

Living Well Update

We had a really great an in depth discussions during this Collaborative along with some great guest speakers giving us information on services that will be really beneficial for us to utilise.

We started off by going through the answers to the questions we submitted to the Living Well Programme Delivery Group.

Some of the answers we felt as a group we needed more clarity on, and it also brought up some follow up questions we wanted to ask. These included comments such as:

- What will the role Children and Young People's worker entail within the long term offer?
- Is there any advancements on working with schools that have students with mental health conditions that are directly impacting the parents mental health?
- What will be done to support individuals who have issues accessing transport to enable them to attend their appointments with the Living Well team?

We also discussed primary care's involvement and agreed that conversations need to be had with our local primary care networks to ensure that they have adequate signposting materials for those who are waiting to be referred in/don't meet the Living Well criteria to help keep themselves safe.

Collaborative Update

Meet the Groups Event

The last Collaborative we held was our Quarterly Meet the Groups event. We had a fantastic turnout and lots of new connections were made! We learned a lot about gaps and challenges in the local area that we will be exploring more and also had some great feedback on the Staying Well pack. Outcomes of the event are as followed:

- 41 Attendees
- 12 local groups/organisations
- 60% of attendees made 5 or more new connections.
- Gaps such as transport to groups, trauma support and wellbeing hubs were highlighted.

Achievements and Moving Forward

We had some reflective time to look at what we have achieved and also our frustrations as a group over the last 12 months and looked back at the annual report for last year. It is clear to see that as a Collaborative, we have gone above and beyond what we set out to do. Moving forward, we have had the news that the Collaborative Coordinator post funding is being extended for another 12 months which is excellent news, but we need to look at what we want to focus on over the next 12 months.

Community Update

Derbyshire Transport on Demand

We were lucky enough to be joined by the fantastic Joanne Frost from Derbyshire Community Transport to talk all about the amazing new service that is rolling out across Derbyshire called Derbyshire Transport on Demand.

We know that transport can pose a huge issues to residents living in NEDB and with this new scheme, it can help alleviate some of those barriers. This service can be used for any type of journey such as to the shops, medical appointments, leisure trips or work journeys. The service is also open to anyone to use.

[Please click here to view the flyer and find out more information!](#)

Mental Health Support Packs

Whilst discussing signposting, we spoke about the Mental Health Support Packs that were created by Rachel Bounds at Derbyshire Voluntary Actions Mental Health Liaison Service. It is jam packed full of support options and a great tool to use. If you would like some hard copies for your organisation or group, please contact rachel@dva.org.uk
[Web version available here.](#)

Next meeting time and dates...

When: 16th April 2024

Time: 10am-12pm

Where: Microsoft Teams

Thank you for reading our newsletter.

**To join the Collaborative meetings, submit an extract or to find out more information, please email:
ellie@dva.org.uk**