

The Round Up

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

New Dementia Hub opens doors to patients




We are delighted to open our new Dementia hub in Northampton for 40 patients with dementia and Huntington's disease. Based on a village theme, it features a village green, post office, bandstand, gardening areas and even a village hall encouraging social activities and engagement. The innovative design features include acoustic dampening, circadian lighting and dementia friendly taps to assist a person's quality of care. The dementia hub is part of our Transformation strategy to improve care quality across the charity. **For further information visit our website, call or [email](#) Maya in our Admissions Team on 0800 434 6690.**

Covid-19 update

St Andrew's remains vigilant against the fight of covid-19. We had one positive patient case in September. However, after a period of isolation, supported by the clinical team, the patient has now recovered. This followed a period of 128 days without a patient testing positive. Around 90 staff are self-isolating or shielding. Daily updates are communicated to all staff from the leadership team who continue to monitor any infections. Visits can be conducted across our sites with prior clinical team arrangement. We continue to be amazed by the dedication and selfless examples of staff to keep patients safe, leading to a 'thank you' video from our leadership team to staff and our Communications Team developing an internal 'Superheroes' video.

Crisis Café for young people in Northampton

Working in partnership with The Lowdown, Youth Works and Northamptonshire Healthcare NHS Foundation Trust, St Andrew's launched a new NHSE funded pilot scheme in the summer, increasing access to mental health support for young people in the county and to reduce the number of admissions of young people in a crisis presenting at A&E. To date over 40 young people have benefited from the support at the café. **For more information call or [email](#) Polly Gotschi, Strategic Partnership Manager on 01604 616353**



Crisis Café For Young People

If you need support with your mental health or find yourself in crisis then we're here to listen and help you in your time of need.

Available to anyone between 12 and 18 in Northamptonshire

MONDAY
4PM - 8PM
THE LOWDOWN
3 KINGSWELL STREET
NORTHAMPTON
NN1 1PP
01604 634395

THURSDAY
4PM - 8PM
YOUTHWORKS, KEYSTONE
97 ROCKINGHAM ROAD
KETERING
NN16 9HX
01536 518339

WE OFFER CRISIS
CAFÉ SUPPORT
VIRTUALLY AS WELL
AS FACE TO FACE.
SIMPLY CALL TO
BOOK AN
APPOINTMENT.



Let's talk about:
DEMENTIA
with Dr Inga Stewart

#LetsTalkAbout...

To mark World Alzheimer's Day, St Andrew's launched a social media campaign aimed at educating people on how to make communities more dementia friendly. It's the first in a four-part series launched by the charity aimed at tackling the stigma attached to complex and enduring mental health conditions. The #LetsTalkAbout 'Dementia' film, features clinical psychologist Dr Inga Stewart, and explores simple things people can do to help people live well with dementia. **Why not follow the campaign across [social media](#) by using #LetsTalkAbout, and together we can break the stigma.**

Ending out of area mental health placements

Our Deputy CEO shared his views this month on how organisations can work together and in partnership to help end out of area mental health placements. He called for providers, commissioners and the NHS to work together to make lasting changes and improve care for people with complex mental health needs. St Andrew's is working with Reach Out (the West Midlands Adult Provider Collaborative), Impact (the East Midlands Adult Provider Collaborative) and the East Midlands CAMHS PC to adapt its service offering to meet local needs, reducing the needs for patients to be placed outside of their regions. **[Click here](#) to read Jess' thoughts visit the news section of our website.**

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Weather not enough to dampen our Patient Party



The weather wasn't enough to dampen our spirits as patients and staff came together once again for our annual patient party. This year saw Inflatable basketball, Ball in a Bucket, Hook a Duck, candyfloss and popcorn on offer. A similar event was held at our Birmingham hospital in August.

Reverse Mentoring scheme

The charity has recently launched a reverse mentoring initiative among the senior leadership to raise awareness and understanding about the barriers faced by Black and Minority Ethnic (BAME) staff in the workplace, whilst ultimately breaking down inequalities. The scheme saw Tom Bingham, Director of Communications write an article in PR Week about his reflections having spent time with Angie Matongo, a clinical nurse leader who works with patients with neuropsychiatric needs. Deputy Chief Executive Officer, Jess Lievesley, and Senior Staff Nurse, Austin Omotoso also job shadowed each other as part of the scheme. [Click here](#) to visit the news section of our website to read their reflections.



Latest research

New study links childhood trauma to obesity in developmental disability patients

The research paper, entitled "[Adverse Childhood Experiences and their relationship to BMI in a developmental disorder adolescent population](#)", and led by St Andrew's consultant psychologist Deborah Morris, studied 41 detained young people finding a strong link between trauma and BMI. Deborah has also conducted another research paper titled '[Troubled Beginnings](#)' that was published in the 'Advances in Mental Health and Intellectual Disabilities' journal. This paper highlighted the alarmingly high presence of Trauma or Adverse Childhood Experience (ACEs) and need to treat trauma alongside developmental disorders. **To read the full papers click on the links above or visit the news section of our website.**

New senior leadership appointments

To help improve the quality of care, innovation and governance across our charity we are delighted to have appointed former Care Minister **Paul Burstow** as new Chair. Paul joins **Andy Brogan** as our new Executive Chief Nurse and **Julie Meikle** as new Director of Quality. Andy has previously held a number of senior roles within the NHS, most recently as Executive Chief Operating Officer and Deputy Chief Executive of Essex Partnership University NHS Foundation Trust. Julie was previously Head of Hospital Inspection at the Care Quality Commission (CQC). Welcome to the St Andrew's Family.

CQI

This month saw the launch of Continuous Quality Improvement across the charity. CQI is a culture that our leadership team are keen to embed as a means of continuously challenging the norm and making incremental changes to improve patient care. This month's example saw Craig Newman, Senior Occupational Therapist, talk about a new bike and cycling maintenance scheme that he has launched which encourages patients to develop work and social skills, whilst improving physical health and new interests.



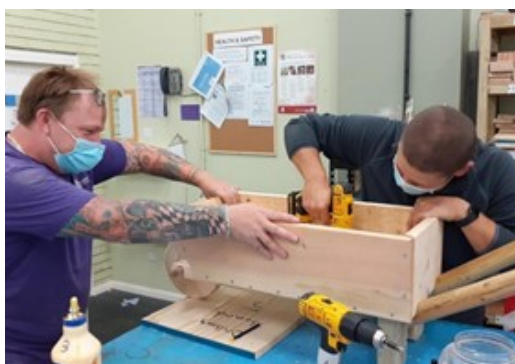
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Your Voice

One area our staff asked us to focus on in last year's staff survey was wellbeing and work-related stress. As such, this summer, the charity rolled out a new staff wellbeing support package to encourage health and wellbeing at work. It highlighted wellbeing benefits and support across mental wellbeing, physical wellbeing and financial wellbeing. Linked to this resource is New

You (Nutrition, Exercise, Wellbeing and You) programme, developed by our Allied Health Professionals that includes a nutrition and physical activity workbook, recipe book and factsheets to help you live a healthier lifestyle. [Click here](#) to read the story and request your pack.



Volunteers at Workbridge

Workbridge, our vocational experience service, welcomed volunteers from our Human Resources and Learning Disabilities teams this month to work with St Andrew's and Community patients across our workshops that include woodwork, horticulture and catering. Workbridge has worked tirelessly during the pandemic to continue to offer invaluable support and learning opportunities for service users as well as support local community projects, such as providing planters for Northamptonshire County Council. **To find out more about Workbridge [email](#) or call our Strategic Partnerships Team on 0800 434 6690.**

REDS academy

Our new Recovery & Every Day Skills (REDS) Academy prospectus launched to staff this month, offering free courses to patients, carers and staff to improve health and wellbeing. Courses range from What is Borderline Personality Disorder, Finding Hope, Starting to Improve your Self Belief and What is Acceptance.

Welsh Star Blog

One of our previous patients shares her thoughts on starting to return to normal after lockdown in her latest blog. [Click here](#) to read Welsh Star's blog on the news section of our website.

Leadership team mucking in

Many of our Senior Leadership Team have been working with teams around St Andrew's to help understand their roles and experiences. This month has seen Alex Trigg, Director of Estates & Facilities, working with the FitzRoy House Kitchen Team to make Indian pancakes for our CAMHS patient lunches.



Events

Trauma Informed Care In Practice Live Virtual Conference – 19 November

Hosted in collaboration with the British Psychology Society (BPS), this educational event considers whole service approaches to working with complex trauma. Keynote speakers include Professor Thanos Karatzias and our Consultant Psychologist Dr Annette Greenwood.

To find out more and register visit the [event page](#) on our website.

Career Opportunities

Speech and Language Therapists
Senior Healthcare Assistant, Neuropsychiatry division
Learning Technologies Assistant
Clinical or Counselling Psychologist – Community Partnerships
Clinical Psychologist - Neuropsychology
For the latest job opportunities visit our [St Andrew's Careers page](#) on Linked In