



Derbyshire Healthcare
NHS Foundation Trust

*An overview
of our
services*

**MAKING
A POSITIVE
DIFFERENCE**



Our strategy

Our vision, values and strategic priorities

Our vision

Our strategic priorities

We make a positive difference in everything we do

Patient focused

Our care and clinical decisions will be respectful of and responsive to the needs and values of our service users, patients, children, families and carers.



Caring

We provide safe care and support people to achieve their goals.



Inclusive

We respect everyone in all we do.

Partnerships

We will work together with our system partners, explore new opportunities to support our communities and work with local people to shape our services and priorities.



Belonging

We come together to create a culture that is welcoming, open and trusting.



Collaborative

We work together to achieve the best outcomes for our people and communities.

Productive

We will improve our productivity and design and deliver services that are financially sustainable.



Ambitious

We offer high quality services, and we commit to ongoing improvement.

People

We will attract, involve and retain staff creating a positive culture and sense of belonging.

WE MAKE A POSITIVE DIFFERENCE
• IN EVERYTHING WE DO •

Our values



Making a positive difference through all our services

Welcome to Derbyshire Healthcare NHS Foundation Trust. This guide explains more about our Trust and our services.

We provide many health services throughout Derby and the county of Derbyshire, including mental health, eating disorders and substance misuse (drug and alcohol) services. We also provide a wide range of specialist services, children's health services and adult neurodevelopmental services in Derby and southern Derbyshire, and run the regional East Midlands Gambling Harms Service.

In this guide, we give an overview of the main types of services we deliver. It is not a comprehensive list, but hopefully summarises the areas we specialise in.

To ensure we provide good levels of personalised care, we bring together lots of different roles within our services. Some

examples are nurses, psychiatrists, psychologists, paediatricians, occupational therapists, social workers, physiotherapists, pharmacists, dietitians, speech and language therapists, peer support workers and healthcare assistants. We are proud to be a values-led organisation, with a vision that we 'make a positive difference in everything we do'.

We have four strategic priorities, which we refer to as the 4Ps. Our strategic priorities are a foundation for our decision making and resource allocation and form the basis of how we will measure performance and successful delivery of the Trust Strategy. We are committed to engaging with stakeholders and local communities to help us to understand what local people need from our services and any barriers to access.

I hope you find this guide useful. If you have any comments or feedback, please email dhcft.engagement@nhs.net.



Chief Executive
Mark Powell

BECOME A TRUST MEMBER

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a Trust
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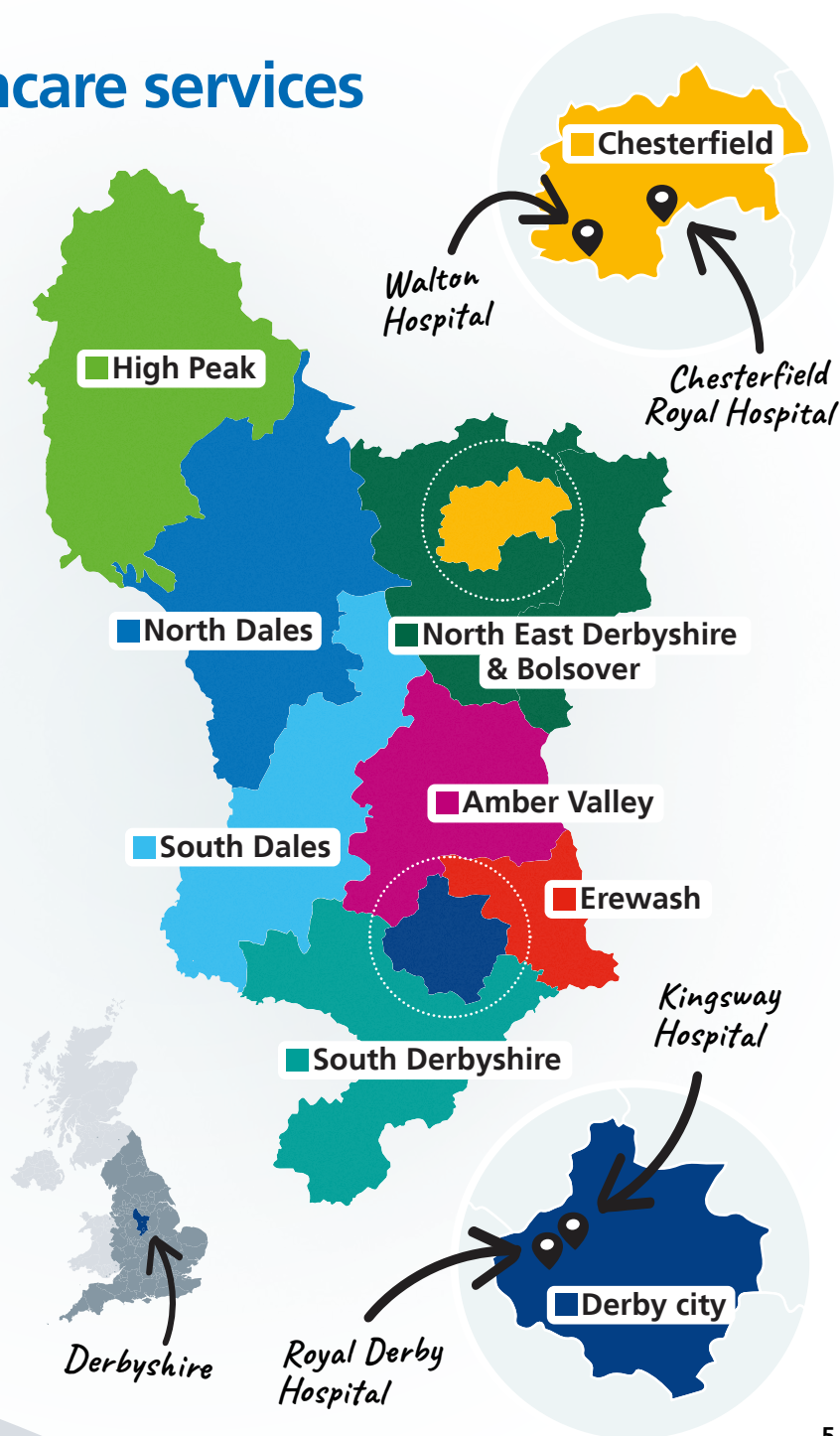
“
*The staff have been
patient and caring.
They have got to
know me and have
helped me on my road
to physical and mental
recovery – thank you.*
”

Derbyshire Healthcare services

Map of Derbyshire

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Mental health services

Mental health services in the community

We provide community mental health services to people with a range of mental health problems. Examples of these are schizophrenia, bipolar disorder and severe anxiety disorders. We provide this community support to people who can manage their condition while they continue to live at home.

Community mental health teams (CMHTs)

Community mental health teams or CMHTs work with thousands of people across Derby and Derbyshire. They help people to manage their conditions and live independent lives, avoiding the need for inpatient care. We have eight CMHTs, working across eight areas.

Specialist community teams

We also have several specialist teams working in the community, including:

- **An Early Intervention in Psychosis** service for people who have experienced psychosis for the first time
- **A Forensic Community Mental Health Team** for people with a history of criminal offences
- **A Perinatal Community Mental Health Team** for women who are pregnant or have just given birth
- **An Emotion Regulation Pathway** service for people with complex emotional needs associated with personality difficulties
- **Crisis and Home Treatment Teams** for people who need intensive, short-term care to prevent them going into an inpatient unit.

Living Well teams

Living Well Derbyshire (Derby Wellbeing in Derby) offers short term care for up to 12 weeks. Health, Social Care, and Voluntary sector teams work together to provide support, helping people to stay well within their communities.



Our community teams work across eight areas:

- Amber Valley
- High Peak
- Chesterfield
- North East Derbyshire and Bolsover
- South Derbyshire
- Erewash
- Derbyshire
- Dales
- Derby city.



Did you know?

Our employment service, Work Your Way, helps people in our community mental health services to find work and stay in work. The service supports hundreds of people into employment each year.



Derbyshire Mental Health Helpline and Support Service

We also run a 24/7 helpline, called the Derbyshire Mental Health Helpline and Support Service: dial **111** and choose option 2 for 'mental health crisis'.

“

I feel much more confident and happy with life. I can go out more by myself without the anxiety.

”



You can find out more about all our community mental health services (CMHTs) and Living Well by visiting our website or scanning the QR code: www.derbyshirehealthcareft.nhs.uk/services/mental-health

Mental health services

Mental health inpatient (hospital based) services



Our inpatient services are for people aged 18 and over with acute and urgent mental health needs. For example, they might be experiencing a severe mental health crisis, acute psychosis, severe depression or severe manic episodes. When this happens, they stay in one of our hospital units in Derby or Chesterfield and receive 24-hour care.

Inpatient units

We have two inpatient units in the north of the county for people with acute needs: the **Derwent Unit**, on the Chesterfield Royal Hospital site, and **Bluebell Ward** at Walton Hospital in Chesterfield.

We have three inpatient units in Derby for people with acute needs: the **Carsington Unit** located at Kingsway Hospital, **Tissington House**, also at Kingsway Hospital, and the **Radbourne**

Unit which is located on the Royal Derby Hospital site.

Bluebell Ward and Tissington House are for people aged 65 and over.

Specialist mental health services

We also provide specialist mental health inpatient services at Kingsway Hospital in Derby:

- **Audrey House** is an enhanced care unit for female patients, offering intensive support for women.
- **Kingfisher House** is a psychiatric intensive care unit (or PICU) providing high levels of intensive support for men experiencing acute, urgent mental health issues.
- **Cherry Tree Close** is a mental health rehabilitation and recovery unit, providing assessment, care and treatment across five single-sex, self-contained bungalows.
- **The Kedleston Unit** offers care to male patients who must be in a secure setting.

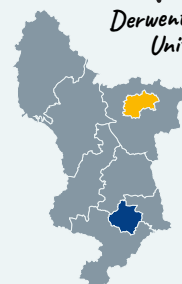
Another special service we provide is an inpatient perinatal (mother and baby) service. Our mother and baby mental health unit is called **The Beeches**.

Chesterfield

Bluebell Ward



Derwent Unit



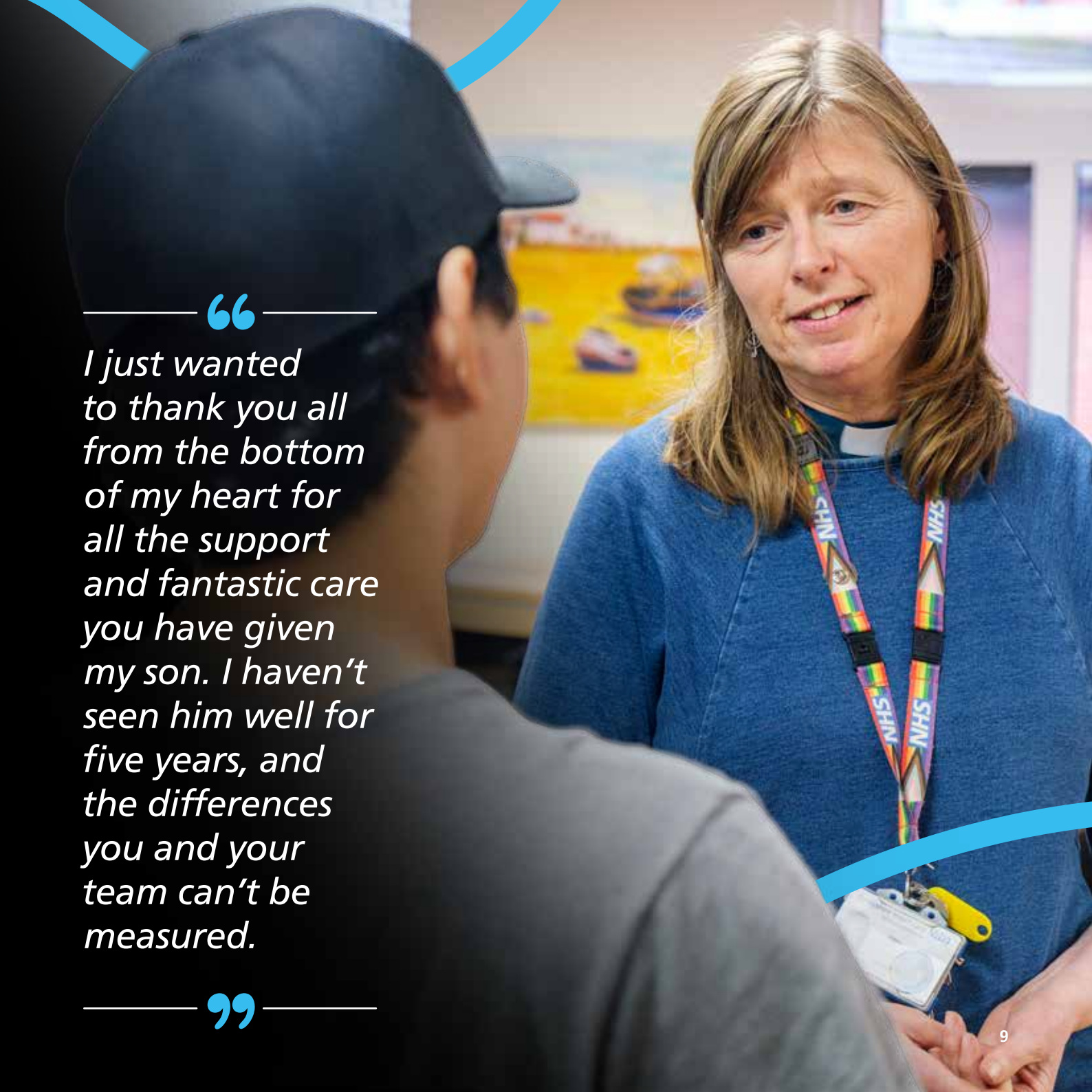
Derby

Kingsway Hospital



Radbourne Unit

Everyone across Derbyshire can access our inpatient services, which are based in Chesterfield and Derby.

A photograph of a woman with shoulder-length brown hair, wearing a blue NHS uniform and a rainbow lanyard with an NHS ID badge. She is smiling and looking towards a young man whose back is to the camera. He is wearing a black baseball cap and a grey shirt. The background is slightly blurred, showing what appears to be a hospital or clinic setting with a yellow wall and some equipment.

“
*I just wanted
to thank you all
from the bottom
of my heart for
all the support
and fantastic care
you have given
my son. I haven't
seen him well for
five years, and
the differences
you and your
team can't be
measured.*
”

Mental health services

Dementia services



? Did you know?

There is a 'Dementia Strategy' for Derbyshire. One of the aims of the strategy is to raise awareness of how to prevent dementia, and how to spot the early signs of dementia. We hold regular Dementia Q&A events that anyone can attend.

On our website, we also have a short training course on delirium. Delirium is a common, serious but often treatable condition that causes a person to become easily distracted and more confused than normal. Delirium is more common in people with dementia. View our website or scan the QR code to learn more:



[derbyshirehealthcareft.nhs.uk/
get-involved/delirium-
awareness](https://derbyshirehealthcareft.nhs.uk/get-involved/delirium-awareness)

We offer a number of services that provide support to people with dementia or dementia-like symptoms, including:

- The **Memory Assessment Service (MAS)** assesses people in Derbyshire who have memory and other cognitive difficulties that might relate to a form of dementia.
- **Specialist Day Services** provide specialist group programmes for individuals who are predominantly over the age of 65 and are experiencing a range of mental health difficulties, including dementia.
- **Dementia Rapid Response Teams** provide support to people with severe dementia, and their carers, during times of crisis.
- **Cubley Court**, at Kingsway Hospital, Derby, is our dementia inpatient unit for people in southern Derbyshire who cannot be safely supported at home or in a care home, and need round-the-clock care. It has a female ward and a male ward.

In the north of the county, inpatient dementia services are provided by Derbyshire Community Health Services NHS Foundation Trust.

“
The Dementia Rapid Response Team attended our home address and offered support and guidance to us as a family, discussed our options and listened to our needs. I felt supported by the team every minute of every day. My Dad is now safe, warm, fed and nurtured and still retains a level of independence - thank you.
”



Eating disorders services



Our Eating Disorders (ED) service cares for people with severe eating disorders like anorexia nervosa and bulimia. Through a range of support and therapies, our ED teams help people to think differently about their relationship with food and to explore the deeper reasons why they may be trying to control what they eat.

Our service for people aged 18 and over is available across Derbyshire and Derby city. In recent years the service has expanded. It can now offer support to adults across Derbyshire with a primary eating disorder like anorexia nervosa, bulimia nervosa, binge eating disorder or other specified feeding and eating disorders (OSFED). A person's BMI (body mass index) does not matter. Many of the team's referrals come through GPs.

We also provide services to support young people under the age of 18 years old and their families with eating disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder. We provide this service in the south of the county and Derby city. In the north of the county, the service is provided by Chesterfield Royal Hospital NHS Foundation Trust.

Did you know?


Our Eating Disorders service works closely with the charity First Steps ED. As part of this partnership, First Steps runs 'Skills for Carers' groups, which are training sessions for parents and carers of those with an eating disorder. The four-week workshops help carers to gain the skills for tackling eating disorder difficulties, focusing on warmth, empathy and self-reflection. The workshops are free to attend and are open to any parent, guardian or older sibling with a carer's role.



Amber Valley



Everyone across Derbyshire can access our eating disorder service. The team is based in Belper but works with people across the city and the county.

A person wearing a blue jacket is riding a bicycle through a vast field of yellow wildflowers. In the background, a calm lake is nestled between green hills under a bright blue sky with scattered white clouds. A large, stylized blue number '8' is partially visible on the left side of the image.

“
*I no longer feel trapped
by my disorder. Instead, I
have hope, resilience, and
a future I once thought
was impossible.*
”



If anyone is struggling with an eating disorder or has concerns about a loved one, they should first speak to their GP (family doctor) for support and a referral. To listen to podcasts or find out more about the service, visit:
www.derbyshirehealthcareft.nhs.uk/eating-disorders

Children's mental health services

We provide **Child and Adolescent Mental Health Services**, also known as **CAMHS**, in Derby and southern Derbyshire. CAMHS supports children and young people up to the age of 18 – and their families, too.

CAMHS helps young people with a range of mental health issues. CAMHS helps those feeling anxious, worried, scared or sad, and those experiencing trauma. As well as **community teams** covering Amber Valley, Derby city, Erewash and South Derbyshire, there is a **CAMHS Crisis and Home Treatment Team** available 365 days a year, and a **Day Service** offering intensive support for children and young people who are in a period of mental health crisis and at risk of being admitted to hospital.

? Did you know?

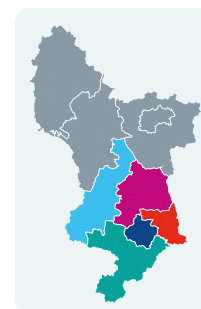
We have a CAMHS Participation team to make sure young people and their carers are involved in shaping the service. The team is made up of young people and parents who have experience of using CAMHS. They create spaces for current service users and carers to give feedback and also to come together and share advice with each other.



We also provide a **CAMHS Liaison** service, based within Royal Derby Hospital. The CAMHS Liaison team aims to triage and, where possible, assess young people when they have come to hospital due to a mental health crisis, with self-harm and/or suicidal thoughts. The CAMHS Liaison team completes mental health assessments with young people whilst they are in the hospital setting. When the young person is better, the team supports with safe discharges.

Our **CAMHS Intellectual Disabilities (ID) team** offers support to young people diagnosed with an intellectual disability (such as autism) who are experiencing emotional, mental health or behavioural distress.

In the north of the county, CAMHS is provided by Chesterfield Royal Hospital NHS Foundation Trust.



CAMHS services provided by Derbyshire Healthcare:

- South Dales
- Amber Valley
- Erewash
- South Derbyshire
- Derby city.

We also provide a CAMHS Liaison service within the Royal Derby Hospital, Derby

“
We have had nothing but positive experiences with the Liaison team and we are truly grateful for the support they have offered our child – and for giving us as a family hope that they will be getting the help that they need.
”



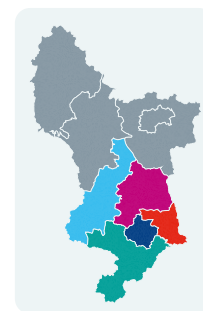
Children's complex health services

Our Children's Complex Health services support children in Derby and southern Derbyshire with neurodevelopmental, behavioural and physical and movement needs. The teams include:

- **Children's Occupational Therapy and Physiotherapy Team**, providing a specialist service to children and young people in Derby and southern Derbyshire who experience difficulties with movement and with daily activities at home and school
- **Children in Care and Adoption Team**, made up of nurses and doctors who carry out health assessments when a child comes into care and who offer support and advice to children in care and their foster carers
- **Community Paediatrician Team** who are responsible for preparing medical advice for education health care plans. The team also sees children who are being adopted or are in foster care, and work closely with the Specialist ADHD nurses
- **Children's Continence Team**, supporting children and young people aged 4 and over who have continence needs (issues with controlling bladder and bowel movements)



- **Neurodevelopmental Pathway team**, offering a specialist service for the assessment of neurodevelopmental conditions such as autism spectrum disorder (ASD) and attention deficit hyperactivity disorder (ADHD). Referrals for an ADHD assessment for children are considered from the age of five and a half years
- **Specialist ADHD Nursing Service**, providing support to children and young people who have a diagnosis of, or are in the process of an assessment for, neurodevelopmental conditions like attention deficit hyperactivity disorder (ADHD).



Our children's complex health services support children in:

- South Dales
- Amber Valley
- Erewash
- South Derbyshire
- Derby city.



——— “ ———

Thank you so much for all your help, you truly have made this whole process a lot easier for our family and we really appreciate it.

——— ” ———

↶ *Feedback for our community paediatrics team*

—————

Children's public health services

We provide children's public health services in the city of Derby as part of Derby Integrated Family Health Service. These services are commissioned (overseen and funded) by Derby City Council. Our teams include:

Health Visiting (0-5) teams

Health Visiting (0-5) teams lead on the Healthy Child Programme, a government programme developed to improve the health and wellbeing of children under the age of five. The Healthy Child Programme involves a series of reviews, screening tests, vaccinations, and information so that parents can give their child the best start in life. The teams offer support in many different ways – everything from infant feeding (breastfeeding) to safe sleeping to preparing for school.

School Nursing teams

School Nursing teams support Derby city's 5- to 19-year-olds and their families. The teams carry out health reviews like hearing and eye tests, and find out about health needs through an award-winning digital questionnaire. They also respond to individual concerns from young people and parents through a text-messaging service called Chat Health. These teams also provide advice and guidance to

others who work with young people in Derby, such as staff in schools, social care and other health practitioners.

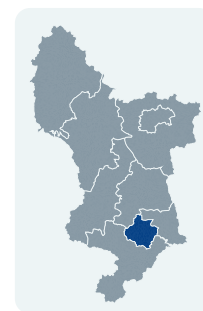


? Did you know?

Our Specialist Integrated Family Support Team has been recognised at a national level for the work it does in Derby with asylum-seeking and migrant families. The team help these families to register with a GP, get vaccinations and get treatment for physical and mental health problems before they become more serious.

Breakout team

Breakout is the young persons' drug and alcohol service for Derby. If someone is under 18 and their drug or alcohol use is worrying them or causing problems, Breakout can help.



We provide children's public health services in the city of Derby.

Children's public health services for the rest of Derbyshire are provided by Derbyshire Community Health Services NHS Foundation Trust. The drug and alcohol service for young people in Derbyshire is provided by Change Grow Live.

“

*It's a long journey
but you've helped
me so much
throughout and
I know you will
keep helping us.*

”

↶
*Feedback for
our health
visitors*



Learn more about our children's public health services at:
www.derbyshirehealthcareft.nhs.uk/family-health-derby

Adult neurodevelopmental services

Neurodevelopmental disorders are conditions that affect the development of the brain and nervous system, leading to impairments in areas like learning, behaviour and social interaction. Intellectual disabilities (sometimes called learning disabilities) are an example of a type of neurodevelopmental disorder.

We work in partnership with another NHS Trust, called Derbyshire Community Health Services NHS Foundation Trust (or DCHS for short), to provide support to people with a neurodevelopmental disorder.

Community neurodevelopmental (ND) teams

Our **Community Neurodevelopmental (ND) teams** cover Amber Valley and south Dales, Erewash, Derby city and south Derbyshire. The community ND teams for northern Derbyshire are run by DCHS. These teams will meet with each person to review their physical and mental health. They will give advice about staying healthy, and prescribe medicines or use therapies to encourage good physical and mental health. They work closely with each person's family or carer.

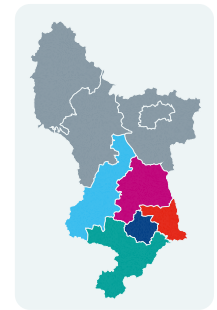
We also provide:

- A **hospital support service** for people with a ND disorder who are going for treatment at Royal Derby Hospital
- A **forensic service** supporting people in the criminal justice system who have learning disabilities
- A team that supports **GP practices** to carry out annual health checks with their patients who have a ND disorder
- An **intensive support** service for people with a ND disorder who have urgent or serious needs.

Our **Adult Autism Assessment** service provides diagnostic assessments for adults aged 18 years and over who are suspected of having autism spectrum disorder.

Find out more about our neurodevelopmental services at

➡ www.derbyshirehealthcareft.nhs.uk/services/adult-neurodevelopmental



Our Adult neurodevelopmental services are available in:

- South Dales
- Amber Valley
- Erewash
- South Derbyshire
- Derby city.

Our partners at DCHS Trust provide the services in northern Derbyshire.

“

Thank you for the continued support and guidance and for your holistic outlook, it was really beneficial.

”

Members of our Strategic Health Facilitation team, who work with GPs on annual health checks



Drug, alcohol and gambling addiction recovery services

Drug and alcohol recovery services are commissioned (overseen and funded) by Derbyshire County Council and Derby City Council. We are the lead partner in the drug and alcohol recovery services in both the county and the city.

Derbyshire Recovery Partnership provides services to meet the health and harm reduction needs of Derbyshire residents aged 18 and over who would like help with managing their alcohol or drug use.

➤ derbyshirerecoverypartnership.co.uk

Derby Drug and Alcohol Recovery Service provides advice, support and treatment to help Derby city residents to make positive changes in their drug or alcohol use.

➤ derbydrugandalcohol.nhs.uk

Both these services offer different levels of support – from brief advice and harm reduction to intensive structured one-to-one and group work. They also manage the prescribing of substitutes for drug or alcohol treatment, such as the use of methadone.

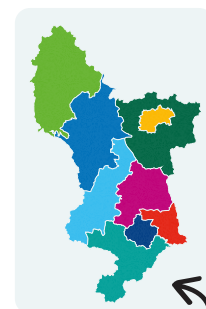


? Did you know?

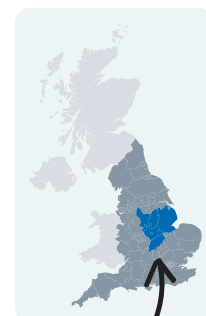
We also provide drug and alcohol support for young people in Derby up to the age of 18. The service is called Breakout – see page 18.

Through our **East Midlands Gambling Harms Service**, we provide specialist therapies, treatment and recovery to those affected by gambling addiction and gambling problems across the East Midlands region, offering treatment and support to people in Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire and Rutland. The service is based in Derby.


➤ eastmidlandsgambling.nhs.uk



Our drug and alcohol recovery services are available across all of Derbyshire.



The East Midlands Gambling Harms Service is available across the East Midlands.

A photograph of two men standing outdoors in front of a dense green hedge. The man on the left is Black, wearing a black polo shirt, and has his hand on his hip. The man on the right is white, wearing a maroon jacket, and has his arm around the other man's shoulder. Both are smiling broadly. A blue curved line graphic is on the left side of the image.

“
*The staff at Derby Drug
and Alcohol Recovery
Service have been
absolutely amazing. I’ve
done courses in skills
for life and intuitive
thinking and I’m learning
how not to be an addict.*
”

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

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

Heke hûn dixwazin ev agahdariyê di zimanek cuda an formatê bixwazin kerema xwe ji re têkilî bikin dhcft.communications@nhs.net

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ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ dhcft.communications@nhs.net

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dhcft.communications@nhs.net

WE WOULD LOVE TO HEAR FROM YOU!

One of our four priorities as a Trust is 'partnership'. We are committed to engaging with stakeholders and local communities, and our Engagement team regularly attends events and meetings in the community.

This helps us to understand what local people need from our services and any barriers to access.

If you would like to find out more about our health services, share any feedback with us, or arrange a meeting with the Engagement team, please email...

dhcft.engagement@nhs.net



www.derbyshirehealthcareft.nhs.uk

DHCFIT DHCFIT-NHS.BSKY.SOCIAL DERBYSHCFIT NHS_DERBYSHIREHEALTHCARE