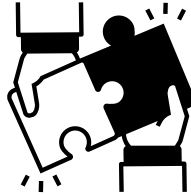




South Derbyshire Collaborative Newsletter



Living Well Update:

Thankyou to those that attend the Living Well Collaborative at South Derbyshire CVS on Thursday 6th February 2025 10:30am-12pm.

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 speaker; Liz Howard - Undercurrents, Mental Health First Aiders Network, collaborative sustainability, delivery partner feedback & updates, future meeting updates and any other business.

January Actions:

- *All partners to consider what a collaborative will look like post March 2025 – Is there existing forums already there, who will facilitate these discussions post March 2025? Partners asked to complete evaluation forms.* Unfortunately, no evaluation forms were received from January's collaborative. Isabelle stated that she has been working alongside Marina (Living Well Website Coordinator). The website will include previous meeting minutes, local services, groups and organisations and contact details, which will be live within the next few weeks. Stephanie Thandi (*Public Health Officer*) shared that there is a Health and Wellbeing board, where elements of the collaborative can be discussed, as an alternative to the current Living Well collaborative. Further exploration of the group is required, feedback to follow.
- *James Bromley (CEO at Erewash Voluntary Action) to provide written update regarding collaborative sustainability to send to partners (for January).* James was unable to attend the collaborative in January and February but will provide a written update in due course.

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.

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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.

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

Derbyshire Health First Aiders Network – Relaunch:

Isabelle 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. 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 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.

Delivery Partner Feedback / Updates:

- *Parkinson's Drop-in session, Thursday 27th February 2025 1-3pm at Melbourne Assembly Rooms, DE73 8GJ.*
- *Sofa2Stroll at Elvaston Country Park: More information: <https://www.eventbrite.co.uk/o/sofa2stroll-103715373891>*
- *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.*
- *Mental Health Team Administrator Volunteer post – Please see attached leaflet.*

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Collaborative Sustainability:

Please share any ideas/thoughts/opinions to:

Tracy Litchfield (VCSE Lead): Tracy.Litchfield@p3charity.org

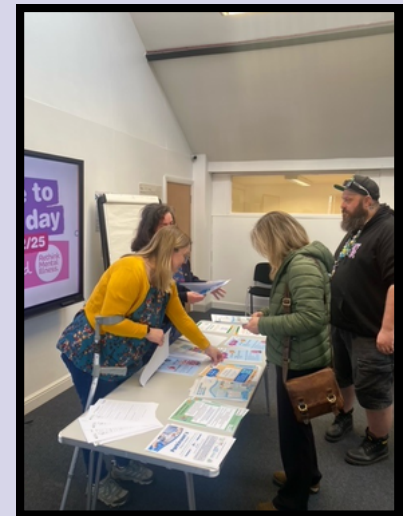
Brad Allison-Stevens (Service Manager, South Derbyshire Adult CMHT): b.allison-stevens@nhs.net

AOB:

Time to Talk Day

Time to Talk Day 2025 is a special day dedicated to encouraging friends, families, communities, and workplaces to come together to talk, listen, and make a difference in people's lives. The goal is to create an environment where everyone feels comfortable discussing mental health openly. It's a chance to reduce stigma, raise awareness, and promote understanding.

We are proud to have featured this important day in the South Derbyshire collaborative, where resources and networking were made available for those interested in taking something home to continue the conversation.



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