



NEWSLETTER

Living Well Derbyshire Derby Wellbeing

Transforming community mental health services for adults in Derby and Derbyshire

Celebrating 2024!

**Waiting Well pack created
by the collaborative in
NED&B**

**All teams launched
a short-term living
well service**

**Health inequalities
progress presented to
NHS England**

**Strengthening and
developing relationships
with Primary Care**



**Website relaunch,
including staff training
materials**

**A rolling programme of
inductions, with
overwhelming positive
feedback**

**Mental Health Practitioner
and Clinical Responsibility
design sprints**

**Derby Wellbeing and the High
Peak teams widen the front
door for introductions**

Thank you to...

- * All the Living Well multi-agency teams for their hard work and dedication to the services.
- * The Experts by Experience Forum, who continue to provide invaluable guidance and support.
- * The members of the collaboratives for providing community network opportunities.
- * Everybody in the Joined Up Care Derbyshire system who has helped to make Living Well a success!

To those who celebrate - wishing you a Merry Christmas and a Happy New Year!

Staying Well pack launch...

The Staying Well pack was created in Chesterfield and North East Derbyshire & Bolsover, by the respective collaboratives, in partnership with the local Living Well teams. The documentation aims to provide information around the Living Well service, self-help material and support options to help keep people safe whilst waiting for input from the Living Well multi-agency teams.

At December's Living Well Programme Delivery Group meeting it was agreed that the documentation would be piloted in Chesterfield for a four-week period. The pack will be offered to people who take part in a welcome call.

Feedback and evidence will be gathered by the ICB Engagement team throughout, and after, the four-week period to determine the success of the Staying Well pack. If successful, it will be rolled out to North East Derbyshire & Bolsover teams in February 2025.

For further information, please contact Ellie Scott on ellie@dva.org.uk.

Living Well Programme team present at Mental Health Network

On 28 November, the Living Well Programme team presented at NHS England's Midlands Mental Health Network on their "Approach to addressing Health Inequalities in Living Well". This was a great opportunity to share the project currently underway within Living Well, where the programme team are using a placed-based approach to address health inequalities.

The presentation covered how the team have translated national directive to drive forward a practical approach to supporting teams in both understanding their population needs, as well as identifying priority areas to breakdown barriers to accessing services and tackling inequalities. The team also shared their experiences on the lessons learnt during this process and how challenges were overcome through networking and perseverance.

For more information on how the Living Well Programme team are tackling health inequalities, contact Rachel Yates (pictured), Living Well Practice Lead, on rachel.yates18@nhs.net.



Spotlight on...

Living Well short-term offer Anxiety Management pathway development

This exciting piece of work has been led by a combination of health, social care and VCSE Living Well with valuable contributions from people with lived experience.

The project has aimed to:

- Create a proposal for clearer pathways for anxiety management and graded exposure/graded activity within the Living Well short-term offer
- Offer a clearer identification of roles, skillsets, competencies needed in Living Well to offer interventions that enable individuals to live well with anxiety, e.g. Wellbeing Coach core roles, Occupational Therapy core roles
- Identification of training and supervision needs.

Progress so far:

- NICE guidelines and current evidence base considered
- A scoping of practice survey was completed
- Development of an anxiety management draft pathway and guidance
- Involvement – peer workers and Lived Experience Forum
- Looking at core Wellbeing Coach resources
- Reviewing and working on the Occupational Therapy core group offer materials.
- Gathering and developing other anxiety related resources
- SharePoint being developed to improve access centrally for Living well staff.
- Clarifying graded exposure approaches and developing best practice guidance
- Aiming to take the draft pathway to the Practice Governance Group by the end of December 2024, for agreement.

More details will be shared in January 2025. For further information, please contact Katie Keys, Community OT Lead for adults of working age, on katie.keys@nhs.net, or Rachel Sabin Farrell, Principal Clinical Psychologist, on rachel.sabin-farrell@nhs.net.

Older Adults update...

There are now Older Adult practitioners working in the Derby city, North East Derbyshire & Bolsover, Chesterfield and South Derbyshire Living Well/Derby Wellbeing teams, with plans to expand these roles into the remaining teams. There is also an additional Occupational Therapist Lead role to support this work and the further development of the Older Adult roles.

A teaching session on supporting older people was completed at one of the voluntary sector development days with a resource developed to support this. Sessions on 'frailty' are also being developed to share with the Living Well teams.

Latest feedback journeys from people who have used the Living Well/Derby Wellbeing services

"C feels in a much better place now. C said that the Living Well worker has been able to explain things to her well and she now understands some of the things that have caused her anxiety and low mood." (Older Adult)

"It wasn't too clinical, they didn't use medical terms, there was no clock watching... although some sessions were an hour, the practitioner made sure she allocated extra time knowing that it takes some time for me to talk about things. It felt personal to me and not scripted, there was a genuine interest in me."

"It's the first time I've spoken to someone about something I am struggling with, they actually listened and the recommendations they gave were based on what I actually said. It was specific to me."

"It's a lot more personal, as it was at home, which is a lot better. It's a lot more considerate of the situation and the person themselves. It was a bit more sensitive to my individual needs. It was very individual which was nice."

"My outlook on situations and daily activities is more balanced and capable. I have joined groups and gained confidence in myself. I feel I have got to know myself again and I have felt a valued person at all times."

"It was a nice environment; I get stressed out quite easily and when I arrived I was quite stressed. But when I left the session, I remember I wasn't stressed anymore."

Latest feedback journeys from people who have used the Living Well/Derby Wellbeing services

"The support S has received from Living Well, he shares that, 'it's been good, it's helped me to talk to someone'. S is now moving forward from his support with Living Well, he states, 'life is a lot better now.' He found having someone to talk to reassuring." (Older Adult)

"Feel a lot better and more confident as a person. My mental health has massively improved and I feel like I am back on track."

"I wouldn't have coped without it, it has changed me in the way that I get up and get dressed and do this because I want to. Without the support I would have been stuck in all of the time doing nothing."

"Enablement has been life changing for me, the interaction has been amazing. I feel like so many layers to myself have been uncovered, which I find fantastic. The Enablement Worker has been great and we got on so well, and this reflected in our work together. Previously I felt like a butterfly trapped in a matchbox but now the matchbox has been opened and I'm free to carry on with my life."

"The team clearly know their craft in abundance, the documentation (trauma support) was really good and due diligence was on point. I appreciated the structure but the rigidity was not forced when I needed different support and I then did not get overwhelmed. Could not want for more - has done what it said on the tin."

"Gaining that extra confidence, even though I can't do certain things there is plenty out there I can do. The support that is available is amazing."