

# Connections

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September 2017, edition 6



## PLUS...

## The partnership issue

How we're working with others  
to improve people's lives

Summer Reflection art competition – **p4-5**

Governor elections – stand as a governor – **p3**

Annual members meeting update – **p11**

# Welcome...

## ...to the summer 2017 issue of *Connections*

**Our annual members meeting on 26 July was all about partnerships (see page 11), and we have chosen the same theme for this issue of our members' magazine.**

Partnership working is central to the way we deliver our health services. First and foremost, as a Foundation Trust we couldn't operate if it wasn't for our partnership with you, our members, and the individuals you elect to represent you: the Trust's governors. We are looking for new governors in several parts of Derbyshire, so please consider standing in the upcoming elections – see page 3.

Just as importantly, we believe in our partnerships with our patients and carers – so that we learn from them about how we can truly meet people's needs. In this issue, you will read about some of those partnerships, including 'experts by experience' in our Learning Disabilities service who are educating GPs on how to reduce health inequalities (page 9) and examples of staff and carers helping patients to create a 'triangle of care' (page 10).

We simply couldn't deliver our services, and help people gain hope and confidence, without working closely with local groups and organisations, too. That's why we want to tell you about a dance workshop that took place in one of our acute mental health units, organised by Deda (Derby Dance), and the impact it had – see page 8.

The dance workshop would not have been possible without the foresight and commitment of members of staff, too. Our partnership with our staff is absolutely paramount, and a key focus for the Trust this year as we seek to involve staff in shaping decisions.

Partnership working is also key to our plans for the future. You may have read about Joined Up Care Derbyshire, Derbyshire's Sustainability and Transformation Partnership or STP which brings together 11 health and care organisations looking for new, collaborative ways to help keep people healthy, give people the best quality care and run services efficiently. I'm pleased to say that I will be leading the mental health workstream of Joined Up Care Derbyshire, and I've been delighted by the positive response from partners across the county to date.



**Ifti Majid, Acting Chief Executive**

It is in part because of our commitment to the Joined Up Care Derbyshire programme, and our belief that this partnership will bring real benefits to local people, that we have decided not to continue exploring a possible merger with Derbyshire Community Health Services NHS Foundation Trust (something discussed in the last issue of *Connections*). Although the two organisations will not be formally merging, we have both learnt a lot about working more closely together, and I look forward to seeing staff from both trusts putting that into practice.

After a slightly disappointing August weather wise, here's hoping that we have an Indian summer in September. Certainly the winning entries in our Summer Reflection art competition, featured on the cover and pages 4-5, should put you in a summery mood.

Best wishes

*Ifti*

**Ifti Majid  
Acting Chief Executive**

# Become a governor for Derbyshire Healthcare... in Bolsover, High Peak, Chesterfield South and North East Derbyshire

Would you like to be more involved in the work of our Trust? Are you passionate about your local community and about the services that Derbyshire Healthcare provides?

We are looking for members of the public who are motivated, enthusiastic and willing to engage with their local community to stand in our governor elections for the constituencies of Bolsover, High Peak, Chesterfield South and North East Derbyshire.



“I joined as a governor because I believed my experience as a carer, supporting a service user, could help inform service improvements. Management have listened to comments from governors and I have seen great changes. This year our Child and Adolescent Mental

Health Service (CAMHS) was awarded an ‘outstanding’ grade by the Care Quality Commission. It is very rewarding to be part of these developments.”

*Ruth Greaves, public governor*



You can check which constituency you live in by looking at your membership card.

**Nominations open from 12 September until 27 September 2017.**

As a governor you will:

- Represent the interests and views of local members
- Attend the Council of Governors meetings
- Act as an ambassador for the Trust
- Hold non-executive directors to account for the Trust's performance.

## Interested?

A governor information pack is available by calling **01332 623723** or emailing [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk)

Alternatively you can request a nomination form from Michelle Barber at Electoral Reform Services on 020 8889 9203 or email [michelle.barber@electoralreform.co.uk](mailto:michelle.barber@electoralreform.co.uk).

You must be a member of Derbyshire Healthcare NHS Foundation Trust and be over the age of 16.



# Taking heart from art

**A Trust-led art competition illustrates how art and creativity can improve your wellbeing.**

Our Summer Reflection art competition was launched in May, in partnership with Hobbycraft. The aim: to encourage people to express themselves and create meaningful artwork to share with others, but also to help reduce the stigma associated with mental illness.

The entries were judged by artist and Trust volunteer Kate Smith, Hobbycraft outreach champion Miriam Collins and the Trust's Acting Chair, Caroline Maley. The winner was announced at the Annual Members' Meeting (see page 11).

## And the winner is...

### Sarah Eley - 'Growing Up Is Optional'



“When I took this photograph, I was crouched down on the ground by a puddle, getting all muddy and receiving baffled looks from passers-by... But I didn't care, because I was having fun – it felt free. I hope when I'm old, I'll still be up for adventures. I need to look after myself to make that a possibility.”

**Judge's comment:** “A fun piece which makes me smile. Wonderful and crisp image with a strong message of living and not surviving.” *Miriam Collins, Hobbycraft*



Caroline Maley presents winner Sarah Eley with a certificate and a hamper of artist materials donated by Hobbycraft



### Highly commended: Jane Elliott – ‘Summer Masked Ball’

“Summer is the time of year for graduation balls and parties to celebrate the end of a period of education and the start of something new and sharing hopes

for the future. For me, summer is a wonderful time of the year, with long warm sunny days.”

**Judge’s comment:** “The concept of the celebration of the end of something, and the start of something new resonated with me. The colours, textures and vibrancy of the piece made a big impact. Beautiful.” *Caroline Maley, Trust Acting Chair*



### Highly commended: Victoria Vaughan – ‘Monkeying Around’

“I have found art to be very therapeutic and a helpful way to express and communicate how I feel. I often struggle to open up, yet

through my artwork, I’m able to convey what I might otherwise have kept hidden – art helps me to process and articulate what I’m thinking and feeling, and in turn helps others to understand.”

**Judge’s comment:** “A really strong drawing capturing one fun memory during a very emotional time. Victoria shows fabulous pencil detail and expression.” *Kate Smith, Artist and volunteer*

Jane and Victoria each received a certificate and set of artists’ materials.

## Creativity and recovery

Kay Orr, Senior Occupational Therapist says that art is a powerful activity: “It can be fun, inventive, colourful, expressive, sociable, a form of cathartic expression and communicative,” she says.

**“Art is able to encompass the ‘five ways to wellbeing’ as it encourages you to:**

- **Connect** – with other group members, nature, and your subject
- **Be active** – going out to source the subject/materials
- **Take notice** – to observe detail mindfully and look critically with interest
- **Keep learning** – a new artistic skill or technique or trying a new idea
- **Give** – sharing ideas and producing a visual personal masterpiece for others to enjoy.”

### Kate’s view

Kate Smith, who sat on the judging panel for the art competition, is an award-winning children’s illustrator and designer and a workshop lead who has a diagnosis of acute and transient psychotic disorder. During an episode of psychosis, Kate’s mind is so full of thoughts that she feels she needs to get everything out of her head and down on paper. Writing of one such episode, she says: “My senses were heightened and colour and sound were bright and intense. This release method of using pencils and paper was something very tactile and therapeutic for me.”

Kate has produced a Doodle Pad in partnership with the Trust to encourage people having inpatient care to record their thoughts and feelings. “The Doodle Pad helped to ground me and is something I still enjoy doing to support my recovery.”

### Feeling anxious?

Kate suggests that, if you are feeling anxious, let all your frustration out by scribbling all over a piece of paper. “Then take a deep breath and start to slow your action of scribbling right down. You will notice that the marks on the paper are a lot more delicate and calming and hopefully you will feel more relaxed.”



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# Governor update

## Introducing your new governors...

We are pleased to welcome three new members to the Trust's Council of Governors:

### Amran Ashraf, Public Governor, Derby City West

Amran has 20 years' experience in health and social care, predominantly in the voluntary sector. He is currently employed as an NHS care co-ordinator, based in GP surgeries across Derby city. Amran is also a carer for several family members and has spent many years advocating on their behalf, supporting them to receive care that is person centred, and enabling them to maintain their independence. This led to a volunteer role as a Carers Ambassador, working with decision makers such as commissioners and council leaders.



### Shirish Patel, Public Governor, Erewash South

Shirish is a postgraduate engineer with business management experience. Shirish also has a great interest in health. After retirement, he became a therapist and offers help with mental, emotional and body level issues. He is actively involved in two charities: the Long Eaton and District 50+ Forum and Gujarat Sarnaj, a charity for the Indian Gujarati community. Shirish has a particular interest in the preventative side of healthcare.

### Cllr Robin Turner, Appointed Governor, Derby City Council

Robin came to Derby in 1955 to start an apprenticeship with Rolls-Royce, and he went on to become a technical designer for Rolls-Royce Aerospace until his retirement. From 1989 to 1997 he was a Derbyshire county councillor; from then on he has been a Derby city councillor. He is a member of the council's Protecting Vulnerable Adults Overview and Scrutiny Board and serves as the Older People's Champion.



## Contacting your governor...

If you would like to meet with your governor,  
email [governors@derbyhscft.nhs.uk](mailto:governors@derbyhscft.nhs.uk), or call **01332 623723**



We also welcome the return of **April Saunders**, the Trust's lead for physical health and wellbeing, who has been reappointed as a Staff Governor for Nursing and Allied Professions.

And we say farewell and thank you to Rob Davison, Linda Grooby, Dianne Froggatt, Alexandra Hurst, John Jeffrey, Paula Lewis, Helen Sentance and Alan Smith, who have all recently left the Council of Governors.

**You can read more about all of the Trust's governors at:**  
<http://www.dhcft.co.uk/governors>.

## Council of Governor meeting dates for 2017...

Every two months the Trust's governors meet with directors to discuss issues and to give feedback from their constituents. These meetings are called Council of Governors meetings and are open to the public, giving members an opportunity to meet their governors. The next meetings are:

**Tuesday 26 September:** from 1pm at the Winding Wheel, 13 Holywell St, Chesterfield, S41 7SA

**Tuesday 22 November:** from 10.30am in Rooms 1 and 2, Centre for Research & Development, Kingsway Hospital, Derby DE22 3LZ.

If you would like to attend the meeting or raise a question, please contact us on **01332 623723** or email [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk).





# Taking (dance) steps towards recovery

**Our inpatient mental health unit in Derby was the scene of a dance workshop recently, led by a professional touring dance company – and it was moving in more ways than one.**

Patients at the Radbourne Unit were invited to a workshop run by dance theatre group Company Chameleon, which explored how people can express and share their experiences through movement – and the results were described by one participant as “remarkable”.

The workshop coincided with Company Chameleon’s performance of a production all about mental health issues called *Witness*, which was staged at Déda, Derby’s creative centre for dance. *Witness* drew on the personal experience of choreographer Kevin Edward Turner, who has bipolar disorder. Radbourne Unit staff and patients were able to see the production for free, and Kevin then came to the Radbourne Unit the following day to deliver the workshop.

Mary, a patient, said of the performance of *Witness* at Déda: “I didn’t know what it was going to be like, but it was absolutely brilliant. As soon as the dancers came on, there was a real hush in the room – everyone was in awe. The dancers were so fit and agile, their movement was incredible. I found the piece very emotional; I lost my husband several years ago, and the grief was hard to take. So I could understand the message that was coming across in the performance.”

Richard Morrow, Head of Nursing, said of the workshop at the Radbourne Unit: “The way that Kevin approached the session was lovely, a fine balance between encouragement and respect for those in the room. The transformation in two short hours was remarkable. People danced and shared their experience through movement and mutual respect. Trust, and being in close proximity to others, was established without awkwardness and anxiety.”



## Kevin's story

Choreographer Kevin Edward Turner experienced his own mental health crisis in 2013 when he was sectioned and received treatment in a specialist mental health unit. He says: "When I look back at my time in hospital, the more positive experiences were when people came in to do things with us. We did a drumming workshop one time, and a drawing workshop. I'm not a drummer and I'm not the best at drawing but I found the sessions therapeutic, as they gave me something to focus on other than the fact I was unwell in hospital.

"Movement changes the way you feel. It feels good to concentrate on your body and to feel the blood pumping around as you move. Also, sharing how you feel is a positive thing as it helps you better understand what you're going through.

"On a personal level, it feels like my own journey is coming full circle, and it feels good to be able to offer a positive experience to people who are suffering, perhaps in a similar way to how I was."



## Make your move

Dance can help you express and manage feelings that might otherwise be overwhelming. Why not join a class near you?

## Other partnership news

### Awards success for parenting programme

A Barnado's parenting programme that has been developed with the involvement of our staff has been shortlisted for a national award. The Cygnet programme, which supports parents and carers of children aged 5 to 18 with an autistic spectrum condition, is a finalist at the 2017 Children & Young People Now Awards. The programme is delivered in south Derbyshire by two members of staff in our Disabled Children's Service, Vicki Cooke and Ailsa Kinson. Vicki and Ailsa worked with Barnado's and others to ensure that the programme took account of the needs and challenges that disability can bring, and the programme was updated as a result.

### Urging football fans to speak up when they're feeling down

We worked with partners including Chesterfield Football Club, Derby County FC, Derbyshire County Council and Derby City Council to

raise awareness that suicide can be prevented for World Suicide Prevention Day 2017. Volunteers from the Trust attended matches at both the Proact Stadium and Pride Park to remind fans to seek help if they are struggling with their mental health, and to encourage their friends to do the same – by speaking to someone they trust, their GP, the Samaritans or, in an emergency, NHS 111. Pictured below is consultant psychiatrist Dr Allan Johnston with Chesterfield FC mascot Chester the Mouse.



The focus of Learning Disability Week this year was employment. Adam and Dan (pictured) kindly told their stories, explaining how they benefit from working for the Trust as assistant strategic health facilitators within the Learning Disabilities service. "They are a vital part of our team," says colleague Lisa Burgin, "as they work closely with GP practices and help to ensure that we rule out health inequalities for people with learning disabilities. When they tell their personal stories, we are listened to far better."



# The Triangle of Care: carers included

**Carers and families provide invaluable care to the people we support, and we want to make sure we help them to do this.**

That's why we are members of a national initiative called the Triangle of Care. It aims to improve support for carers through six standards:

1. Carers and the essential role they play are identified at first contact or as soon as possible thereafter
2. Staff are 'carer aware' and trained in carer engagement
3. Protocols are in place around confidentiality and sharing information
4. Defined posts responsible for carers are in place
5. A carer introduction to the service and staff is available
6. A range of carer support services is available.



## Our approach

The Trust has a Carer and Family Strategy, devised and developed with carers. The strategy focuses on tackling key issues such as involving carers in developing and monitoring services, identifying carers and giving them the right information at the right time, supporting carers and communicating effectively with carers.

Some of the things we have developed with carers so far include:

- A network of Carers Champions in all our teams
- A carers and family handbook and contact card
- New carers policy and strategy
- Triangle of Care training sessions for all staff
- Carers and cake events for Carers Week and at other times
- 'Who Cares?' – a quarterly newsletter posted to 1,500 carers
- Partnership work with organisations that support carers and families
- A card to support carers asking for help (SBARD)
- Posters, banners, articles, news, website support, advice to carers etc.

If you would like to find out more, please see the Carers and Family section on the Trust's Core Care Standards website: [www.corecarestandards.co.uk](http://www.corecarestandards.co.uk) or contact us at [cpa@derbyshcft.nhs.uk](mailto:cpa@derbyshcft.nhs.uk)

## Listening and learning

We are committed to meeting the Triangle of Care standards, and being more 'carer inclusive', by listening to carers. Recently we worked with carers from the Mental Health Carers Forums to put together a booklet called 'Sharing Information with Family and Carers'. This explains about the decisions to be made on what to share and when, and includes a tear-out form made of carbonless copy paper. Service users complete the form, giving details about what information they want sharing with family and carers, and carers can then use this as an advance statement. One carer uses the form with GPs as well as our staff.

Situation	My name is:	I am calling because:
	I am calling about (name):	
Background	They live at:	How I know them:
	This is what has led to me calling (what has happened):	
Assessment	This is what I am worried about:	
Recommendation	This is what I think would help:	
Decision	I spoke to:	
	We agreed:	

With thanks to East Midlands Academic Health Science Network PSC for support with this card and the SBARD initiative.

**The SBARD card helps carers to explain what's wrong when they need help, providing prompts to set out the situation, background, assessment, recommendation and decision**

# A meeting of minds

**This year's Annual Members' Meeting (AMM) was about partnerships – and how we all benefit from collaboration.**

Trust staff ran a 'market place' to showcase their services and talk to members about their work. Members were also able to speak with governors and enjoy free taster sessions on pilates and reflexology, which highlighted the 'partnership' between physical and mental health.

## Key points from 2016/17

At the formal meeting, Trust directors:

- Reiterated the Trust's vision – to provide services that meet the needs of the individuals and communities we serve, working with our people and partners to achieve a collaborative approach
- Confirmed that, financially, the Trust balanced its budget
- Committed to playing a key role in the Derbyshire-wide partnership work
- Summarised the Trust's performance throughout 2016/17 and what to expect for 2017/18.

The Trust's annual report and accounts were presented and can be viewed on the Derbyshire Healthcare website by clicking on 'about us', and then 'publications'.



## Jonny's annual report

This year's AMM included an update from last year's guest speaker – mental health campaigner Jonny Benjamin. In a video message, Jonny described his efforts to go into schools, hospitals and prisons during the year to talk about mental health. He also spoke openly about the highs and lows he'd experienced.

"I had a relapse in February," said Jonny, "and I went back into hospital for a short period. I wasn't looking after myself: I was drinking too much and not sleeping properly – and I've realised that not sleeping is, for me, the biggest trigger. I became psychotic and spent time in hospital, but my recovery was quick; I got back into my sleeping pattern, upped my meds a bit and generally realised that I needed to take better care of my mental health.

"On a more positive note, I got an MBE for my work over the past few years. And I picked up my MBE in February as well – I managed to get out of hospital just in time to get my MBE from Prince William, and that was such a special moment, especially after what had just happened with being in hospital.

"After that, I went on to run the London Marathon. That was the biggest challenge I had ever taken on, and I really thought I was going to fail and crash out. But the crowd were amazing, and mentally I felt really good. And I've realised that running and exercise are really good for my mental health. So I'm trying to get into an exercise routine. And I'm trying to keep up with my mindfulness and be more self-compassionate."



**Trust members Rosemarie Barrett, Grace Marchant, Jane Elliott and Christine Williamson enjoying artwork at the AMM from the Trust's Summer Reflection art competition – see page 4**

# With a little help from our Friends

**The League of Friends hosted its annual summer fayre on 8 July at Kingsway Hospital in Derby.**

Gogglebox's Siddiqui family – Sid, Umar and Baasit – made a guest appearance to open the event. There was even a sofa waiting for them, in case they wanted to sit and comment on the goings on!

As the sun shone, visitors to the fayre enjoyed live entertainment, a children's magic show, dance performances, games and stalls. Nearly £2,000 was raised and all profits will go towards patient care.

A big thank you to the League of Friends and everyone who came along and supported the fayre.



## Did you know?

The League of Friends is a charitable organisation set up 45 years ago. They have supported everything from ward tea parties, patient activity days and monthly bingo sessions to iPads and cameras for service user groups, toys for the mother and baby unit, and Christmas presents for service users staying on Trust wards.

## Help us recruit more members

As a Foundation Trust, we want to share our news with as many people as possible. We're grateful to have you as a member – and we'd be grateful if you encouraged others to become members too!

Sid, Umar and Baasit Siddiqui all signed up as members at the summer fayre. Sid (pictured right) says: "I feel being a member somehow, even on a small scale, empowers you to make a difference. It helps to keep you informed of things happening within the organisation. I personally enjoy and benefit from this privilege."

If you know someone who might like to become a Derbyshire Healthcare member or governor, please ask them to email [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk) or call 01332 623723.

If you would like this information in a different language or format please contact [communications@derbyshcft.nhs.uk](mailto:communications@derbyshcft.nhs.uk)

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