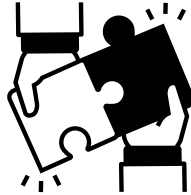




## **Erewash Collaborative Newsletter**



### ***Living Well Update:***

Thankyou to those that attend the Erewash Living Well Collaborative at Erewash Voluntary Action on Thursday 27th February 2025 10:30am-12pm.

### ***Introduction:***

Isabelle Grainger (Living Well Coordinator for Erewash) opened the collaborative meeting by outlining the agenda, which included a recap of previous actions and presentations from guest speakers; Liz Howard - Undercurrents, Steph Kelsey - Kelsey Family CIC and Debra Dudley - Mental Health First Aiders Network, collaborative sustainability, delivery partner feedback & updates, future meeting updates and any other business.

### ***January Actions:***

- James to provide written update regarding collaborative sustainability to send to partners (for January).
- Partners to continue to think about the integration of mental health service within existing frameworks.
- Partners to share their thoughts on the collaborative and complete evaluation form and return to [isabelle@erewashcvs.org.uk](mailto:isabelle@erewashcvs.org.uk) .

### ***Guest Speaker: Liz Howard – Project Coordinator for Undercurrents:***

Liz presented to the group that Undercurrents was inspired by Dr. Wallace J. Nichols' book, which highlights the positive effects of spending time near, in, on, or under water on both physical and mental health. Undercurrents offers support to menopausal and perimenopausal women through fortnightly sessions held in or around water, creating a space for connection and well-being. Liz stated that menopause can bring a variety of physical and emotional symptoms, such as hot flashes, night sweats, mood swings, anxiety, fatigue, sleep disturbances, and changes in memory or concentration. According to the Department of Health and Social Care's 'Women's Health - Let's Talk About It' survey, only 9% of women feel they have enough information about menopause, and just 61% are comfortable discussing it with family members. The charity's Facebook group currently has 155 local women, and its in-person sessions regularly involve 12-15 women, no referral is needed! These groups provide an opportunity for women to engage in activities that promote physical and mental health during this important stage of life.

For more information please contact: [helloundercurrents@gmail.com](mailto:helloundercurrents@gmail.com) .

**A very big thankyou to Liz for speaking at the Collaborative!**

### ***Guest Speaker: Debra Dudley - Derbyshire Health First Aiders Network Relaunch:***

Debra introduced the Derbyshire Mental Health First Aiders Network, a peer support group for anyone who has completed the Mental Health First Aider (MHFA) training from MHFA England, whether for adults or youth. This network is open to individuals using their MHFA skills in Derbyshire, through either their work or volunteering. The network is not a membership body and is not affiliated to MHFA England.

## ***Erewash Collaborative Newsletter***

Instead, it provides a countywide platform to share events, networking opportunities, resources, research, success stories, and to offer and receive advice and support from fellow peers.

### ***Benefits of joining the network include:***

- Access to a private Facebook group to connect with other MHFAs across Derbyshire.
- Opportunities to attend 'Listening Lounges' sessions throughout the county and city to meet other local MHFAs.
- The chance to register for the Derbyshire Mental Health and Suicide Prevention Project conference event.
- Peer support from other MHFAs in Derbyshire.
- A monthly newsletter featuring resources, news, tips, and techniques to share and contribute to.

To join, email [mhfa@erewashcvs.org.uk](mailto:mhfa@erewashcvs.org.uk) with your contact details and a copy of your MHFA certificate.

For a copy of your certificate, visit: <https://mhfaengland.org/mhfa-centre/contact-us/>

Please note, dates will be shared within the next few weeks around 'Listening Lounges' drop-in sessions.

**Thankyou Debra too for speaking at the Collaborative!**

### ***Guest Speaker: Steph Kelsey - Kelsey Foundation CIC:***

Kelsey Family CIC is leading the charge in shifting the stigma surrounding substance misuse. Their awareness training, built on lived experience, research, and a holistic recovery approach, aims to educate communities, businesses, and individuals on addiction, its impact on families, and the pathways to recovery.

#### **Key Highlights:**

- **Understanding Addiction:** A chronic brain disorder that affects mental, emotional, and physical well-being.
- **The Family Perspective:** Addiction is a shared struggle, impacting relationships, stability, and mental health.
- **The BPSS Model:** A comprehensive approach addressing Biological, Psychological, Social, and Spiritual aspects of addiction.
- **Combatting Stigma:** Language matters—shifting from outdated terms like "alcoholic" to "Alcohol Use Disorder" encourages a more compassionate perspective.
- **Workplace Support:** Employers play a crucial role by recognising addiction signs, providing flexible support, and fostering a culture of understanding.
- **Recovery & Hope:** With the right support, neuroplasticity enables individuals to rewire their brains, rebuild relationships, and reclaim their lives.

This initiative seeks to educate, empower, and create a stigma-free approach to substance misuse recovery. For more information or to get involved, contact Kelsey Family CIC at [kelseyfamilycic@gmail.com](mailto:kelseyfamilycic@gmail.com) or follow them on Instagram: @kelseyfamilycic.

**Thankyou Steph for your very insightful presentation!**

## Erewash Collaborative Newsletter

### Delivery Partner Feedback / Updates:

- Joint Mental Health County Wide Forum, Thursday 6th March 2025 10am-3pm. This should present a great networking opportunity, and it would be fantastic to see as many of you there as possible, which will bring the current Living Well collaboratives to a close.
- All Words, All Actions, All Weathers. FREE, Voluntary, Community and Social Enterprise (VCSE) sector conference and exhibition, focussing on Wellbeing, Mental Health and Suicide Prevention. Thursday 20th March 2025 10am to 4pm to Friday 21st March 2025 10am to 4pm. Place: Rosliston Forestry Centre, Burton Road, DE12 8JX. Email [melanie.hani@derbyshire.gov.uk](mailto:melanie.hani@derbyshire.gov.uk)
- Finding Calm at Elephant Rooms. A fully funded self care course for wellness and sleep starting from Wednesday 26th March 2025.



**Joint Countywide  
Mental Health Forum Market Stall  
Event**

**Thursday 6th March 2025 10am-3pm**

Taking place at: Erewash Voluntary Action, Granville Avenue, Long Eaton,  
Derbyshire, NG10 4HD

Open to the general public

Join us and see what is happening in your local community!

It will be a day of sharing information and getting to know  
your Local Mental Health Community Services.

Live Life Better Derbyshire will also be giving FREE Health  
checks

Confirmed organisations attending - Rethink, DRPSS, Together By Nature, P3, SOBS Chesterfield, Mentell,  
Derbyshire Mind, Citizens Advice & National Energy Action




### Baton of Hope:

Events you can sign up for;

- Baton of Hope Main event 13th September 2025 (batonofhopederbyshire.co.uk for more information)
- ThinkFest – Chesterfield Vicar Lane – 14th May 2025 – 10am to 3pm
- Long Eaton, West Park (Rugby Club) – 6th July – 10am to 3pm
- Staveley Chesterfield – TBC Please register interest
- High Peak (New Mills or Glossop or Both) – TBC Please Register interest

SIGN UP HERE -

<https://dccmhsp.com/BoHDerbyshireSupport>

Email: [luke.oldham@derbyshire.co.uk](mailto:luke.oldham@derbyshire.co.uk)



Health and Wellbeing Centre  
ELEPHANT ROOMS

NHS  
DERBYSHIRE VOLUNTARY ACTION  
CAPACITAR INTERNATIONAL  
HEALTHY, WELLS, MAKING OUR WORLD

**Finding Calm**

A self care course for wellness and sleep

**Part 1 (6 weeks):** Management of stress, anxiety, PTSD and depression, with Capacitar techniques. Capacitar means "to empower" in Spanish. Capacitar practices are not therapy but rather a flow of body based exercises, meditations and protocols.

**Part 2 (4 weeks):** Improving sleep through awareness, sleep hygiene, breathwork, mindfulness and mind calming.

Book one part or both

🕒 11 AM - 12 PM Wednesdays  
📅 From 26 March 2025  
📍 Elephant Rooms, Draycott

Fully funded by the NHS, through Derbyshire Voluntary Action

Information and bookings  
☎ 07375 468 005  
🌐 [www.elephantrooms.co.uk](http://www.elephantrooms.co.uk)  
✉ [elephantroomsdraycott@gmail.com](mailto:elephantroomsdraycott@gmail.com)  
Limited spaces, pre-booking is essential









BATON  
OF  
HOPE



## ***Erewash Collaborative Newsletter***

### ***Collaborative Sustainability:***

Collaborative sustainability has been a key agenda item for some time, and as many are aware, the funding to support the Collaboratives and the Coordinator's role will conclude on March 31st, 2025. Despite numerous discussions on this matter, a resolution has yet to be reached.

Partners expressed their thoughts and opinions and expressed their passion to continue this space, but wanted to review the terms of reference, which emphasised on building connections and relationships with all sectors from VCSE, statutory sector to local groups. Another point raised was how are people with lived experiences feed into the system. It was agreed that that there is a need for a space for community groups to network and service users to attend. During the conversation, partners were able to consider the following:

- Derbyshire Mental Health Forum News. Subscribe here: <https://erewashvoluntaryaction.us9.list-manage.com/subscribe?u=f8b0d33991b24054d2c0bfe2a&id=d4ada8a8d0> . To share information and keep up to date across the county.
- Derbyshire Mental Health Forum. Event is 4 times per year. Open to all individuals who have an interest in mental health (public and professionals). Contact- [mentalhealth@erewashcvs.org.uk](mailto:mentalhealth@erewashcvs.org.uk) .
- Derbyshire Mental Health First Aiders Forum - Members can attend if they are a MHFA which is apart of Derbyshire Mental Health Forum. However is a peer support group, and would not follow the same structure as a Collaborative. Contact - [mhfa@erewashcvs.org.uk](mailto:mhfa@erewashcvs.org.uk)

While it has been a time of uncertainty for the future of the Living Well Collaboratives, we have had the opportunity to share inspiring stories and hear from incredible guest speakers, all of whom have highlighted the important work being done locally. As we approach March, I would like to take this moment to express my sincere gratitude to all of you who have attended the Living Well Collaboratives in Erewash, for your invaluable contributions and for sharing your thoughts and insights.

**Thank you for your continued support and commitment.**

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***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](mailto:isabelle@erewashcvs.org.uk)***