

The Round Up

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

Working with others to help raise awareness and reduce mental health stigma

During May, the charity played an active role in major campaigns to help raise awareness and reduce mental health stigma. Mental Health Awareness Week saw the charity work with other influential organisations and healthcare providers to deliver a week long festival on mental health. St Andrew's also joined forces with the Huntington's Disease Association to help raise awareness of the gap in mental health support for people with HD. Staff also reflected on the issues raised during Deaf Awareness Week with patients on our Deaf ward Fairbairn.



Mental Health Awareness Week

St Andrew's joined forces with BBC Radio Northampton, Northamptonshire Healthcare NHS Foundation Trust (NHFT), the University of Northampton and the Royal & Derngate to host Northamptonshire's first ever mental health festival.

#Headfest ran during Mental Health Awareness Week 2022 from 9th -15th May, and offered a packed schedule full of talks, discussions, wellness tips and workshops to help people's mental health and wellbeing.

BBC Northampton Radio presenter Helen Blaby officially opened the event and talked about her own mental health journey, which has seen her diagnosed with Borderline Personality Disorder (BPD) and receive dialectical behavioural therapy (DBT). Helen said she felt her diagnosis might seem like a "minor inconvenience" to some, but to her it is a "dreadful experience". "It was starting this therapy that made me realise that I'm not special. There are lots of people like me who are already receiving help, but there's many people who are not and we need to change this."

The week encouraged experts from local hospitals to bring their expertise to the community. People could drop in for advice and guidance or tips on how to help their mental wellness. During the week many people also shared their experiences, including Phil Credland, who was treated for Post Traumatic Stress Disorder at St Andrew's. Phil took part in a discussion panel on trauma and his candid honesty encouraged someone in the audience to reach out to the panel and ask for help.

St Andrew's CEO Jess Lievesley said: "As a mental health charity we are always trying to find ways to break the stigma of mental health, and I cannot think of a better way to do this than by co-hosting a mental health festival; it is a great starting point for having the sorts of conversations that we should all be having."

For a full day-by-day review of the festival visit our news pages [here](#). To watch a short video of the week click [here](#).

www.stah.org

HEADFEST '22 How are you?



Huntington's disease awareness month

Huntington's disease is a debilitating condition which impacts at least 6,700 individuals in the UK. It is a

genetic condition that affects the body's nervous system, slowly stopping parts of the brain from working properly and affecting a person's functional abilities. Early symptoms can include changes in concentration, planning, thinking, mood and personality. It's a common misconception that it's a disease that only affects older people when in fact symptoms often occur between the ages of 30 and 40 years.

This month, St Andrew's Healthcare have joined forces with the Huntington's Disease Association (HDA) to raise awareness of this disease and the mental health impacts that it can have on the person and their families. The HDA's campaign **#HuntingtonInMind** has shared video stories from people living with HD and their family and carers. In support of the month, St Andrew's has also shared videos, articles and help guides from our leading clinical experts and specialist Neurobehavioural services in Northampton.

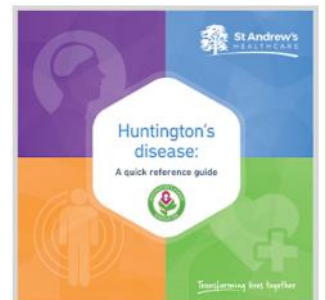
Dr Inga Stewart, Consultant Clinical Psychologist at St Andrew's Healthcare works closely with people living with HD in our specialist HD unit and to mark the awareness month she shared her insight and expertise in print and on video: "The mental health aspect of living with this condition can hugely impact the person. Depression is one of the most common mood disorders associated with Huntington's disease. This is not just linked to the experience of living with the diagnosis of the disease. Depression also appears to develop because of changes in the brain and therefore the way it functions becomes impaired."

To find out more about the campaign and it's resources click [here](#)

To read Dr Inga Stewart's and Dr Vincent Harding's article in Neuro Rehab Times click [here](#)



Let's Talk About... Huntington's Disease with Dr Inga Stewart



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Dr Keith Jenkins chairs local Brain Injury conference

In his role as Chair of the UKABIF Northamptonshire ABI Forum, Keith brought together leaders in the field of brain injury to discuss key aspects of the [Time to Change](#) report. The report suggested that changes in the areas of sporting concussions and the criminal justice system were vital to benefit the lives of survivors and to protect future generations. The conference, held in person in Kettering, hosted a range of speakers including Philip Hollobone MP, Member of Parliament for Kettering and Holly Warner, Project Manager for the Headway UK Justice Project, as well as a number of brain injury survivors who shared their lived experiences.



Word on the Ward

Deaf Awareness Week 2022 took place from 2 to 8 May. This year the theme focussed on 'Inclusion Deafness', helping people to celebrate deaf identity and feel confident with deafness. It is estimated that over 9 million people in the UK are deaf or hard of hearing, making it the third most common disability in the world. For people who are struggling with complex mental health issues, deafness can exacerbate a condition and become a blocker to getting the support and intervention required to understand, manage and overcome mental health issues. St Andrew's is home to one of only three medium secure deaf service in the UK. Over a third of our nursing team are deaf and are trained in British Sign Language (BSL). This month, we heard from Christopher Naylor, Technical Instructor, who gave us an insight into his role on the ward. Click to watch his video [here](#).



Recognising our staff

May saw a host of staff reach employment milestones. Our Leadership team recognised the commitment and dedication to patient care that these staff members have shown over the years during an award ceremony in Northampton. There was recognition for 5 up to 40 years at the event. **Well done and Thank You to you all.**



Leading the Change

Our 'Lead the Change' programme continues to gather momentum. Implemented through our partnership working with other NHS Trusts, we have already seen real benefits across the charity. These have led to the CQC reducing restrictions across our male and female services and a continuous focus on staffing levels. To read the latest updates click [here](#).



Helping to give our patients a voice

As part of our strategy and commitment to championing our patient's voices, the charity has invited staff and patients to input into the Government's 10 year plan for mental health and wellbeing in England. Chloe While, PALS, Complaints and Patient Engagement Manager at St Andrew's, explained: "This is such an important opportunity for the St Andrew's community to contribute to the Government's plan to improve the mental health and wellbeing of people in England. We are excited to coproduce our submission to the Government's consultation by getting patients, service users, carers, family, friends, staff and volunteers together to share and discuss their thoughts so we can represent the diverse and valuable range of perspectives across our community." Click [here](#) to learn more about the Government's survey.



Continuously improving our environments

Across the charity, we continue to make improvements to our environments to improve patient care and outcomes. In May, our environmental plans for our ASD/LD wards in FitzRoy House were achieved. The improvements have included acoustic panels, new sensory rooms and LED colour changing lighting to help create more relaxed and calming sensory spaces. It also included an amazing mural in the outdoor space of Brook ward, created by mural artist Sarah Hodgkins, based on a theme decided by patients at a previous community meeting. In Birmingham, another mural was completed during May. This time created by patients and [Workbridge](#), helping to revive an outdoor space for patients, staff and families at our Birmingham hospital.



COVID-19 Update

Following the publication of new national IPC guidance and with the number of Covid positive cases within the Charity reducing, we have updated our guidance in relation to wearing of face masks and social distancing. Click [here](#) for the latest guidance.