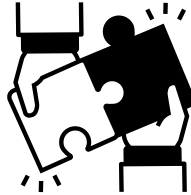




## Amber Valley Collaborative Newsletter



### **Living Well Update:**

Thank you to those that attended the Amber Valley Living Well Collaborative Thursday 16th January 2025  
10:00am-12:00pm.

### **Introduction:**

Isabelle Grainger (*Living Well Coordinator for Amber Valley*) opened the Collaborative meeting by outlining the agenda, which included a recap of previous actions and presentations from guest speakers; Susie Lambert and Lucy Jantschenko, delivery partner feedback & updates, and future meeting updates

### **Previous Actions from December 2024:**

- Isabelle to contact the engagement team regarding feedback on GP surgeries – ***There is always a potential that the GP surgery showed no interest – Thank you for raising the issue” – Response from Elena (Engagement team) 12/12/24.***
- Isabelle and Marina to work together to add Living Well website features over next few months. ***–In the process of developing website features with Marina.***
- Isabelle to contact James Bromley and provide feedback on collaborative sustainability. ***Unfortunately, James was unable to attend the Amber Valley Collaborative but will provide a written update within the coming days regarding the current Collaborative sustainability.***
- 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. – ***Awaiting feedback from partners.***

### **Guest Speaker:**

Guest speaker 1: 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.**

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### **Guest speaker 2: Lucy Jantschenko (Team Manager)**

Next to present at the collaborative was Lucy Jantschenko 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. Lucy emphasised the importance of basic nutrition and self-care in improving overall well-being, highlighting the supportive and empowering role of the Safe Haven team in assisting individuals facing various crises. 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](#).

### **Collaborative sustainability:**

James Bromley (*Chief Executive Officer, Erewash Voluntary Action*). James to provide a written update regarding the current Amber Valley Living Well collaborative.

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

- Becki Lewis (*Service Information and Promotions Co-ordinator, Mid Mercia*) will be hosting Derby Wellbeing for Derby City on 28th January 2025. Please email Becki if you wish to join / be a guest speaker: [blewis@citizensadvicemidmercia.org.uk](mailto:blewis@citizensadvicemidmercia.org.uk) .
- Isabelle shared information about the Joint County Wide Mental Health Forum and Living Well Collaboratives - Erewash/South Derbyshire/Amber Valley. This will be 6th March 2025 10am-3pm, open to the public, organisations & charities (**see poster attached**).

### **Future actions:**

1. 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 - Evaluation form attached, please share your thoughts.

**Future Meetings:** *The next Amber Valley Collaborative will be held at the following:*

**When:** Thursday 20th February 2025

**Where:** Greenwich Park Community Sports Hub, Nottingham Road, Ripley, DE5 3AY

**Time:** 10:30am-12:00pm

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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)*