



## MEMBERS' NEWS

Dear member,

### Annual Members Meeting, 23 September: new venue

***Come along and learn what's been achieved, and what lies ahead, for Derbyshire Healthcare***

The Annual Members Meeting, or AMM for short, is your opportunity to review our progress during 2014/15 and our plans for 2015/16.

As reported in previous issues of Members News, the AMM is being held on Wednesday 23 September. However we have had to change the venue: it will now be held at the Trust's **Ashbourne Centre, Kingsway Site, Kingsway, Derby DE22 3LZ**.

The theme this year is about **'valuing people and partnerships'**.

A number of people using, or having used, our services will tell their stories. There will also be a 'marketplace' where teams from across the Trust will be available to talk about the support they offer.

The marketplace will start at 2pm and the meeting will start at 4pm. Light refreshments will be provided.

Please let us know if you plan to attend by emailing [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk).

### Look out for Membership Week (5 – 9 October)

This year we are hosting the Trust's first Membership Week! This is a week dedicated to all things membership, following feedback from our governors, and you, our members. We want to celebrate our membership and showcase the services the Trust has to offer.

**Activities will be running throughout the week and will include:**

Monday – Action for Blind training (staff members)

Tuesday – Wellbeing event in Chesterfield (all members invited)

Thursday - Official opening of The Hope and Resilience Hub, Radbourne Unit, Derby\*

Friday – Living library event at the University of Derby (all members invited)

**Visit The Hub!**

*\*We have **five** places available exclusively for our members to attend the official opening of The Hope and Resilience Hub!*

'The Hub' was developed using feedback from former service users, that upon discharge from the Radbourne Unit on the Royal Derby Hospital site in Derby, they often felt isolated from the community and unable to continue with their recovery unsupported. The service provides the Recovery and Home Treatment/Resilience aspect of the urgent care service within the Radbourne Unit (including the Acute Day Treatment service). The Hub houses 20 beds on a ward to support people rebuilding their lives after an episode of acute mental illness with the expectation that much of a person's time is spent being supported into their home and community. It supports people on the brink of a hospital admission not just discharge.

This will be an opportunity to take a look around some of the facilities and meet the staff.

If you would like attend the launch please contact the membership team on 01332 623723 or email [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk).

### Dates for your diary: Council of Governors meetings

The Trust's governors regularly meet the Trust's directors to discuss issues and give feedback from their constituents. These meetings are open to the public – if you would like to attend and have any special requirements, please contact the membership team on 01332 623723 or email [membership@derbyshcft.nhs.uk](mailto:membership@derbyshcft.nhs.uk).

### Upcoming meeting dates:

- Tuesday 8 September 2015, 1pm - 4pm, Boardroom, Bramble House\*, Kingsway Site, Derby DE22 3LZ (Tuesday 8 December 2015, 1pm - 4pm, Conference Rooms A&B at the Centre for Research & Development, Kingsway Site, Kingsway, Derby DE22 3LZ.

\*Please note, this venue has changed from the advertised Post Mill Centre.

### Dates for your diary:

**10 September** – [World Suicide Prevention Day](#)

**23 September** – Annual Members Meeting, Centre for Research & Development, Kingsway Site, Derby DE22 3LZ

**5 – 9 October** – Derbyshire Healthcare membership week

### We're going smoke-free

Derbyshire Healthcare is currently on a journey to becoming a smoke-free Trust, thus providing cleaner and healthier environments to everyone involved with the Trust.

This means that, from **9 March 2016**, all staff, service receivers and visitors will **not** be

allowed to smoke anywhere on our sites - including wards, grounds, vehicles and during home visits. This is also likely to include the use of e-cigarettes.

### **Smoking: the facts**

Smoking is the main cause of preventable illness and premature death. Currently in the UK, approximately 21% of the population smoke, costing the NHS £13.74 billion every year. According to the Royal College of Psychiatrists, **two out of every five cigarettes in England are smoked by people with mental health problems**; this supports that people with a mental illness who smoke are more likely to be heavier smokers and more tobacco dependent than smokers in the general population. Often smoking leads to a poorer physical health and a lower life expectancy.

Smoking cigarettes can also increase how quickly some antipsychotics are broken down by the body, meaning that people who smoke heavily may need more medication than those who do not.

It doesn't have to be this way and at Derbyshire Healthcare we want to discourage smoking by creating a smoke-free environment across all of our sites. We firmly believe in and agree with the [National Institute for Health and Care Excellence \(NICE\) guidance](#) which recommends that all hospital sites, including mental health hospitals, should be free from smoke.

### **We need your feedback**

Whilst we're on this journey we would like to learn from others and hear your feedback and views about becoming a smoke-free Trust. So if you are a smoker or non-smoker and would like to share your thoughts with us, please email [smokefree@derbyshcft.nhs.uk](mailto:smokefree@derbyshcft.nhs.uk).

For further information about the Trust's smoke-free intent, please visit our [website](#).

### **Trust Board update**

The Trust Board met on Wednesday 29 July. You can view the agenda and meeting papers on our [website](#). You can also read live tweets from the meeting on our [Twitter feed](#), which also appears on the homepage of our website – look for the hashtag #DHCFTboard.

Issues discussed at the meeting included:

- An experience from one of the Trust's volunteers, regarding her role in establishing a 'Your Service Your Say' scheme for people at the Hartington Unit
- Updates were received from the Chairman and Acting Chief Executive, regarding local and national developments
- Recent audit and quality committees
- Plans for the forthcoming Annual Members' Meeting on 23 September 2015
- A deep dive into our medicines management services
- Position statement and quality dashboard.

There were also updates on our performance, activity and financial position. Take a look at the reports and the tweets!

## Free online tool for Derbyshire people going through a tough time or struggling with mental health issues

Hardwick Clinical Commissioning Group (CCG) has commissioned a new, free online support service for Derbyshire residents going through a tough time or struggling with mental health issues. It's called Big White Wall, and it's to all Derbyshire residents aged 16 and over.

The service is designed to help patients get support, take control and feel better. It provides 24/7 peer and professional support (with trained counsellors online at all times), plus a range of wellbeing tools to help people self-manage. This service is safe and anonymous, so no one will know you have chosen to use it unless you tell them. 95% of members reported feeling better as a result of joining BWW, and 73% shared something for the first time. To join, you simply go to [www.bigwhitewall.com](http://www.bigwhitewall.com) and enter your Derbyshire postcode. To learn more about how the service works, [view a short film](#) on the Big White Wall website.

To unsubscribe click [here](#).

