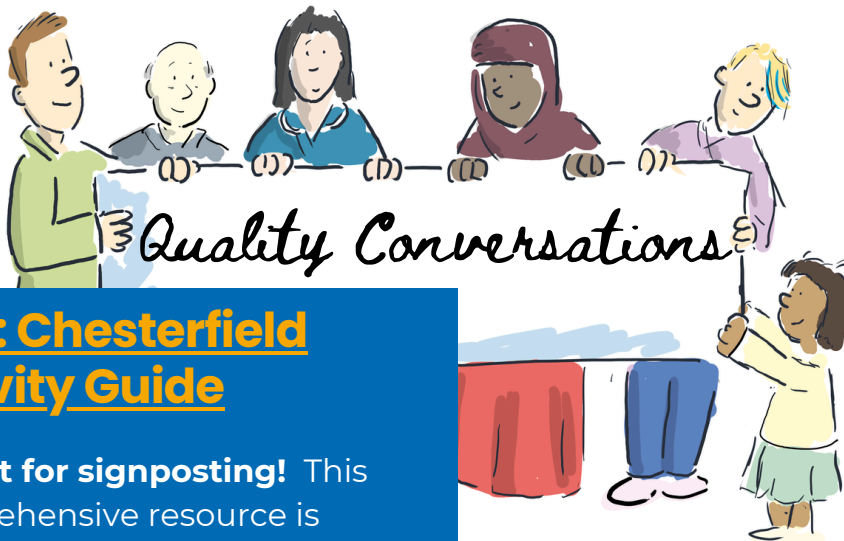


DECEMBER 2024

QUALITY CONVERSATIONS

# NEWSLETTER



## New: Chesterfield Activity Guide

**Perfect for signposting!** This comprehensive resource is designed to help you explore and engage with the diverse activities, facilities, and services available throughout Chesterfield.

If you work across other parts of Derbyshire, don't forget about MECC Link where you can access information about national and local support services.

[Find the activity guide here](#)

Thank you to all of our Peer Coaches who have contributed to our sessions this year. If you have any feedback on the Peer Coach sessions please fill out [this anonymous survey](#).

[Find out more about becoming a peer coach here](#)

### ● Sage & Thyme Workshop

Thursday, January 30, 2025

1:30 - 4:30pm

Pinxton Village Hall

This course is for people who are based in North Derbyshire only.

The Sage & Thyme Foundation Level Workshop teaches :

- \* A memorable structured approach for getting into and out of a conversation.
- \* How to empower patients/carers who are worried or distressed.
- \* Communication skills that are evidence based.

[Book your place here](#)

DECEMBER 2024

## Coming soon- Clear Conversations

Did you know that **6 out of 10** people in Derbyshire will struggle to understand basic health information?

In this interactive online session you will get chance to learn and practice how to communicate in a health literacy friendly way, ask the right questions, and support people to manage their health and wellbeing.



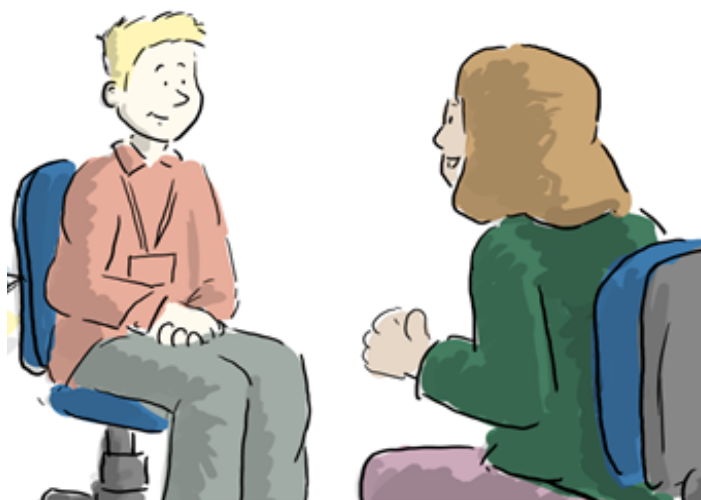
[Book your place for our 27th January session here.](#)



### [Quality Conversations Website](#)

Don't forget to check out our website! You can find information about and book onto all of our sessions.

We also have a wide range of resources to support you to continue to use Quality Conversations in your role.



- **[A practical guide to delivering exceptional Personalised Care](#)**

Made in partnership by Nottingham and Nottinghamshire CCG and Health Coaching Academy, this guide includes 9 skills areas and 9 supporting tools that you can use to deliver higher levels of personalised care.

[Click here to see the guide.](#)