

team talk

How Derby County Community Trust are responding to mental health needs in Derby

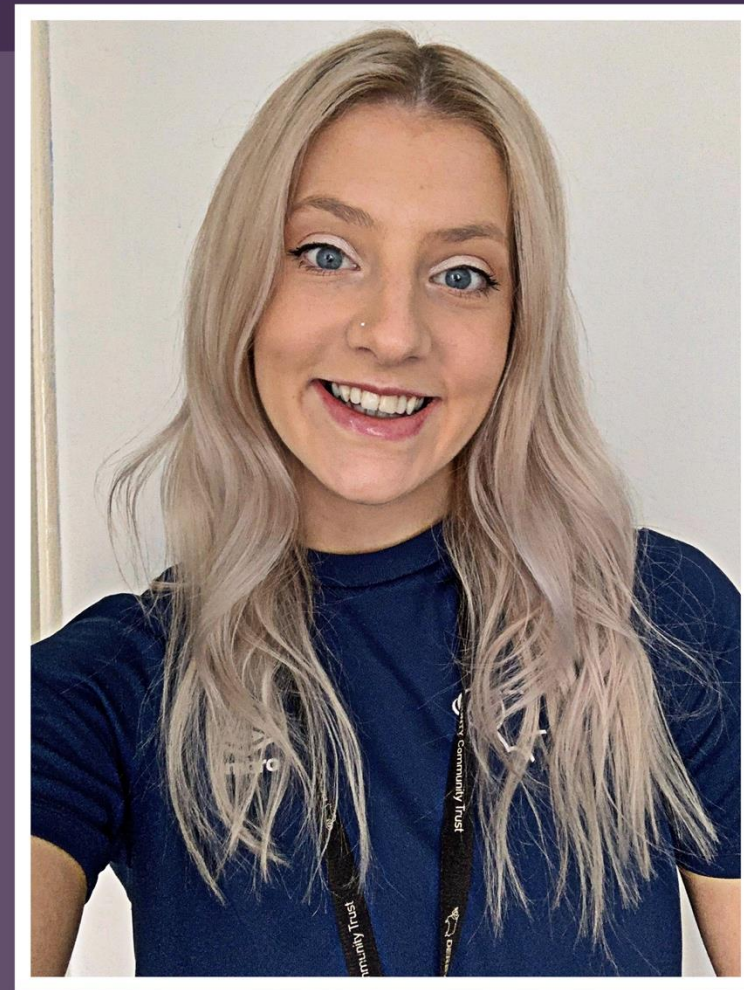




SHARON



LUKE



HANNAH

WHERE WE STARTED



THE NEED



THE IDEA

A group of men are gathered in a room with large windows and a whiteboard. One man is standing and talking to a group of people seated at a table. Another man is standing near a whiteboard, and a third man is standing in the foreground, looking towards the group. The room appears to be a meeting or training space.

“I was scrolling through social media and I came across a video, it was all about football and about supporters who had been going to games with family members or friends and there was an empty seat next to them. They were talking about the experience of losing that friend or family member after they had taken their own life. It made me think that we needed to do something in Derby and I approached the Community Trust for their help.”

SEAN, VOLUNTEER

PARTNERS



Reaching students predominantly aged under 25



Working to improve mental wellbeing in the workplace

SOCIAL CARE

Working in a locality to support males

SOCIAL PRESCRIBERS

Signposting vulnerable individuals



Working holistically across projects



Reaching supporters and fans

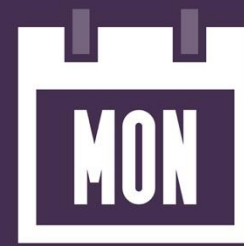
DELIVERY



**SET UP
INITIAL HUB**



**EXTENSION
INTO 4 HUBS**



**WEEKLY
SESSIONS**



**ONE TO ONE
SUPPORT**

PATHWAY



**IDENTIFYING
PARTICIPANTS**



**MHFA
TRAINING**



**VOLUNTEERING
OPPORTUNITIES**



**WIDER
OPPORTUNITIES
WITHIN DCCT**

PHYSICAL ACTIVITY



**PARTICIPANT-LED
PHYSICAL ACTIVITY**




FOOTBALL



**EXERCISE CLASSES
TO SUPPORT
MENTAL WELLBEING**



**MENTAL WELLBEING
STATS**



"I was so excited to be asked to play on the pitch. I remember going to the Baseball Ground when I was younger and to get to actually play at Pride Park was amazing. I am 60 had not played football for over 20 years and had to borrow kit from anyone and anywhere. I ran around as much as I could, pulled a muscle, was tired, but at the end sitting in the changing rooms all I could think of was: Wow I can still play football."

JIMMY, PARTICIPANT

A laptop screen displays a grid of approximately 15 video call participants. The participants are shown in various frames of different sizes, representing a virtual meeting. The text "ADAPTED DELIVERY" is overlaid in large, bold, white capital letters across the center of the screen. The background is a blurred office setting with a desk and a window.

ADAPTED DELIVERY

A group of approximately ten people and a dog are gathered in a grassy park area. The background features several large, leafy trees under a clear sky. The scene is overlaid with a semi-transparent purple filter. The text 'ADAPTED DELIVERY' is centered in the foreground in a large, white, bold, sans-serif font.

ADAPTED DELIVERY

EVALUATION

In partnership with the University of Derby: David Best and Theresa Critchlow, July 2020

98%

**IMPROVED
MENTAL HEALTH**

98%

**IMPROVED
SOCIAL SUPPORT**

82%

**WANTED TO GIVE
SOMETHING BACK**

100%

**WOULD RECOMMEND
THE GROUP**

A black and white photograph of two men sitting on a dark couch, engaged in conversation. The man on the left is wearing a denim jacket with a shearling collar and a dark t-shirt. The man on the right is wearing a bucket hat, a dark t-shirt, and shorts, and is gesturing with his hands while speaking. A small table with a mug is visible to the right. The entire image has a purple tint.

“This is more than a group now - we have become friends and shared the same passion which is to spread positive messages around mental health.”

PARTICIPANT



REDUNDANCY AND RECOVERY

NEXT STEPS



A black and white photograph of a woman with long dark hair, smiling and looking down at a baby she is holding. The woman is wearing a dark t-shirt with a white stripe. The baby is sitting on a carpeted floor, wearing a light-colored long-sleeved shirt and pants. The background shows a window with vertical blinds. The text 'FEMALE PROVISION' is overlaid in large white letters across the center of the image.

FEMALE PROVISION

PRE AND POST NATAL DEPRESSION



**GAP IN
PROVISION**



**WOMEN IN PREGNANCY
OR MOTHERS OF UP
TO 1 YEAR OLDS**



**PARTNERSHIP
WORK**

BENEFITS



**ALLOWING THEM TO
EXERCISE SAFELY**



**CREATE A NETWORK
AND SUPPORT
SYSTEM**



**MENTAL WELLBEING
BENEFITS**



**BONDING BETWEEN
CHILD AND MOTHER**

PLANS



**PILOT
SESSIONS**



**PARTICIPANT-LED
FEEDBACK AND
EVALUATION**

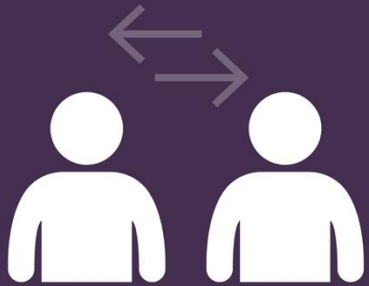


**GROWTH OF
SESSIONS**



**HOLISTIC
APPROACH**

NEXT STEPS IN EVALUATION



**PEER
RESEARCHERS**



**ONGOING
EVALUATION**



**SOCIAL
CONNECTIVITY**

**THANK YOU FOR LISTENING
DO YOU HAVE ANY QUESTIONS?**