 for public feedback and comments. Planning permission was granted in 2021 and contractors Kier moved on site in July 2022 to begin preparing for the construction work. It is part funded with £8.58m awarded by the Department of Health and Social Care, under the government's Sustainability and Transformation Partnership, as a health regeneration scheme.

Building designs have been carefully considered to be sympathetic to the heritage of the area. Jacob Peplow, architect at Race Cottam Associates, who developed the building design, said: *"Our design was carefully considered, not only to provide modern facilities, but also to reflect the area's heritage and character, including the use of locally sourced gritstone and limestone, and traditional design references. The turf cutting*

represents a significant step forward in creating a high-quality facility that will benefit thousands in the community."

Martin Williamson, operations manager for Kier Construction North & Scotland, said: *"We are delighted to have been appointed to join the Trust team to deliver this important healthcare facility for the people of Bakewell and surrounding areas. As leading healthcare contractors, we're looking forward to using our expertise to create this new integrated health hub which will leaving a lasting legacy for the community."*

The new building will include an East Midlands Ambulance Service hub on the ground floor, as well as a waiting area, accessible [Changing Places](#) toilet and toilet facilities. On the upper floor, reached by two lifts and a staircase, there will be a total of 10 consultation rooms and four treatment rooms as well as a children's area, group room, office space, large waiting area, baby feeding and changing rooms, toilets and reception.

All 14 NHS outpatient specialties provided at Newholme Hospital will to be moving across into the new building when it is ready. These include audiology, children's services, complex wound care, continence clinic, diabetes education, diabetic retinopathy, health psychology, integrated community nursing and community therapy, older people's mental health (Living Well with Dementia), Parkinson's clinic, physiotherapy and musculoskeletal services, podiatry, speech and language therapy and Long Covid research (via the Stimulate project).

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](#).

