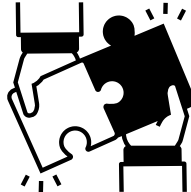




South Derbyshire Collaborative Newsletter



Living Well Update:

South Derbyshire Living Well Collaborative Thursday 9th January 2025 10:00am-11:30pm.

Introduction:

Isabelle Grainger (*Living Well Coordinator for South Derbyshire*) opened the Collaborative meeting by outlining the agenda, which included a recap of previous actions and presentations from guest speakers; Susie Lambert and Marina Fournier, collaborative sustainability, delivery partner feedback & updates, future meeting updates and any other business.

Actions from December collaborative:

- What would we like to collaboratives to look like post March 2025, are there existing forums in South Derbyshire? – **James Bromley to provide feedback during The collaborative.**
- Will South Derbyshire be going into phase 2 and would Social Prescribers be able to refer into this phase? – **South Derbyshire will be going into phase 2 and accepting referrals from Social Prescribers, but I'm afraid I can't give a timeline yet. Once we are at the point of heading into phase 2 for those localities, the teams will be reaching out to the PCNs and social prescribers to plan for it -** Emily Price | Living Well Strategic Programme Lead.
- More information required for the LW website – Who is the target audience? - **Marina to provide an update during the collaborative.**

Guest speaker 1:

Guest speaker 1: Susie Lambert (*Better Ways to Better Days - chronic ill health and disability support group. Move More Cotmanhay & Walking pilot project with Parkside High & Walk Derbyshire*).

Susie shared her inspiring journey and involvement in numerous local projects and support groups, including the Eden Project Communities, Friendship Hub, Fibro Active, and COVID-19 support groups. In January 2017, Susie experienced a life-changing event—a traumatic brain injury caused by a freak accident. This injury resulted in chronic pain and affected her memory, hearing, vision, and balance. Despite these challenges, Susie used her lived experience to help others, founding several local support initiatives.

One of her key projects is Better Ways to Better Days, which focuses on providing peer-to-peer support. She also became a Rethink Facilitator for various groups and took part in Community Crafting. In addition, Susie trained as a Walk Leader in Derbyshire and was honoured with the Erewash Active Lives Legacy Leisure Award in 2022. Susie emphasised the value of peer support in creating camaraderie and shared understanding among people in similar situations. Her work reflects the importance of community and support in facing personal challenges.

For more information, including Susie's contact details and upcoming events, please refer to the slides attached in the email.

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Guest Speaker 2:

Guest speaker 2: Marina Fournier (*Living Well Website and Information Coordinator*)

It seems that the Living Well website is an important resource for both staff and the public in South Derbyshire, offering valuable information that can benefit the community. Marina Fournier presented the website and highlighted its features, explaining the need for user feedback to improve accessibility. However, there are concerns about the website's sustainability after March 2025, particularly regarding the management of content. To address this, it was agreed that Isabelle will help by sharing local news and events with Marina, who will update the website. If you'd like to share any information to be uploaded on the Living Well website for South Derbyshire, you can contact Isabelle at

isabelle@erewashcvs.org.uk.

Please see link for Living Well Website here: <https://livingwellderbyshire.org.uk/> .

Collaborative Sustainability:

James Bromley (*Chief Executive Officer, Erewash Voluntary Action*) James discussed the future of the collaboratives, highlighting the ongoing challenges around securing funding and the critical need to align these forums with existing mental health initiatives in South Derbyshire. He suggested that there could be a potential path for the collaboratives beyond March 2025. It was emphasised that the key strength of the collaborative is its ability to unite various sectors around the shared focus of mental health and facilitating a more integrated approach. Although integrating the collaboratives into existing mental health initiatives is an option in every area, James pointed out that capacity will likely be a significant factor in determining whether this can be successfully implemented. The challenge lies in who will manage these forums and whether there is enough organisational bandwidth to sustain them. The availability of resources and personnel to effectively oversee these initiatives will be crucial in deciding how feasible this option is in the long term. The conversation concluded with James asking partners to think and share their ideas around the collaborative, if feedback is not received there will no other option to end the collaborative in March 2025.

Delivery Partner Feedback / Updates:

- Men's Movement Monday: Monday 13th January 2025, Whistlewood Common (Melbourne). A safe, non-judgemental and non-competitive space that helps men with their mental health and physical wellbeing.
- Men in Sheds: Thursday 30th January 2025 10:00am-12:00pm, South Derbyshire CVS, Alexandra Road, Swadlincote, DE11 9AZ. Improving wellbeing, reducing loneliness and combating social isolation. Please see attached leaflet on how to book a space.
- Citizens Advise service now available in South Derbyshire GP surgery. Direct link for advice on debt, employment and benefits to name a few. self-referral and no referral form required.

Future Actions:

- Ellen Parr (*Mental Health Commissioning Manager*) to provide contact details for escalation if a Coordinator for South Derbyshire Living Well is not in post March 2025.
- Marina Fournier will review and update the Living Well website content based on feedback from the collaborative, Isabelle to pass information on to Marina regarding new groups/events ect.
- What feedback do we have regarding the sustainability of the collaboratives beyond March?
- What are the specific needs and expectations for the collaborative moving forward, is there a need for the collaborative to continue? – Partners please complete the evaluation form and return to isabelle@erewashcvs.org.uk .

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Future Meetings: The next South Derbyshire Collaborative will be held at the following:

When: Thursday 6th February 2025.

Where: South Derbyshire CVS, The Hive, Top Floor, Unit G Sharpes Industrial Estate, Alexandra Road, Swadlincote, Derbyshire, DE11 9AZ.

Time: 10:30am-12:00pm.

Thankyou for reading the newsletter.

To join the collaborative meetings, submit an extract or to find out more information, please email: isabelle@erewashcvs.org.uk