

# Voluntary Sector Mental Health Network

Tuesday 28 February 2023

Online via Microsoft Teams



Bryony White	Derbyshire Voluntary Action
Rachel Bounds	Derbyshire Voluntary Action
Penny Wiltshire	Derventio Housing Ltd
Lynda Langley	
Sue Wheatcroft	Derbyshire Borderline Personality Support Group
Andrew Beaumont	Derbyshire Healthcare NHS Foundation Trust Governor
Fiona Stanier	New Mills Volunteer Centre
Sarah Lowe	Derbyshire Federation for Mental Health
Alison Gibson	Community Chesterfield
Clare Jones	First Steps ED
Sarah Franklin	GamCare
Laura Greener	Rethink
Tracy Litchfield	P3
Lesley Gladwell	Rebuild Project
Helen Onion	The Elm Foundation
Tim Westwood	Derbyshire Living Well - High Peak and Dales
Jackie Carpenter	Derventio Housing Ltd
Ellen Parr	NHS Derby & Derbyshire ICB
Stephanie Whelan	Rethink
Aija Cirule	Erewash Borough Council
Diana Shepherd	Art & Community

## 1. Living Well Update

### Ellen Parr, Mental Health Commissioning Manager

### NHS Derby and Derbyshire Integrated Care Board / Joined Up Care Derbyshire

Living Well is the new community mental health framework that is being rolled out across Derbyshire. Living Well will provide a holistic and community based care and support approach, this will transform the work across voluntary and statutory organisations.

Erewash Voluntary Action have won the tender to lead on the provision of the Coordination of the County Collaboratives moving forward. Derbyshire Voluntary Action have worked collaboratively on this tender and will be appointing a Living Well Collaborative Coordinator for Chesterfield, North East Derbyshire and Bolsover.

A Super Collaborative will be taking place on 26<sup>th</sup> April at the Post Mill Centre in South Normanton, it's an opportunity to bring together all the Collaborative's across Derby and Derbyshire. The event will highlight what's going well and where identify where to focus priorities an include stories of lived experience. Anyone that would like an invite can contact Ellen on [ellen.parr1@nhs.net](mailto:ellen.parr1@nhs.net)

Find out more about Living Well at <https://livingwellderbyshire.org.uk/>

Q. Are there any opportunities to make links with you to provide collaborative support with domestic abuse?

A. Helen will email Ellen and discuss.

Rachel added that if people would like to be involved but are unable to attend meetings she can feed in any comments.

## **2. Skills for Carers**

**Clare Jones, Parent and Carer Service Coordinator**

### **First Steps ED**

First Steps ED is a leading eating disorder charity providing support to lives affected by eating difficulties and disorders. Their 'Skills for Carers' workshops are designed to offer attendees the knowledge and ability to be an important part of supporting a loved one.

There are three options available to carers:

- Skills-Based Workshops

Skills for Carers is a 4 week program which is based on the Maudsley Method. Sessions include practical information, strategies, emotional support and is delivered by experts on the topic.

- Parent and Carer Counselling 1:1

This uses the Maudsley Method is for people who would prefer one to one support.

- Parent and Carer Drop In

Monthly online peer support group. It's a relaxed group, with no commitment to attend each month, with the opportunity to find support from people going through the similar experiences.

Find out more at <https://firststepsed.co.uk/services-and-support/support-for-carers/skills-for-carers/>

Q. What percentage of people you see are overeaters/binge eaters?

A. From the parent/care side it is a very small percentage, predominantly ARFID at the moment (Avoidant/restrictive food intake disorder (ARFID), when someone avoids certain foods, limits how much they eat or does both). Overeating/Bing eating is misunderstood and there is a stigma attached so people often do not seek help, First Steps ED do provide support.

## **3. The Greenaway Project**

**Sarah Lowe, Wellbeing & Life Skills Coordinator**

### **Derbyshire Federation for Mental Health**

As part of the Derbyshire Federation for Mental Health, the Greenaway Project offers courses and workshops to communities and organisations around mental health and wellbeing. All of the workshops and courses are designed for individuals to gain information, skills and tools to help support and promote their health and wellbeing.

Derbyshire Federation for Mental Health took on Greenaway Workshop and it became a Wellbeing Hub which offers Wellbeing Programmes (Free courses & workshops) and Wellbeing Groups (weekly support).

Sarah spoke about the current Green Dreams Programme which is a collaboration with Natural England to explore senses and outdoor spaces. The groups and the programme have collaborated on this 8 week programme.

Find out more at <https://www.dfmh.co.uk/the-wellness-project>

Q. Do you need any University student placements?

A. Take request back to team. Alison will email Sarah.

Q. How far do you travel to deliver courses?

A. Do offer bespoke training for organisations all across Derbyshire.

## **4. Pushing the Boundaries: struggling to comply in a women's prison**

### **Sue Wheatcroft**

Sue spent a year in prison and whilst there began to write a book about her experiences in prison, of other prisoners and staff. Sue wanted to use the book to highlight that the majority of women in prison have not committed violent crimes, they are imprisoned as a result of issues such a mental health and domestic abuse. There is a lack of mental health support in prisons and some officers abuse their power physically and psychologically.

Upon her release from prison Sue set up a support group, which has now grown and offers support across Derbyshire and wider.

Sue shared excerpts from her book and explained that it is about the day to day life in prison and hopefully people will get a different perspective of women in prison.

Sue's book can be purchased at [https://www.amazon.co.uk/Pushing-Boundaries-struggling-comply-womens/dp/B0BT6TW1CP/ref=sr\\_1\\_1?qid=1677593592&refinements=p\\_27%3ASue+Wheatcroft&s=books&sr=1-1](https://www.amazon.co.uk/Pushing-Boundaries-struggling-comply-womens/dp/B0BT6TW1CP/ref=sr_1_1?qid=1677593592&refinements=p_27%3ASue+Wheatcroft&s=books&sr=1-1)

Q. GamCare see lots of instances of women stealing to pay for their partner's habit and they are the ones that get a prison sentence.

A. Judges don't seem to take into consideration why people have done what they've done and the consequences of sending women to prison may have e.g. children being out into care.

Q. Were any attempts made to censor the book?

A. Names of prisoners have been changed but kept in the names of the Prison Officers. Sue asked Jeffrey Archer's advice on this and he said that if Sue was telling the truth then they cannot sue.