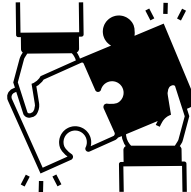




Erewash Collaborative Newsletter



Living Well Update:

It was great to see partners attend the Erewash Collaborative on Thursday 23rd January 2025 10:00am-11:30pm.

Introduction:

Isabelle Grainger (*Living Well Coordinator for Erewash*) opened the collaborative meeting by firstly thanking partners for attending. This was followed by outlining the agenda, which included a recap of previous actions and presentations from guest speakers; Susie Lambert, Lucy Jantschenko and Marina Fournier, collaborative sustainability, delivery partner feedback & updates, future meeting updates and any other business.

Collaborative Re-cap

- Request James Bromley to provide an update on the sustainability side of the Living Well collaboratives – **Unfortunately, James Bromley (CEO at Erewash Voluntary Action) was unable to attend but will send an update out shortly.**
- Isabelle to discuss with Marina regarding website features - **It has been confirmed that the Living Well webpage is for both the public & staff.**
- Partners to think collectively about the direction of the collaboratives post March 2025, what forums/spaces/collaboratives are already in place? How would you take responsibility for this?
- **Feedback from the collaborative.**

Isabelle initiated a discussion on the future of the collaborative following funding cuts in March 2025, encouraging feedback from attendees. Sara Bains (*Wellness, Resilience and Inequalities lead, Erewash Primary Care Network*) highlighted the need for enhanced collaboration among primary care, mental health teams, and the VCSE sector, pointing out existing confusion regarding service connections. Isabelle acknowledged the significance of building relationships to foster better understanding and integration of these services.

The conversation also emphasised the importance of involving individuals with lived experience in mental health services. Ben Gough (*Group Development Worker*) proposed collaborating with public health to create a mental health-specific forum. Niki Glazier (*Mental Health Together*) raised concerns about providing adequate support for individuals participating in these discussions to ensure their voices are effectively heard.

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Guest Speakers:

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.

Lucy Jantschenko (*Team Manager*) from Waythrough | Derby Safe Haven.

Lucy explained that Derby Safe Haven is a drop-in mental health service operating during peak crisis hours. The vision at Derby Safe Haven is to break down the barriers that stop people getting the support they need to live a life they value. The evidence-based services are designed around the needs of the people they serve and can help many individuals looking for support with drugs & alcohol, employment and skills, domestic abuse, supported housing, and mental health. She shared various techniques for managing anxiety and improving mental well-being, emphasising simple lifestyle changes such as distraction methods and dietary adjustments. Individuals that need support do not need a referral, they can go directly to 309 Burton Road, DE23 6AG. Please follow the link, which will take you directly to the website:

[Home - Waythrough](#). **Lucy's presentation slides can also be found attached to the email, including contact details.**

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 Erewash, offering valuable information that can benefit the community. Marina 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 Erewash, you can contact isabelle@erewashcvs.org.uk. **Please see link for Living Well Website here:**

<https://livingwellderbyshire.org.uk/> .

A very big thankyou to you all!

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Delivery partner feedback / Updates:

Debra Dudley (*Policy Manager at Erewash Voluntary Action*) shared that the Derbyshire Mental Health Forum are now on all social media channels, please see below for links:

- Facebook - <https://www.facebook.com/DerbyshireMentalHealthForum>
- Linked In - <https://www.linkedin.com/.../derbyshire-mental-health.../>
- Instagram - <https://www.instagram.com/derbyshirementalhealthforum/>
- X - <https://x.com/derbyshiremh>

Ben Gough has been working on some exciting new groups in the local community, which include:

- Kirk Hallam Wellbeing Sessions.
- A new Choir Singing Group which has started back up in Ilkeston.
- ADHD and Autism Support Group something ben is working on for Erewash.

Please contact Ben: ben.gough@rethink.org for further information, and how to get involved with the above groups.

Isabelle shared details on the Joint County Wide Mental Health Forum Market Stall Event on the 6th March 2025 - Please see attached poster for details.

Collaborative Sustainability:

James Bromley will provide a written update to share with partners shortly.

Actions:

- James Bromley to provide written update regarding collaborative sustainability to send to partners.
- Partners to continue to think about the integration of mental health services within existing frameworks.
- Partners to share their thoughts and complete evaluation form and return to isabelle@erewashcvs.org.uk

Our next collaborative will be:

When: Thursday 27th February 2025

Where: Erewash Voluntary Action, Granville Avenue, Long Eaton, Derbyshire, NG10 4HD

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