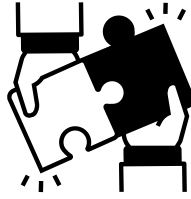




## **Erewash Collaborative Newsletter**



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

It was great to see partners attend the Erewash Collaborative on Thursday 12th December 2024 13:00 – 15:00 at Erewash Voluntary Action, Granville Avenue, Long Eaton, Derbyshire, NG10 4HD.

### ***Introduction:***

The collaborative began with Isabelle Grainger (Collaborative Coordinator for Erewash) 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 discussed 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 stratified satisfied with this definition.

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

- How can we ensure that individuals with lived experience feel comfortable sharing their stories in these meetings? Partners shared there should be an environment which feels safe and secure, as well as providing locations where individuals recognise.
- What strategies can be implemented to enhance communication and collaboration among different service providers? Partners stated they were happy with the location and the mixture of face-to-face and MS Teams collaboratives, and we will continue to follow this going forward.
- How can local partners support the continuation or development of the collaborative post March 2025? Continue to have the conversation around sustainability, and James Bromley to provide feedback at the next Living Well Collaborative in January 2025.

### ***Guest Speakers:***

Michelle Grierson and Kiran Panesar (Community Health Improvement Workers) 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.

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the guest speakers also stated that LLBD signpost and onward referrals refer on to fall services, employment and alcohol services (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.**

Scott Clayton introduced Bluetonic, which is a charity dedicated to creating experiences in, on or around blue spaces. Blue spaces are areas that are close to water either inland or by the sea. Spending time by blue spaces can make us happier and healthier. Bluetonic offers resources, activity and information that helps anyone become more active in blue spaces. Scott kindly shared his lived experiences and informed the collaborative that being near, in, on or under water can provide a long list of benefits for our mind and body, including lowering stress and anxiety and increasing an overall sense of well-being and happiness. Locally, in the East Midlands Bluetonic can support local groups of people that struggle to gain access to blue spaces, due to factors such as age, sex, race, or economic hardship. Please follow the link to the website here - <https://www.bluetonic.org.uk/>.

**Please see attached presentation.**

**A big thankyou to our guest speakers!**

### ***Delivery Partner Feedback/Updates:***

Dr Gene Wilson from Elephant Rooms (Draycott) informed the group that they are hoping to run a Finding Calm course in 2025, which combines anxiety and stress management with sleep management. To do this however, there is a need for funding, if you or your organisation can help in anyway, please do let Gene know.

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

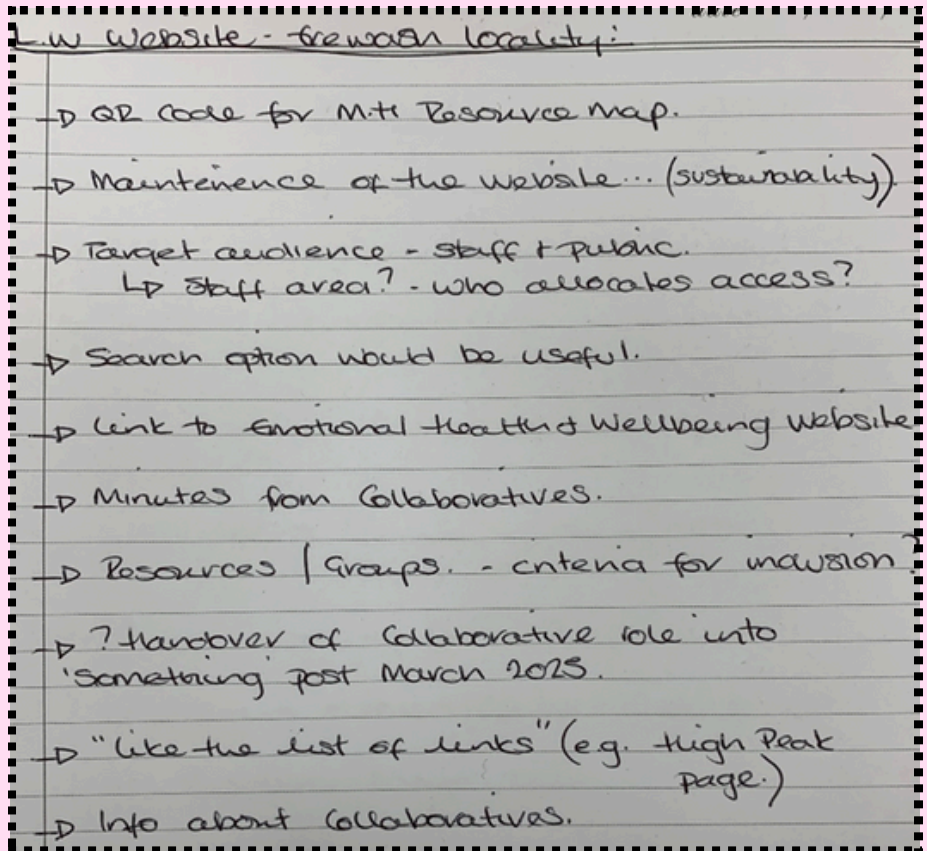
- Exhibition and Event Opening Date: Thursday 20th March 2025 10am to 4pm
- Conference Day: Friday 21st March 2025 10am to 4pm
- Place: Rosliston Forestry Centre, Burton Road, Rosliston, Swadlincote, DE12 8JX

The Baton of Hope was discussed in the collaborative too, which is the UK's largest ever suicide prevention initiative, which represents a journey of hope. The Baton of Hope will be traveling through Derbyshire on the 13th September 2025.

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Isabelle opened the conversation around the Living Well website, and what partners would like to see on there for the locality of Erewash. 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.

Isabelle confirmed that the website is for the general public, and also staff members. The collaborative compared this to High Peak and Chesterfield to see what information was on their pages. Below are points raised in the Erewash Collaborative.  
Link to Living Well website: [Living Well Derbyshire | Health & Wellbeing](#)

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- Living Well Website - Erewash locality:
- QR code for M-t Resource map.
  - Maintenance of the website... (sustainability)
  - Target audience - staff + public.  
↳ Staff area? - who allocates access?
  - Search option would be useful.
  - Link to Emotional Health & Wellbeing website
  - Minutes from Collaboratives.
  - Resources / Groups - criteria for inclusion
  - ? Handover of Collaborative role into 'something post March 2025'.
  - "like the list of links" (e.g. High Peak page.)
  - Info about Collaboratives.

### Actions:

- James to provide an update on the sustainability side of the collaboratives.
- Isabelle to discuss with Marina (who maintains the website) the above points raised.
- Partners to think collectively about the direction of the collaboratives post March 2025, what forums/spaces/collaboratives are already in place? How would take responsibility for this?

**Our next collaborative will be:**  
**Date: Thursday 23rd 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)**