



MEMBERS' NEWS

New Chairman for Derbyshire Healthcare

The Trust is pleased to welcome a new Interim Chairman. Richard Gregory, former Chairman of Chesterfield Royal Hospital NHS Foundation Trust, was formally appointed to the role by the Trust's Council of Governors on Tuesday 8 December 2015.

Richard is an experienced non-executive director, senior independent director and chairman with a successful record in both the private and public sectors. He has a particular interest in developing effective risk and quality governance systems and board accountability for customer experience.

On his appointment, Richard said "I am looking forward very much to working with the board, governors and staff of Derbyshire Healthcare. It is a Trust whose services to the residents of Derbyshire I have admired and respected for many years and it is an honour to be asked to join the team."

Richard replaces the Trust's former Chairman, Mark Todd, who leaves the Trust in order to take on a family support role.

Ifti Majid, Acting Chief Executive said: "I am delighted to welcome Richard to the Trust. Richard is a local man from the High Peak, and has a wealth of experience and expertise which we can benefit from. I look forward to working within him over the coming weeks and months.

"I would also like to thank Mark Todd for his contribution to the Trust over the last two years. Mark has been an active and dedicated Chairman and I wish him well for the future".

Delivering Excellence Team Awards 2015 – winners announced!

Following a series of internal quality visits, a judging panel shortlisted 12 teams for our Delivering Excellence Team Awards 2015. The winners were announced last week at a vibrant 1950s diner-themed awards ceremony held in-house at our Centre for Research & Development. The trophies were kindly sponsored by [Computershare](#).

And the results were...

Effectiveness award

Joint winners:

- **Finance department** – for their outstanding service to our operational staff
- **I.M.&T & Records department** – for innovations including the health rostering and the

PARIS electronic patient record systems, and the quality of their records management.

Runner up:

- **Early Intervention Service North** – for their anti-stigma work in schools, discharge audits and for supporting staff to develop.

Patient experience award

Winner:

Derby City Recovery Teams 1 and 2 – for setting up a Connect for Wellbeing group that offers additional support, works within evidence-based practice and operates in a multi-disciplinary way; a 'Managing me' group, to help people cope emotionally; and a psycho-education group led by the consultant psychiatrist for patients, carers and families.

Runners up:

- **ECT department, Radbourne Unit** – for being well led, for having low numbers of incidents or patient safety issues, excellent infection control and external accreditation, and for achieving excellent standards
- **South Derbyshire Community Learning Disabilities Team** – for their goal attainment scaling and their mindfulness training for staff.

Patient safety award

Winner:

Specialist Behaviour & ADHD Service – for their waiting list management and exceptional leadership, and for being a very proud team pulling in one direction.

Runners up:

- **CAMHS Derby City** – for developing a single point of access, for tackling social inclusion and for empowering parents
- **Enhanced Care Ward, Radbourne Unit** – for their high quality level of supervision, and their focus on physical healthcare and multi-disciplinary working.

Team of the year award

Winner:

Chesterfield Central Locality Pathfinder and Recovery Team – for their Clozapine clinic, flexible approach to appointments and work with Chesterfield Football Club

Runners up:

- **CAMHS Liaison Service at Royal Derby Hospital** – for their consistent high quality care, team working and multi-agency working
- **Derby City Substance Misuse Service** – for their East European clinic harm reduction work, their embedding of Think! Family and their innovative approach to prescribing.

Congratulations to all the shortlisted teams.

Long service awards

At the same ceremony, the Trust honoured staff who have recently completed 40 years' service. Present to collect their awards were:

- **Carole Clay**, senior nurse
- **Clive Moore**, maintenance technician.

Congratulations to Carole, Clive and all this year's long service award winners.

Find out about the new Time the Change campaign to break down mental health stigma among teens and parents

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness, and is England's biggest programme to challenge mental health stigma and discrimination. They have recently focused a campaign on encouraging parents to speak to their children about mental health.

One in ten young people will experience a mental health problem – that's three in every classroom. But research shows that over half (55%) of parents in England have never spoken to their children about the topic of mental health.

The Time to Change campaign includes advertising to reach 14-18 year olds and their parents to help start the conversation, as well as work in schools with the charity YoungMinds.

[Watch the national campaign videos online](#) and [visit the website](#) to find out more

Stay well this winter: our top tips to staying well this winter

Winter conditions can be seriously bad for our health. The cold and damp weather, ice, snow and high winds can all aggravate any existing health problems and make us more vulnerable to illnesses that are more common in winter. But there are lots of things you can do to stay well this winter. You will find lots of tips on staying healthy [here](#) but in the meantime here are a few winter behaviours that should help keep the winter bugs at bay:

Warm – Heat your home to at least 18°

Immunisations – It's still not too late to get a flu jab from a pharmacy or your GP practice

Neighbours – Keep an eye on elderly neighbours and relatives as they may need a bit of extra help

Timely – Don't wait – get advice from your nearest pharmacist at the first sign of illness

Enough – Pick up your repeat prescriptions before the bank holidays and get your medicine cabinet ready for winter by stocking up on remedies for common winter ailments

Restock – Make sure you have enough food and medicine in the cupboard just in case bad weather prevents you from getting to the shops

For more winter health advice see www.nhs.uk/staywell

The group is for all carers, whether they have a relative in hospital or not.

The meetings are kept informal and coffee and cakes are always available.

It is a fantastic opportunity to meet fellow carers, feel listened to and discuss any concerns or worries in a safe, supportive and caring environment.

Dates for your diary:

Council of Governors meeting

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.

Upcoming meeting:

- Tuesday 8 March 2016, 1pm - 4pm, Conference Rooms A&B, Centre for Research and Development, Kingsway Site, Derby DE22 3LZ.

Mental health carer's information evenings

Back in 2008 our nursing staff set up a monthly carers information session to provide professional help and advice to anyone supporting a loved one to live well with a mental health condition, whether they are in hospital or not. The sessions are still operating as successful as ever and have proven to be a huge benefit to many carers over the years.

Our mental health carer information sessions are absolutely free of charge to attend and are aimed at giving those who care for people with a mental health problem the support they often need, as carers can frequently feel overwhelmed, forgotten and confused.

Sessions are kept informal and coffee and cakes are always available. It is an opportunity to meet fellow carers, feel listened to, discuss any concerns or worries in a supportive and caring environment.

The group meets on the third Thursday of every month, 4.30pm - 6.30pm, Radbourne Unit, Royal Derby Hospital Site, Derby, DE22 3WQ

For further information, please contact Julie Cooper on 01332 623844 or email julie.cooper@derbyshcft.nhs.uk

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