

## The Round Up



Your Monthly Round Up of what's happening at St Andrew's Healthcare

### CEO Katie Fisher reflections

As we come to the end of 2020, CEO Katie Fisher has shared her thoughts on what has been a unique, challenging and unpredictable year. In a note to staff, she highlighted the pandemic and the challenges this has caused across the healthcare sector and our charity.

Katie promised that 2020 would see huge and positive change as we sought to meet new requirements from patients, regulators and our healthcare partners. Over the past 12 months we have significantly changed the way we work, adapting the way we deliver care; reducing the number of inpatients beds from 900 to below 600, focusing on specialist community care, and improved the way we engage with and look after one another. We've sold our Nottinghamshire hospital site, introduced new divisional leadership, reduced the size of our CAMHS, re-modelled our Women's Medium Secure service and moved our dementia wards to an impressive new facility in Lowther. All of these changes, amongst many others, support our charity-wide goal of right-sizing and relocating our services to ensure that we deliver high quality, expert, patient-centred care.



Katie also noted; the celebration of Workbridge's (our public facing vocational pathway) 40th anniversary; being shortlisted for two Nursing Times Awards; our patients and staff accomplishing an array of fantastic qualifications; the launch of our 'Let's Talk About' social media campaign; more than 2,000 internal CARE award nominations; the celebration of Black History Month; more than 40 Continuous Quality Improvement (CQI) staff ideas; Freedom to Speak Up Guardians; and the roll-out of our 'On The Ward' podcast, which received a coveted Student Nursing Times Award.

She reflected on how staff have continued to offer specialist care support to patients during very uncertain times and the wonderful acts of kindness that have been frequently shown by staff and volunteers across the charity. She spoke of the charity's spirit, resilience and determination to delivery high quality specialist care, seen through improved CQC, NHSE and NHS Wales inspections, resilience which will help us weather the storm of 2020 and move forward.

Finally, Katie spoke of St Andrew's as a special place, the remarkable and inspiring patient recovery stories seen this year and the close-knit community of staff and volunteers who have provided astonishing support, comfort and hope who are truly reflective of the CARE values that underpin our charitable work and achieve outstanding outcomes for patients. Thank you to all our partners and customers for your support during this year.

### CQC recognises improvements in our CAMHS service

Following a re-inspection by the Care Quality Commission (CQC) of our CAMHS wards, the division has now been lifted out of special measures. The re-inspection follows significant clinical and environmental changes across the service as part of our charity wide transformation strategy. For CAMHS this has seen the reduction of beds, ward moves to Smyth House, a new leadership structure, increased staff wellbeing support, better mechanisms for raising concerns, a trauma informed model of care, education and therapy interventions and enhanced engagement with family, patient and carer groups. **To read the full story including CEO Katie Fisher's views [click here](#).** For further information call or [email](#) Kelly in our Admissions Team on 0800 434 6690.



### Self-testing kits

In co-ordination with our NHS partners we have provided self-testing and lateral flow devices that will enable all clinical and non-clinical staff to test themselves within 30 minutes. This measure is a great step forward across the charity to protect patients, staff and families until a vaccine is rolled out and will work alongside hand-hygiene, PPE and social distancing guidelines. Results will be collated centrally to inform NHS England and support staffing decisions.

### Covid-19 update

December saw a rise in Covid-19 cases across the hospital reflective of the national healthcare picture. Our clinical teams have worked tremendously hard to reduce the number of patient cases and contain the spread. As of week commencing 29 December, we have four confirmed Covid-19 cases. All these wards are now in isolation. [Click here](#) to read our latest coronavirus guidelines and policies following national announcements.

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**Merry Christmas and a Happy New Year from all at St Andrew's**



In an extremely challenging year, taking the time to reflect is vitally important. Our Spiritual and Pastoral Care Team helped patients and staff to do just that by putting together a virtual Christmas Carol service. It included reflections and readings from Revd Philip Evans (chaplain), Katrina Tite (Hotel Services), Katie Fisher (CEO), Alex Owen (Chief Finance Officer), and Revd Kartar Bring (chaplain). A patient from Fenwick Ward read from Isaiah 9, and a former patient from Lower Harlestone, who discharged in 2018 played *Away in a Manger* on the chapel organ.

**St Andrew's would like to wish all our patients, staff, carers and partners a safe and happy new year.**

[Click here](#) to view the Christmas Carol service.

### Measuring the mental health outcomes of spirituality and faith

The timely culmination of a two year pilot study at St Andrew's was presented by Dr Paul Wallang and Revd Philip Evans at the Royal College of Psychiatrists Conference in December. Hosted by the RCP's Spirituality Specialist Interest Group (SIG) they shared a beautifully empathetic video which spoke about the outcomes of the study and the positive impacts that spirituality and faith has on people, and how it has been incorporated into the care delivered at St Andrew's. [Click here](#) to view the video.



### Coping with grief

With the coronavirus pandemic leaving many families mourning the loss of a loved one, our psychotherapist, Liz Ritchie, spoke to Yahoo about coping with grief. Ritchie mentioned that people should "Be mindful of the 'what ifs', 'could haves', 'should haves', 'maybes' and 'if onlys'".

[Click here](#) to read the full article.



### Events

#### Working with Moral injury in Mental Health Settings Live Virtual Conference – Tuesday 9 February 2021

Hosted in collaboration with the British Psychology Society (BPS), this educational event explores conceptual and clinical issues relating to Moral Injury. Keynote speakers include Dr Wendy Dean, Dr Mark Doyle, Professor Edgar Jones and Dr Esther Murray. **To find out more and register visit the [event page](#) on our website.**

### Career Opportunities

For the latest job opportunities visit our [St Andrew's Careers page](#) on Linked In

### Thank you to all our staff and volunteers

Throughout this year we stand amazed by the care and dedication shown by our staff who continually seek to improve patient outcomes. This may have been a challenging year, but the creativity and willingness to improve patients lives have meant we continue to deliver specialist care support and enhance the lives of your patients. There have been many examples over the year and during this festive period with safely managed Christmas parties, gifts and activity packs delivered to wards to help patients to celebrate the festivities. We thank them all.



**"WE THINK THAT THE STAFF AT ST ANDREW'S ARE THE BEST THAT HE HAS HAD"**

Quote by the family of one of our patients



**"When I came into your service I was lost and didn't know where to go for help. I cannot thank you enough."**

PATIENT IN OUR CARE

TO ALL THE INCREDIBLE NURSES AROUND THE WORLD  
**THANK YOU**  
FROM EVERYONE AT ST ANDREW'S HEALTHCARE





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### 'I survived days I didn't think I would'

Following a successful discharge from St Andrew's Northampton, Ex Service User Megan Allard spoke to the Northampton Chronicle and Echo about her inspiring recovery story. Megan suffered from Borderline Personality Disorder which resulted in repeated attempts to end her life. She spoke about how Police Officers in London and Northampton helped her as she was unable to keep herself safe. Following her admission to St Andrew's and a focus on therapy, Megan described her recovery journey supported by specialist DBT staff who understood how she was feeling. Megan left St Andrew's in December, moving to supported accommodation in Northampton. She has since been attending Northampton College, working towards her GCSE qualifications. She hopes to become a mental health nurse within a police force, so she can help others struggling with what she has been through. **To read her story [click here](#).** For further information or to refer to our Women's DBT service call or [email](#) Kerry in our Admissions Team on 0800 434 6690



### Listening to Experts by Experience

Peer Support Workers at St Andrew's play a vital part in helping clinical teams to understand the perspective of patients. [Click here](#) to watch a video about the work they do to inspire and promote recovery across our charity.



### Welsh Star Blog

Welsh Star offers an ex-patient's perspective on the year and what she is looking forward to in 2021. This includes the positive and negatives of being discharged to the community five days before the first national lockdown, how she reflected on what she had learnt whilst in hospital, the impact of the second national lockdown and how she has emerged with a small Etsy business, Expert by Experience role with NHS England and a social hub project in Northamptonshire.

[Click here](#) to read Welsh Star's latest blog.

### Carers Rights Day 2020

To mark Carers Rights Day at the start of December, Carer Governor Sandy Howse gave her reflections on how she felt as a family member with a son in secure care. She speaks of the importance of regular contact, how as a Carer this made her feel cared for as well, and her own objectives as a Carer Governor at St Andrew's.

[Click here](#) to read Sandy's thoughts.



### Katie Fisher speaks to Northamptonshire Podcast

In December, Katie Fisher was invited to speak on local podcast Open4Business. The Podcast celebrates the very best of Northamptonshire, with a focus on businesses who support the local community. Katie talks about how St Andrew's has coped with Covid-19, as well as providing some insight into her leadership style, and how she became chief executive. She also addresses some of the quality challenges which the charity has faced in the last year, and her ambitions for the future. [Click here](#) to listen to the podcast.

[www.stah.org](http://www.stah.org)



### 'On the Ward' goes 'Off the Ward'

In this special edition of our award-winning podcast, we go *Off the Ward*, and speak to those working and accessing mental health treatment in the criminal justice system. During the episode we hear from Mick, who is on probation, and explains how he's battled with drug and alcohol addiction for most of his life, getting hooked on Crystal Meth and GHB, which led him to dealing. We also speak to Ellie Burch, one of St Andrew's forensic psychologists who works with offenders in the community like Mick. The podcast discusses the links between mental health and offending, how support could reduce offending, associated stigmas and how many people on probation are not getting the support they need.

[Click here](#) to listen to the latest edition of our award winning podcast.

### Too many people have to turn to crime before they get the mental health support they need

Ellie Burch, Clinical and Forensic Psychologist, St Andrew's Community Partnerships Team, spoke to us this month about the common links between mental health and offending. In an enlightening blog post, Ellie talks of how mental illness can build, often based on traumatic events, leading to offending behaviours and discusses how St Andrew's is working with the London Community Rehabilitation Company to offer voluntary mental health support to those on probation.

[Click here](#) to read the full blog post.

