

# Connections

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## Health and wellbeing

... including helping our dementia patients



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### PLUS...

The importance of physical health – **p3**

Read veteran's story – **p4-5**

NHS 70 celebrations – be involved – **p6**

Introducing your new governors – **p8-9**



Making a  
positive  
difference

# Welcome...

**...to the latest issue of Connections  
this issue is all about working together and supporting  
each other.**

I am delighted that our Trust has signed up to the Armed Forces Covenant which demonstrates our commitment to the Armed Forces community. We are privileged to include in this issue an interview with Ben, Armed Forces veteran who speaks candidly about his experiences and the support he has received through the Trust's Pathfinder service in Chesterfield – see pages 4-5 for more details.

Following on from the last issue of *Connections* we continue to look at the benefits that physical activities have on our health. Richard Morrow, one of our lead nurses, explains what we can do during the summer months to increase our physical activity and the positive impact this can have on our mental health – see page 3.

We have been organising events to celebrate the NHS's 70th Birthday – see pages 6-7 for information of events that have taken place and activities that have been organised for the Autumn – it would be great to see you there.

We have recently held governor elections for the Trust's Council of Governors and I am pleased to welcome several new governors to the Trust – see pages 8-9. Our Board works very closely with our Council of Governors, who hold our Non-Executive Directors to account and we really value the time and energy that governors commit to the role. You can also find out how to contact your local governor – please do let them know about any issues or feedback you may have – we value our members' feedback in our continual effort to improve on our services.



**Caroline Maley, Trust Chair**

Elsewhere in the magazine, there are tips for parents and carers of children who are moving up to a new school to help them prepare for the transition which can be a big change for adults and children alike – see page 10.

You can also read about the benefits on the books on prescription scheme from a service users point of view on page 11.

I hope you find the articles interesting and useful – and I look forward to your comments and feedback.

Best wishes

*Caroline*

**Caroline Maley  
Trust Chair**



Jenn Layton



# Jenn helps inspire Britain's biggest book group

**Libraries across the country are stocking books about mental health – and that's thanks in part to Derby resident Jenn Layton.**

Jenn, who uses the Trust's services, is among the 'experts by experience' who have helped to shape a national reading list of recommended books on understanding and managing common mental health problems. The books, which have been announced as part of the Reading Well 'Books on Prescription' scheme, are being stocked in libraries nationwide – including our own library at Kingsway Hospital in Derby.

Jenn was asked to take part in choosing the books after providing advice to NHS England, who sought her feedback on how to make NHS care more personalised. "I had developed my own personalised care plan using a personal health budget, and I found that allowed me to manage my autism better, which in turn really helped my mental health," says Jenn.

Jenn was asked to take part in a series of Reading Well workshops in London with around a dozen other experts by experience. "We were asked for recommendations of books we'd come across and found helpful," says Jenn, "but we also shaped how the list should be formed more generally – for example, by making sure there were books that addressed both symptoms and diagnoses, books that helped people who were struggling due to life issues like bereavement, and books written for people of all backgrounds."

Jenn now hopes the list will inspire people to better understand their own condition and have the confidence to ask for their own personalised care. "People are

increasingly used to finding information independently these days, so we should encourage forms of health information in addition to NHS services," says Jenn. "Independent study and reading allowed me to educate myself and go to doctors and say, 'I think this is the problem, can we discuss it?' I hope it will do the same for others."

Learn more about Reading Well, and see the full list of Books on Prescription, by visiting [www.reading-well.org.uk](http://www.reading-well.org.uk)

By chance, the Reading Well list also includes a book by one of the Trust's clinical psychologists.

Michelle Cree's book 'The Compassionate Mind Approach to Postnatal Depression: Using Compassion Focused

Therapy to Enhance Mood, Confidence and Bonding' is the first book on post-natal depression to make the list. It builds on the work our Trust has done in recent years on compassion-focused therapy or CFT.

Says Michelle: "I was really chuffed that the book made the list, as it is people with lived experience who have picked it; that makes it feel like one of the biggest accolades you can have."

