Confidentiality

We keep your records confidential and in a secure place under the terms and conditions of the Data Protection Act 1998. We use information to help to give you the best possible care and treatment.

Sometimes it is necessary that we share this information with other people involved in your care so we can all work together for your benefit.

If you would like to access your records, please contact your named worker who will provide you with details of how to do this, or contact our Records Manager on 01332 623761.

Proud to be smoke-free

Research shows that breathing in someone else's cigarette smoke (passive smoking or secondhand smoking) can increase your risk of cancer and other health problems. We are therefore asking that, if you have a home visit from one of our members of staff, you consider and respect the impact smoking has on their health and **provide a smoke-free room** for the visit to take place.

As smoke can stay in the air for some time, even with a window open, we also ask that you **do not smoke for up to one hour** before an appointment.

Contact us

You can contact the Chesterfield Central Neighbourhood in any of the following ways:

Chesterfield Central Neighbourhood
42 St Mary's Gate
Chesterfield
S41 7TH

0300 123 3372

If you would like this information in a different language or format please contact communications@derbyshcft.nhs.uk

إذا كنت تريد هذه المعلومات بلغة أو تنسيق مختلف بر
جاء الاتصال بن communications@derbyshcft.nhs.uk

如果您想要将本信息用其他语言或格式显示，请联系
communications@derbyshcft.nhs.uk

Si vous souhaitez recevoir ces informations dans une autre langue ou un autre format, veuillez contacter communications@derbyshcft.nhs.uk

अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो कृपया संपर्क करें communications@derbyshcft.nhs.uk

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

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੇਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ communications@derbyshcft.nhs.uk

اگر آپ کو یہ معلومات کسی مختلف زبان یا
وضع میں مطلوب ہو تو براہ مہربانی رابطہ کریں
communications@derbyshcft.nhs.uk

Derbyshire Healthcare NHS
NHS Foundation Trust

Chesterfield Central Neighbourhood

Information leaflet



DHCFT
@derbyshcft

Better together

www.derbyshirehealthcareft.nhs.uk

Chesterfield Central Neighbourhood

The Chesterfield Central Neighbourhood team provides mental health support to adults regardless of age; this support is based on individuals' needs.

After assessing your needs, the team will work with you to help you find both short-term and longer-term ways to improve your mental health, and to focus on healthy living and behaviours. The team may also 'signpost' you to other local community groups, organisations and amenities that may help you – such as by enabling you to meet new people in your community, build your confidence, keep yourself well or gain new skills.

The team is made up of a range of health professionals including nurses, occupational therapists, psychologists, mental health support workers and consultant psychiatrists.

Who does the team support?

The Chesterfield Central Neighbourhood team offers support to people with a range of mental health difficulties. Examples of these include psychosis, bi-polar, personality disorder, severe depression and anxiety, obsessive compulsive disorders and dementia.

How can the team help me?

The aim of all the support we provide is to assist you in your recovery - if not to full health, then to the point of enjoying the best possible quality of life. Because we work in a multi-disciplinary way, the support we provide may involve a range of different approaches. It may include medical support, support to change the way you view yourself and how you deal with stressful situations, we may help you talk to other agencies in order for you to get the support you need, as well as psychological approaches. We believe that taking a collaborative approach with you and, where appropriate, your carers, provides for a meaningful care and treatment plan, so wherever possible we will involve people in this process.

Where it is needed, we will undertake short-term work with you if you are at risk whilst adjusting to a life event or have a specific mental health diagnosis which requires short-term support. We can also provide longer term support; this includes an 'assertive outreach' function which is geared towards people who experience psychosis and have difficulties engaging with healthcare services, and/or need a very proactive approach to ensure that the service meets their individual needs. We will also work with people with dementia and those important to them to enable them to remain as independent as possible.This may be short or longer-term input.

"We aim to improve the health and wellbeing of all the communities we serve."

The team recognises how important it is for you to learn as much as possible to support the way you manage the condition you experience. We respond to the need for "keeping well" education and we work with other parts of the community to jointly produce programmes and educational packages for this purpose. Examples of the community groups and organisations we work with include residential and nursing homes, day or voluntary services and independent groups. The team supports social inclusion - that is, enabling people to fully participate in society. We will work alongside your carers, particularly where there may be issues with your capacity to make your own decisions.

Members of the neighbourhood team run outpatient clinics and therapeutic groups in a variety of places across the locality and, when required, will visit you in your own home. We will make every effort to see you at a time convenient to yourself, your family and carers.

Your feedback

We believe that patients' feedback - good or bad - is essential to ensuring our healthcare services provide the best possible care and treatment to the people we serve. To provide feedback on the service you have received, please visit our website at **www.derbyshirehealthcareft.nhs.uk**.