

CONNECT

"New facilities, new opportunities"

Patients, carers and colleagues give their reactions to our newly opened healthcare facilities in Derby and Chesterfield.

Back on track

Our Eating Disorders team helped Claudia to rebuild her life - and are supporting more people than ever across the county.



Our new
Carsington
Unit



The new
Bluebell Ward

HELP SUPPORT THE NHS BECOME A TRUST MEMBER



“ I have been a member since 2011 as I am keen to find out what is happening in the Trust. It is interesting to read about the new services that the Trust now provides and despite the challenging times the NHS is going through, I am pleased to see that the new facilities for patients are beginning to open. **”**

*Christine
Williamson,
Trust
Member*

*Become
a member
today!*

Why become a member?

Becoming a public member of our Trust means that you can be involved in the development and delivery of local health services.

Your involvement will help improve the way health services are provided across Derby and Derbyshire, so it is really important that our membership is reflective of our local population.

Members can:

1. Help shape the services and care the Trust provides
2. Receive regular e-newsletters about the Trust
3. Receive NHS discounts including discounts off holidays, insurance and at local restaurants and shops
4. Be able to attend our Annual Members Meeting (see page 12) and Council of Governor meetings
5. Vote and stand for election to our Council of Governors which holds the Non-Executive Directors to account.

Contact us to become a member
dhcft.membership@nhs.net • 01332 623723
derbyshirehealthcareft.nhs.uk/members



Welcome

Our new units
offer more space to
support recovery



“As a current patient, I feel safe and secure. The spaces are purposefully built to accommodate each and every patient’s needs.”

- service user at the new Carsington Unit

A lot has happened since the publication of the winter 2024/25 edition of this magazine. I am delighted to announce the opening of our new inpatient facilities in Chesterfield and Derby – a once-in-a-generation moment for our Trust, and our communities. See page 5 for more details.

I am also pleased to share that the Care Quality Commission (CQC) has rated our acute mental health inpatient services as ‘good’. This was announced before our new units opened, so it bodes well for the quality of care in our new facilities. Find out more on page 10.

This edition also includes details of our newly elected public governors and features on our Eating Disorders and Perinatal services. I hope you will find the patient stories in this issue thought provoking.

I would like to welcome our new members who have joined us since the winter. We really value your support. Through feedback from our members, we are able to improve and develop the services we provide. Please see page 11 for details of how to contact the governor representing your area and how to join our Annual Members Meeting on 2 October.

Selina Ullah

Trust Chair



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Member news

Unfortunately, this is the final issue of *Connect*. With NHS budgets under pressure, we must cut printing and postage costs. We’ll still post occasional letters, but most updates will come by email.

Our regular email, **Members News**, will now be our main way to share

updates. If you don’t already receive this email, please either send your name and address to dhcft.membership@nhs.net or fill in the form via the QR code.



Right place, right time

Here are three of the services we've developed recently to provide community support as quickly as possible.



01

AMBULANCE TEAM WITH MENTAL HEALTH IN MIND

There's a new vehicle in the East Midlands Ambulance Service (EMAS) fleet – and it brings together a mental health professional from the Trust and an EMAS paramedic to help people get the right mental health support without first going to hospital.

The mental health response vehicle is dispatched to calls between 4pm and 12am, seven days a week, where the caller is likely to be in crisis or have mental health needs. The mental health professional and paramedic will arrange treatment or a referral 'on the spot', reducing the need for a potentially lengthy or stressful visit to A&E.

Before the vehicle's launch, 55% of people with mental health needs who were seen by an EMAS crew went to A&E. But only about 12% of patients seen by the new team are taken to A&E – meaning more people are getting help at the right place and time.

Our school nursing team has been shortlisted for two national awards



02

EVEN BETTER CARE IN CARE HOMES

For many years, our dementia teams have worked closely with older people's residential homes, offering support and advice so that those with dementia can remain in the home for longer and avoid a potentially unsettling and confusing move to hospital or a dementia unit.

Now our mental health teams are doing the same – going into care homes and working with the staff to upskill and empower them on mental health issues, while also providing specialist support where it's needed.

The outcome? A reduction in formal referrals into mental health services, and greater wellbeing for care home residents.



03

SCHOOL NURSING GOES DIGITAL

Our school nursing team has transformed the way it finds out about children's health needs in Derby city – and been shortlisted for two national awards in the process.

The team now uses a digital questionnaire called The Lancaster Model to learn about children's health at different ages. The results help school nurses plan future services and provide early support. If concerns are raised, the team contacts the child or their parents to offer help and signpost to services. After completing the questionnaire, each young person receives information to share with their parents or carers.

The questionnaire has been well received by Year 6, 9 and 12 students and helped reveal a range of health needs that can now be addressed more quickly. The school nursing team and its project partners have been shortlisted for two HSI Digital Awards, and will find out if they've won in late June.



New facilities, new opportunities



With the opening of buildings in Derby and Chesterfield, Derbyshire's acute mental health facilities have taken a big step forward.

After years of planning, engagement and construction, three new or newly-refurbished healthcare facilities have opened in Derbyshire during the first half of 2025 – giving patients a more therapeutic environment in which to recover from acute mental ill health.

Bluebell Ward at Walton Hospital, for older adults, was the first to open in January. Then came the Derwent Unit, located on the Chesterfield Royal Hospital site, in March, followed by the Carsington Unit at Kingsway Hospital in Derby this May.

All have ensuite single bedrooms, which give people more privacy and dignity, and each unit has outdoor and indoor spaces that offer more opportunities for therapy-based care. The new units have been designed to make people feel comfortable, in control, and at their very best, which should help with their recovery. Plus, the teams working on the wards are embracing a new model of care that has therapeutic support and sensory activities at its heart.

*Isabel, Healthcare Assistant
at Bluebell Ward*



Transforming our inpatient facilities

Making Room for Dignity is a £150 million programme, designed to transform our inpatient facilities for people with acute mental health needs. Dormitory-style accommodation is being replaced with individual ensuite bedrooms, and there is a new model of care centred on therapeutic support and sensory activities.



*Old Dormitory-style
accommodation*



OLD

NEW



*New individual
ensuite bedrooms*



Bluebell opening

Bluebell Ward was officially opened by HM Lord-Lieutenant of Derbyshire Elizabeth Fothergill CBE

One Bluebell patient said:

“The ward is an inviting space, it’s open and bright, the garden is accessible and has lots of nice plants. I already feel better just walking in.”

A carer said:

“It’s much nicer than other places my relative has been before.”



Serena and Janina

“I’ve got my own room, with my own TV and remote, and my own bathroom. And I’ve enjoyed getting involved with the activities, including gardening and pottery. I’m now helping to grow more plants in the sky garden, from scented herbs to flowers which will add some extra colour. The best thing about it here is the staff, though. They are all wonderful.”

*Janina, service user
Derwent Unit*

“The unit is so much brighter, the patients are happier here and it makes you feel happy to come to work. With all the activities going on – that’s when you form those bonds with the patients because you’re doing an activity together and people open up. You learn more about each other and the techniques we can use to help people get better.”

*Stacey, Lead Nurse
Derwent Unit*



Stacey on the roof garden at the Derwent Unit

HM Lord-Lieutenant of Derbyshire Elizabeth Fothergill CBE

“I really like having my own space, and my own bathroom. It’s great having your own TV too, and there’s no more arguing over the TV remote!”

*Jimmy, service user
Derwent Unit*

“Access to this outdoor space and the benefits that it brings is just wonderful.”

HM Lord-Lieutenant of Derbyshire, Elizabeth Fothergill CBE



Tia's story: the value of good inpatient care

With the prospect of moving into her own flat to look forward to, Tia's life is almost unrecognisable from two years ago.

Then, in the throes of a mental health crisis, the 23-year-old was admitted to the Radbourne Unit where she was monitored 24 hours a day.

"I had been made homeless, so I felt hopeless and as if my world had ended," she said. "I was self-harming and having some very dark thoughts which is how I ended up in the Radbourne Unit."

"I was working with staff, going out, joining in activities and going to the occupational therapy groups. The staff were outstanding."

Today, thanks to the dedication and care of Derbyshire Healthcare staff, Tia has much to look forward to.

"My turning point came when one of the nurses came to chat to me and said, 'come on, you can do this'. It made me think and I started moving forward."

"I was working with staff, going out, joining in activities and going to the occupational therapy groups. The staff were outstanding."

Tia describes the new units and their modern facilities as "absolutely brilliant" – but Tia herself is looking forwards, and preparing to move to her own flat in Lincolnshire, near her family. "I wouldn't be where I am without the staff from the Trust," she said. "I had an outstanding level of care, and I am sure that these new units will improve the patient experience even more."



"The new unit is a really good design and the grounds are fantastic. It's really good to be able to get outdoors, and I'm looking forward to using the outdoor gym."

Lewis, service user, Derwent Unit



"The position of the nurses' station has made it easier for staff to engage with patients."



"As a current patient this is absolutely fantastic. The privacy, safety and dignity has greatly improved."

Our six transformed inpatient facilities



Kingfisher House, a 14-bed male psychiatric intensive care unit (PICU) at Kingsway Hospital, Derby, is set to open this summer.



Bluebell Ward, a 12-bedroom unit for older adults with functional mental health needs, opened in January.



The Derwent Unit, a 54-bedroom mental health adult acute unit in Chesterfield opened in March.




The Carsington Unit, a 54-bedroom mental health adult acute unit in Derby opened in May.



Audrey House, an 8-bedroom enhanced care unit in Derby, is set to open this summer.



The refurbishment of the **Radbourne Unit**, on the Royal Derby Hospital site, is now underway.



Our adult Eating Disorders (ED) service has recently expanded the support it can provide. We find out what the service means to those who use it.

UNDER THE MASK

For many, finding a job and your own place to live is something to be celebrated with good food and perhaps a couple of drinks. But if you're living with an eating disorder, such milestone moments can exacerbate an ongoing mental battle.

This was the experience for 25-year-old **Claudia**, who had wrestled with anorexia nervosa from a young age but managed to keep it under wraps, hidden from those around her. After working hard at school and university, Claudia moved into a flat in Birmingham ready to start a job in her 'dream' career.

"I then found pretty quickly that there was a lot of pressure in my job, I was working long hours and it was all too easy to neglect eating and just carry on working rather than looking after myself," she said. "I was working so hard that I was losing contact with my friends, so I didn't have as large a support network either. My relationship ended during this period and all the pressure started highlighting feelings of anxiety, anger and depression that had previously been hidden under the mask of a happy, high-achieving young lady. The scales of power had started tipping towards the ED."

NO FINISH LINE


In 2023, people around Claudia started to notice she was losing weight. "I was a healthy weight to start with, but when people made comments about my weight, I thrived off that," she said. "At my dad's 70th birthday,

BACK ON TRACK

"I'll forever be grateful to the Eating Disorders service for helping to get my life back on track"

.....

"It was through creativity and journalling that I was able to get to grips with what was fuelling my eating disorder..."



“...the pressure started highlighting feelings of anxiety, anger and depression that had previously been hidden under the mask of a happy, high-achieving young lady. The scales of power had started tipping towards the eating disorder.”

my auntie gave me a hug and said, ‘Oh, how you’ve changed – you’ve lost a lot of weight!’

“Inside I was literally doing a somersault in celebration that somebody had noticed. My boyfriend at the time also continually commented on my reducing weight, but this only fed desires to continue the trend – there was no finish line to the size I wanted to be.”

“It’s really complicated to explain but any sort of attention could fuel my ED – if you told me I looked great, I’d continue. If you highlighted the meal I’d eaten, I’d do anything to sate the feeling of guilt for having eaten.”

During the summer of 2023, Claudia came home to Derby to visit her family as her dad was in

hospital. “My mum noticed how poorly I was but it just caused conflict because I didn’t want to hear it. Eventually she insisted that I reach out for some professional support.”

THE LIFELINE I NEEDED

Claudia visited her doctor for a routine check-up, only for the GP to be so alarmed by her weight loss that he referred her to an eating disorders service straight away.

“I was deemed too poorly to work, and ended up living at home in Derby, which is how I joined the Derbyshire Eating Disorders Service,” she said. “The team were the lifeline I didn’t realise I needed.”

Claudia’s journey with the team began with a confidential chat at the clinic in Belper. “Whilst my tears never stopped streaming, my therapist made me feel comfortable enough to be open and honest about how I was feeling, my experiences and my overwhelming thoughts.”

Claudia chose the MANTRA route, which she describes as a more creative approach to treating people with an eating disorder, involving therapies such as reflective writing.

“It was through creativity and journaling that I was able to get to grips with what was fuelling my

eating disorder and then I was able to work closely with a therapist who helped me to tackle each problem one at a time. I knew recovery needed me to fully invest in the process, but I couldn’t have done it without the support of the team. From my therapist, to doctors, to occupational therapists, to dieticians, to phlebotomists, to peer support workers, to the admin team, I have only ever had positive interactions with them. I admire each and every member of staff there.

GROWING AND FLOURISHING

“Reflecting on this whole process, I can hand-on-heart say that I have grown in so many different ways. I have never understood myself in the ways I do now and, crucially, I recognise that investing time and energy into yourself is one of the best things you can do to grow confidence, happiness and flourish.

“It’s really important to know that the phrase ‘full circle’ doesn’t really explain how ED works – it’ll always be there for me. But I finally feel like I’m relinquishing some of the power taken over by my mental illness. It’s tiring, it’s frustrating, and sometimes it feels easier to give up and slip back to old habits, but the team at Derbyshire Eating Disorders Service have given me the tools I need to keep moving forward. I’ll forever be grateful to them.”

Here for You: Eating Disorder Support Across Derbyshire

The team can now offer support to all those with a primary eating disorder (anorexia nervosa, bulimia nervosa, binge eating disorder and OSFED) irrespective of BMI.

The Derbyshire Eating Disorders team are based at Unity Mill in Belper and operates across the county.

If you’re struggling with an eating disorder or have concerns, please speak to your GP for support and a referral. To find out more, visit: derbyshirehealthcareft.nhs.uk/eating-disorders





Adapting to change

Chief Executive Mark Powell reflects on the Trust's position as the NHS enters a period of change.

You may have seen on the news that there are major plans to transform the NHS. For frontline trusts like ours, there will be significant financial savings, and some difficult decisions to make – though we are committed to protecting our patient-facing services.

I believe we have some solid foundations in place for the months ahead. Four examples are described here on this page.

Add in our new inpatient units (see page 5) and our fantastic staff, and I believe we will continue to make a positive difference in people's lives.

NHS talking therapies

With regret, NHS Talking Mental Health Derbyshire service closed to new referrals in April. However, **Vita Health Group** and **Everyturn** will continue providing free talking therapy services in Derbyshire. From 1 July, our Talking Mental Health Derbyshire team members will transfer to these organisations to keep supporting local people. I'm grateful to our colleagues for their professionalism and commitment during this transition.

1. Our inspection results are up

In January, the Care Quality Commission (CQC) rated our acute mental health inpatient units as 'good'. This is an improved rating following a number of improvements since the previous CQC visit. Our older people's mental health wards also recently retained their 'good' rating. It means that 90% of the Trust's services are rated either 'good' or 'outstanding'.

Good



2. Collaborating with carers and patients

Earlier this year, the Carers Trust confirmed that we have retained our two-star 'Triangle of Care' accreditation – the highest rating for an organisation like ours. This recognises our commitment to working with and supporting carers at every level of the care journey within our services.



3. We've invested in digital

We have been shortlisted for 'digital organisation of the year' at the HSJ (Health Service Journal) Digital Awards, for successfully rolling out an electronic patient record system that communicates with key partners like GPs, and an electronic prescribing system that makes medical prescribing safer and quicker.

4. A clear strategy, vision and values

We now have detailed plans for how we will meet our four strategic priorities, or 4Ps: patient-focused, people, productive and partnerships. Our new Quality Plan is being finalised this summer and will show how the Trust will deliver the patient-focused priorities outlined in the Trust Strategy, with a focus on safety, effectiveness and experience.



'Partnership' into practice

'Partnerships' is one of our strategic priorities and, as I write this, we have just announced a formal partnership with the University of Derby. This will mean we can benefit from the university's cutting-edge research in a number of fields and can shape and guide the teaching of students who will one day, hopefully, be our colleagues. Look out for more detail on this in the months ahead.



Meet your new public governors

Our Council of Governors performs an important role, representing the views and interests of members and the public and holding the Non-Executive Directors to account for the performance of the Board.

We welcomed four newly-elected public governors to the Council of Governors in February:



Neil Baker, Public Governor, Bolsover and North East Derbyshire

"For many years my main hobbies were studying and teaching Karate and Ju-jitsu. I also enjoy running. In the last few years I have devoted a good deal of my time to becoming a Parish and District Councillor for Wingerworth."



Jane Chukwudi, Public Governor, Derby City East

"I enjoy cooking, writing, and travelling, and I'm passionate about helping others and giving back to the community. I also love learning about different cultures, spending time in nature, and exploring creative projects in my spare time."



Ruth Day, Public Governor, Derby City West

"I am currently completing an MSc in Psychology and have a keen interest in Public Health. I like to keep fit by going to the gym, and I enjoy going for walks and days out with my daughters and meeting up with friends when I can."



Christopher Williams, Public Governor, Erewash

"I was a governor representing Erewash in 2019 for three years and am pleased to have returned. I enjoy going to church and volunteering."

Selina Ullah, Trust Chair said:



"I am pleased to welcome our new governors into the Council of Governors. Our governors are an important part of our Trust. They have a number of statutory duties including engaging with our members. Governors are volunteers and I really value their commitment to the governor role."

We also welcome back **Angela Kerry, Jill Ryalls, Andrew Beaumont** and **Hazel Parkyn** who have been re-elected for another term.

We would like to take this opportunity to thank those members who stood in the elections and also to those who voted.



WE NEED YOU!



HOW TO BECOME A GOVERNOR...

First you need to be a member of the Trust; see www.derbyshirehealthcareft.nhs.uk/members. Our elections are held in January of each year. Terms of office are usually for three years. Further information on our elections will be shared later in the year. To find out more email dhcft.governors@nhs.net.

Join us at the Trust's Annual Members Meeting – we'd love to see you there!

HOW TO BOOK A PLACE



So that we can notify you of further plans for the AMM, including the link to join the meeting, it is really important that you book your place in advance. Please book a place at bit.ly/dhcft-amm25 or scan the QR code. If you are unable to access the link, please email dhcft.membership@nhs.net or call the membership team on 01332 623723.

MORE INFORMATION ABOUT THE AMM

We will also be circulating updates to members via the members e-newsletter and then on the Trust website under the 'Become a Trust member' tab. If you are not receiving copies of our members e-newsletter and would like to please complete the online membership form: secure.membra.co.uk/join/derbyshirehealthcare



This year's Annual Members Meeting (AMM) is taking place virtually via Microsoft Teams on Thursday 2 October from 4pm-6pm.

The AMM is an opportunity for anyone with an interest in health and wellbeing to come and hear about the progress the Trust made in 2024/25 and our plans going forwards.

The theme this year is 'All in it together: health and wellbeing of people in Derbyshire'. We will be focusing on our Perinatal and Neurodevelopmental services.

The AMM will close with the announcement of the winners of our art competition (see how to enter on the opposite page.)

Regarding the AMM, Selina Ullah, Trust Chair said: "We are really keen to welcome our members and the public to our AMM. The support from our members is greatly valued and it is an opportunity for you to hear first-hand about our major developments."

“ I am now in my second term as a Governor. I find the role both interesting and challenging. It has opened up a lot of opportunities for me and I have a much greater understanding of how the NHS works and all its complexities. I am passionate about mental health care and learning from the voices of lived experience and how valuable coproduction is. I'm really proud to represent my community and raise the issues facing Swadlincote. ”



Hazel Parkyn
Public Governor, South Derbyshire



ART COMPETITION



'What makes me happy'

Fire up your imagination and creativity and share what makes you happy!

You can use any medium: paints, pencils, pastels, inks, paper, material etc.

Create your artwork, take a good quality photograph and email it along with a completed entry form to dhcft.membership@nhs.net

The competition is open to service users, carers, children, Trust members and staff, stakeholders, partner organisations and the voluntary sector.

We are inviting people to share what makes them happy and at the same time to raise awareness of our services and to challenge health stigmas. We want to showcase and celebrate your creativity.

The finalists will be invited to the Trust's Annual Members Meeting on **2 October** where the winning entries will be announced.

Prizes include a certificate and artist materials.

For people living in Derby and Derbyshire

To enter and for more guidance, visit derbyshirehealthcareft.nhs.uk/art-comp or telephone **01332 623723** or email dhcft.membership@nhs.net

Closing date: midnight Friday 8 August 2025



The healing potential of creativity

Patients from the Derwent Unit have created a powerful art display to promote wellbeing and social connection.

The mosaic is made up of hundreds of clay tiles created by patients at various stages of their recovery and the bark of the tree includes positive words and phrases chosen by patients.

Rosana, a recreation worker at the Trust who designed the artwork, said: "The tree symbolises growth, resilience, and strength, reflecting the personal journeys of the patients. The beehive represents community and collaboration between patients and staff, embodying a holistic approach to recovery."

Jessica, a recreation co-ordinator at the Trust, said: "We've seen first-hand how creative projects like the tree mosaic can uplift our patients, particularly through meaningful and engaging activities."

The artwork is on display at the Derwent Unit which celebrated its opening in March.



From patient to peer support

Kelia is one of a growing number of Derbyshire Healthcare peer support workers, whose personal experience of mental ill health allows them to help others with similar struggles. We ask Kelia what drives her, and how she makes a difference.

PRIVILEGE AND BLESSING

"Helping people at one of the darkest times in their life is such a privilege and a blessing. I feel honoured to be walking with them on this journey."

This journey is one that perinatal peer support worker Kelia is all too familiar with, having suffered with her mental health after the birth of her little boy Foxx.

"It really can happen to anybody, even people who've never suffered with their mental health before," said Kelia, who is part of the Trust's Perinatal (mother and baby) mental health team. "You can be so happy to have got pregnant, really excited

about having your baby and then you end up really poorly in ways you've never experienced before."

JUST SURVIVING

Kelia was only 22 when she found out she was pregnant.

"It was unplanned so it was a real shock. But when I'd got used to the idea, I was really excited and so looking forward to being a mum," she said. "I had this picture of my body as a temple and I was going to nourish it – but in reality, I just grew big and miserable!"

"It was then that my mental health issues really started to ramp up. I became obsessive about things and my anxiety was through the roof. I was terrified of giving birth and I couldn't even think about what life

One of our wonderful perinatal nurses

Kelia with her son, Foxx

Interested in peer support?

There are now peer support workers in several Trust services, including each of our newly built healthcare facilities (see page 5). They provide compassionate guidance and inspiration, working alongside health professionals.

To find out more about peer support at Derbyshire Healthcare, please visit the Trust website and search 'peer support' or email our Peer Support and Lived Experience Co-ordinator - georgina.lazzari@nhs.net

"I want to help people who feel like I did"

“ I couldn’t understand why I was having these awful thoughts. I felt abnormal, like a horrible mother, so had all these feelings of guilt as well. I didn’t tell anyone because I thought they would take my baby away from me ”

would be like when my baby was born because pregnancy and birth were scaring me so much.”

Kelia became so ill that she couldn’t leave the house.

“I was having really intrusive and uncomfortable thoughts. I was convinced my baby was dead inside me and that I was having a miscarriage.”

When Foxx was born, Kelia’s anxieties initially disappeared -

“I was in a little magic bubble, running on love and adrenaline” - but, over time, the intrusive thoughts started to creep back in, along with uncomfortable visions, leaving her feeling like “the world’s worst human being.”

“I couldn’t understand why I was having these awful thoughts. I felt abnormal, like a horrible mother, so had all these feelings of guilt as well. I didn’t tell anyone because I thought they would take my baby away from me,” she said.

“I became really withdrawn and wouldn’t leave the house with my baby; I was just surviving.”

A SAFE SPACE

Kelia was referred to the Perinatal Mental Health Team, and had regular contact with a “wonderful”

consultant psychiatrist, who provided a safe space for her to be open and honest. Further down the line she was allocated a community psychiatric nurse and a nursery nurse to help her, and said: “Even though they were absolutely lovely, I didn’t engage with them because I was convinced I was going to be seen as an unfit mother and my baby would be taken away from me.”

Thankfully she had support from her mum and some good friends, who helped her come through it.

But Kelia admits: “If I’d known what I know now, I would have done things very differently. I should have engaged from the start, been open and honest, and then I know I would have got a lot better a lot sooner.

A PLACE OF EXPERIENCE

“It’s this that made me want to be a peer support worker. I want to help people who feel like I did, and show them there is a way out. They can tell me anything and I won’t judge. I can sympathise from a place of experience.

“When I was poorly, I was a real mood sucker, but when I started to get better, the cloud over me got smaller and smaller and one day a big gust of wind came and blew it away.”

Two years in, Kelia loves the diversity of her role. “It’s really person-centred. We support people in ways that are most helpful to them; that could be by helping with paperwork, attending social groups or appointments with them, or just talking things through. Some people might find it totally overwhelming going to the shops, so one week we will just make our way to the shops and meet there and sit outside for a bit – perhaps not buy anything, but just walk around. Then we’ll go with the baby, get a couple of

bits. Eventually we will build up to people being able to do a shop independently. Just those little things are life-changing.”

Kelia believes social media plays a big part in affecting new parents’ mental health these days. “They see perfect celebrities on Instagram, back to pre-baby weight in weeks, showing off this perfect lifestyle and they feel they can’t measure up to that, that they’re not good enough. But when you have a baby, your life is turned upside down, nothing can prepare you for it, and people need a safe environment to express themselves when things aren’t great, and that is where I come in.

“I feel so honoured to be in this role. It is a blessing to be able to help people.”



A direct line to the Perinatal team

Know someone who is struggling during pregnancy or after giving birth?

To speak to our Perinatal (mother and baby) mental health team, there’s no need to go through a GP – just complete the referral form at



derbyshirehealthcareft.nhs.uk/perinatalreferral

RAISING MONEY? OUR CHARITABLE FUND MAKES A REAL DIFFERENCE

NHS

Derbyshire Healthcare
NHS Foundation Trust

DCHS
Charitable
Trust



Our Trust has a charitable fund which helps provide extra activities and items for our patients and staff, to support in ways not possible through NHS funding.

derbyshirehealthcareft.nhs.uk/donate

Scan the QR code to give to the fund
or learn more about fundraising at:

Jack Layzell ran a half-marathon and raised over
£1,000 for our Dementia Rapid Response Team.

The money was used to buy a range of activity
tools that really help people with dementia
enjoy more independence, connection, and fun.

Thanks, Jack!



The charitable
fund is part of DCHS
Charitable Trust. Charity
number: 1053329

Derbyshire Healthcare NHS Foundation Trust

We believe in making a positive
difference in everything we do,
whether that's in mental health,
learning disabilities, substance misuse
services or in the wide range of
children's health services we provide.

If you have any comments, feedback, or are
interested in working with us, we would
love to hear from you.

dhcft.membership@nhs.net • 01332 623723

Membership, Kingsway Hospital
Derby DE22 3LZ



If you would like this information in a different
language or format, including Easy Read or
BSL, contact dhcft.communications@nhs.net

Ak by ste chceli tieto informácie v inom jazyku alebo
vo formáte, kontaktujte spoločnosť
dhcft.communications@nhs.net

Pokud budete chtít tyto informace v jiném jazyce
nebo ve formátu, kontaktujte
dhcft.communications@nhs.net

如果您希望以另一种语言或另一种格式接收此信息,
请联系

dhcft.communications@nhs.net

Si vous souhaitez recevoir ces informations en une
autre langue ou un autre format, veuillez contacter
dhcft.communications@nhs.net

Jeżeli chcieliby Państwo otrzymać kopię niniejszych
informacji w innej wersji językowej lub w
alternatywnym formacie, prosimy o kontakt z
dhcft.communications@nhs.net

Heke hûn dixwazin ev agahdariyê di zimanek cuda an
formatê bixwazin kerema xwe ji re têkilî bikin
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روایس ک ای ن ابزی رس و دی س ک ت ام ول عم هی ب آرگ
ه ارب و ت ن ی ه س ت ه اچ ان رک ل ص ا ح ن ی م ت ی م ژ آف
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