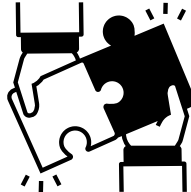




## **South Derbyshire Collaborative Newsletter**



### **Living Well Update:**

It was great to see partners attend the South Derbyshire Collaborative on Thursday 5th December 2024 10:30-12:00 at South Derbyshire CVS, Swadlincote.

### **Introduction:**

The collaborative began with Isabelle Grainger (Collaborative Coordinator for South Derbyshire) providing a brief introduction and thanking partners for attending. As new to the role, Isabelle asked if partners could introduce themselves to someone in the room they did not know, which was a great networking opportunity. Partners could provide information about their job role, and organisation, presenting the chance to collaborate in future. The purpose of the collaborative was also re-visited, and collectively it was agreed as a group of passionate individuals comprising commissioners, providers, the statutory sector, the voluntary sector, local authority and people with lived experience of mental health problems. The objective is to develop and grow connections, be the voice of local people, and to lead and oversee the local vision to name a few, and all partners were satisfied with this definition.

The actions from the November collaborative were also discussed, which were:

- 1.To have a attendance from GP practices
- 2.Have a shared understanding of mental health
- 3.What value does the collaborative have for you and your organisation

It was suggested to link in with care coordinators and health coaches, who can deliver this information to the GPs, and make them aware of the referral process, which is in phase 1 – GP referral only for South Derbyshire. From the feedback received, it has been shown that all partners have a vital role in delivering mental health services, with a common shared goal, and the collaboratives are an excellent place to showcase this.

### **Guest speaker 1:**

Michelle Grierson (Community Health Improvement Worker) from Live Life Better Derbyshire (LLBD) presented the service, highlighting their direct delivery of weight management, health checks, healthier futures and tobacco dependency treatment to name a few. Michelle also stated that LLBD signpost and refer on to fall services, employment and alcohol service (eligibility criteria can be found on the slides). How to access LLBD is through the website, which can be found here - [Home - Live Life Better Derbyshire](#). A health & wellbeing MOT is also located on the website, and a personalised plan can be created. It was also highlighted that males 40 years + in manual jobs are a target population that LLBD would like to assist, as this group find it difficult to refer themselves to a mental health / wellbeing service.

Please see attached presentation, with contact details.

## South Derbyshire Collaborative Newsletter

### Guest Speaker 2:

Next to present at the collaborative was Lucy Jantschenko (Team Manager) from Waythrough | Derby Safe Haven. The vision of the charity is to break down the barriers that stop people getting the support they need to live a life they value. Lucy explained 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. 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](#).

### Presentation to follow.

### Delivery Partner Feedback/Updates:

Melanie Hani (Derbyshire County Council) shared the details of a Conference and Exhibition on Wellbeing, Mental Health and Suicide Prevention in the VCSE sector.

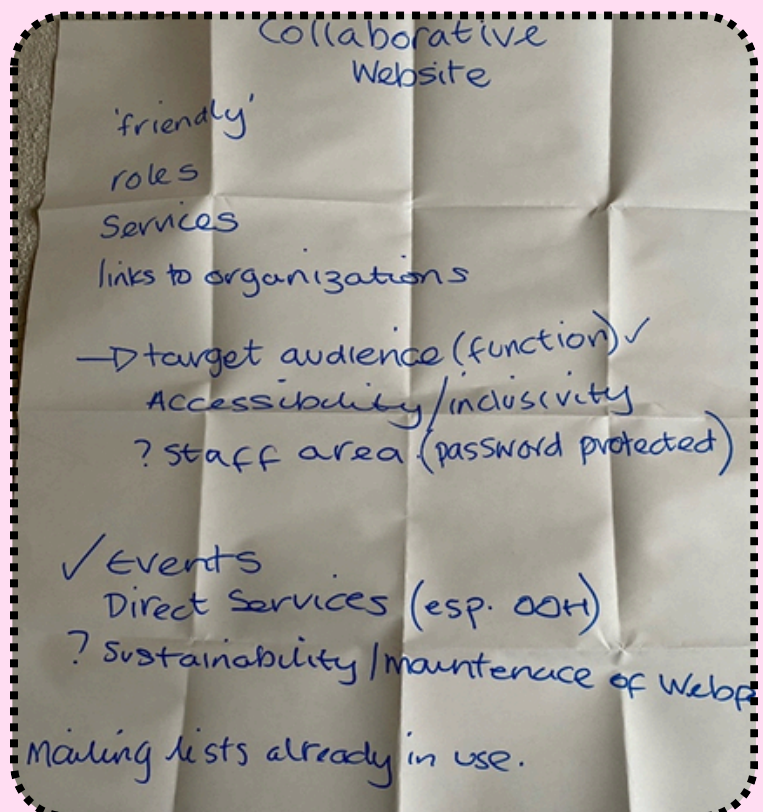
- Exhibition and Event Opening Date: Thursday 20th March 2025 10am to 4pm
- Conference Day: Friday 21st March 2025 10am to 4pm
- Place: Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX

### Please see leaflet attached to email.

Isabelle opened the conversation around the Living Well website, and what partners would like to see on there for the locality of South Derbyshire. Partners stated they wanted to know the purpose of the website, was this for Living Well staff, or was this for the community to access details on services, events and contact.

The collaborative compared this to High Peak and Chesterfield to see what information was on their pages. Target audience accessibility and inclusivity was also questioned.

Link to Living Well website: [Living Well Derbyshire | Health & Wellbeing](#)



## **South Derbyshire Collaborative Newsletter**

### **Actions:**

1. What would we like to collaboratives to look like post March 2025, are there existing forums in South Derbyshire?
2. Will South Derbyshire be going into phase 2 and would Social Prescribers be able to refer into this phase?
3. More information required for the website – Who is the target audience?

### **Our next collaborative will be: Date:**

Thursday 9th January 2025

Time: 10:00-11:30am

Location: MS Teams

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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)***