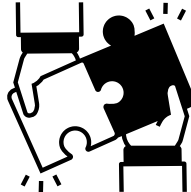




## **Amber Valley Collaborative Newsletter**



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

Thankyou to those that attend the Amber Valley Living Well Collaborative at Greenwich Park Community Sports Hub on Thursday 20th February 2025 10:30am-12pm.

### ***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; Liz Howard - Undercurrents, Debra Dudley - 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.
- James Bromley (CEO at Erewash Voluntary Action) to provide written update regarding collaborative sustainability to send to partners (for January).

### ***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. 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](mailto:helloundercurrents@gmail.com) .

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

### ***Guest Speaker: Debra Dudley - Derbyshire Health First Aiders Network Relaunch:***

Debra 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.

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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](mailto: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.

**Thankyou Debra too for speaking at the Collaborative!**

### Delivery Partner Feedback / Updates:

- 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.
- Infinite Wellbeing shared a range of activities - attached to the email and also via this link: <https://www.infinite-wellbeing.co.uk/>
- Belper Singing For Fun Group. Every 3rd Thursday of the month 1-3pm. See leaflet attached.  
Contact Jane: 07938 737009
- Move More Amber Valley Strategy Showcase and Implementation Event: Wednesday 19th March 2025 10-1pm - Please register your attendance by filling out the form on this [link](#).

### Joint Countywide Mental Health Forum Market Stall Event

Thursday 6th March 2025 10am-3pm

Taking place at: Erewash Voluntary Action, Granville Avenue, Long Eaton,  
Derbyshire, NG10 4HD

Open to the general public

Join us and see what is happening in your local community!

It will be a day of sharing information and getting to know  
your Local Mental Health Community Services.

Live Life Better Derbyshire will also be giving FREE Health  
checks

Confirmed organisations attending - Rethink, DRPSS, Together By Nature, PS, SOBS Chesterfield, Mentell,  
Derbyshire Mind, Citizens Advice & National Energy Action




**Infinite Wellbeing Youth Timetable**

Monday	Tuesday	Wednesday	Thursday	Friday
Board Games & Dungeons & Dragons Infinite Community Centre 3-7pm Open to the public, all ages	Performing Arts and Music (£2) Infinite Community Centre 4:00-5:15pm Ages 8-15 Years	Gaming and Youth Hangout Infinite Community Centre, Heanor 4-6pm Ages 11-16 Years	Girl Power: Sports and Arts Aldercar High School 3-4pm Ages 11-16 Years	Derby County Football Aldercar High School 5:30-6:30pm Ages 11-16 Years

For more info please contact Kevin Hutton  
[youthservices@infinite-wellbeing.co.uk](mailto:youthservices@infinite-wellbeing.co.uk)  
or 07741787749

All sessions are free of charge (unless stated)

Golf Coaching at the Bunker every Thursday 4-5pm. Limited numbers, booking essential

## ***Amber Valley Collaborative Newsletter***

### ***Collaborative Sustainability:***

Collaborative sustainability has been a key agenda item for some time, and as many are aware, the funding to support the Collaboratives and the Coordinator's role will conclude on March 31st, 2025. Despite numerous discussions on this matter, a resolution has yet to be reached. Ellen Parr, the Mental Health Commissioning Manager at NHS Derby and Derbyshire Integrated Care Board / Joined Up Care Derbyshire, attended the Amber Valley Collaborative to provide an update, confirming that there is no available funding to continue the Living Well Collaborative in the County.

Partners expressed their frustrations, highlighting a perceived lack of equality, and emphasising that the Collaborative has been a vital space for fostering relationships between commissioners, providers, the statutory sector, the voluntary sector, local authorities, and people with lived experience. It has served as a platform for local vision and leadership in Amber Valley. Many partners voiced their disappointment with the funding decision, feeling that they had been '*left behind.*'

While it has been a time of uncertainty for the future of the Living Well Collaboratives, we have had the opportunity to share inspiring stories and hear from incredible guest speakers, all of whom have highlighted the important work being done locally. As we approach March, I would like to take this moment to express my sincere gratitude to all of you who have attended the Living Well Collaboratives in Amber Valley, for your invaluable contributions and for sharing your thoughts and insights.

**Thank you for your continued support and commitment.**

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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)***