

# The Round Up

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

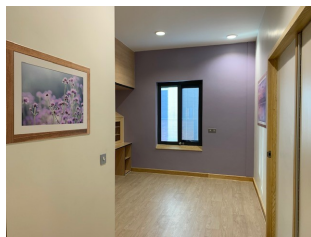
## Optimising care delivery for women with personality disorders



As we continue to progress with our Transformation strategy to improve care quality, this month saw the completion of our new **DBT hub**, based in Isham House. The hub provides a dedicated home for our specialist DBT rehabilitation wards for women with personality disorders. It includes two services delivering our renowned comprehensive DBT programme, a service specifically for women with Emotionally Unstable Personality Disorder and associated Eating Disorders, and an 8 bed step-down service allowing independent living as women prepare for the community. The new environments optimise care delivery to enhance the recovery and rehabilitation of women with personality disorder. The full MDT will now be located under the same roof to deliver a collaborative approach, enhancing personalised care, increasing access to education, vocational and social activities and maximising opportunities to test skills for community living. **For further information [email](#) or call Kerry in our Admissions Team on 0800 434 6690.**

### Innovative ASD service now available

In partnership with NHS England, we are delighted to open a new enhanced medium secure service for women with LD/ASD within FitzRoy House. Four modern suites will offer bespoke package services for women who struggle on busy ward environments who may previously have been segregated for extended periods, and who require high nursing support to keep them safe.



The bespoke packages allow for a high staff-to-patient ratio within a safe environment, supporting patients to manage their behaviour before transferring to a general ward or bespoke community service. As well as excellent modern facilities within FitzRoy House, including numerous outdoor spaces, the suites will include personalised display cabinets, framed pictures and bespoke furniture to enhance that community-living feel. **For further information [email](#) or call Sam in our Admissions Team on 0800 434 6690.**

### Covid-19 update

During April the second round of staff vaccinations was rolled-out across the charity—a significant milestone in our efforts to keep patients, staff and their families safe. Our trained ward staff and volunteers have worked tirelessly to make sure we protect as many people as possible across the charity. We thank them for their care and dedication.



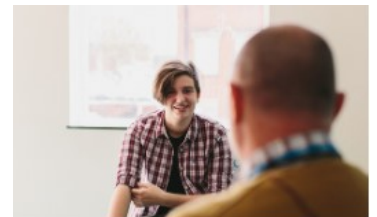
The continued efforts of staff and patients to adhere to guidelines and safety measures, along with our vaccination programme, has meant that we have seen zero positive patient cases throughout April and can continue to reflect the easing of the national lockdown. **[Click here](#) to read our latest coronavirus guidance.**

### CAMHS Tier 4 Provider Collaborative launches in the East Midlands

St Andrew's is delighted to be part of the local Provider Collaborative for CAMHS Tier 4 services, which launched in April. Working with the 'Outstanding' rated Northamptonshire Healthcare FT and other NHS and independent providers, the collaborative will be working together to establish better specialised services for children and adolescents in the region. This will include working with service users, families and colleagues in CAMHS services to improve the experience and delivery of specialised care and ensure it is connected to local teams and support networks.

**[Click here](#)** to view a Q&A with Clinical Director, Sachin Sankar.

**[Click here](#)** to find out how you can get involved to help us develop CAMHS services in the East Midlands.



### Our Unsung Heroes receive Rose of Northamptonshire Awards

We are delighted that Dr Annette Greenwood, our Trauma Response Lead, and Workbridge, our vocational opportunities service, have been recognised locally for their work during the Covid-19 pandemic. Organised by Northamptonshire County Council, the High Sheriff's office and Lord Lieutenancy, the nominations come from members of the public.

**Dr Annette Greenwood** was recognised for her compassionate and confidential support of staff who have been affected by trauma during the pandemic.

**Workbridge** were recognised for the support they offered remotely to service users over the past 12 months, which included zoom calls, activity packs in the post, welfare phone calls and wellbeing walks.

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

**[Click here](#)** to read Dr Greenwood's 'Day in the Life'.



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### Let's talk about ...

To mark **#WorldBipolarDay** we launched our latest 'Let's talk about' video focussing on Bipolar Affective Disorder. In this latest video to help raise awareness and reduce stigma around common mental health conditions, **Dr Paul Wallang** describes what Bipolar Affective Disorder is, what the signs and symptoms are and how we can help people who have Bipolar Affective Disorder. [Click here](#) to view the videos and together we can help **#BreakTheStigma**



### Meeting the needs of the most complex patients

In April, Neuro Rehab Times caught up with **Dr Vishelle Kamath**, Consultant Neuropsychiatrist at Kemsley Neuropsychiatry brain injury service. She described how, together with colleagues, the team supports patients with complex brain injury, alongside their associated mental and physical health needs to progress towards independent living. [Click here](#) to read the full article.



### New co-produced patient event schedule

At the start of this year we spoke to patients, ward staff and OT's across the charity to ask for their feedback and support in co-producing a new events schedule for 2021/22. The feedback received helped us to understand that patients would like a mixture of both onsite events and activities in the community. They also desired more frequent smaller events throughout the year. As a result of listening to these thoughts our new patient and staff event schedule consists of our usual patient Summer and Christmas parties but also introduces a variety of new events including a sports day, patient disco, talent show, quiz nights and, potentially, a monthly cinema club across our hospital sites. Ward teams will also be given the resources to hold smaller offsite events in the community for our patients. **Keep a look out as we cover these events in The Round Up throughout the year.**



### Service Users return to Workbridge

We were delighted to be able to welcome service users back to Workbridge, our vocational opportunities service, in April. During the pandemic, Workbridge has been a pillar of support for service users, with many initiatives to keep in touch, but nothing beats helping service users to develop their work and social skills within our departments. Since returning, service users have been re-opening our outdoor seating to customers in our café, planting an outdoor fruit garden in our garden nursery and supporting other business functions in our Office Skills department.



[Click here](#) to find out more about the opportunities available

### "I thought I'd be doing the patients a favour, but actually I get far more out of it!"

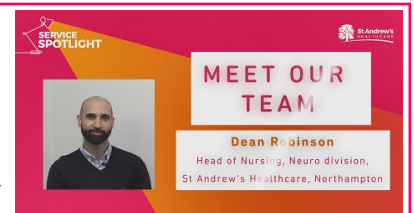
This month, Tom, Our Director of Communications, shared his befriending experience in our dementia services. At St Andrew's volunteers make a huge contribution to the well-being and recovery of patients. During the pandemic, and because of the restrictions that Covid-19 has placed on visitors, patients can feel isolated, so our volunteering service steps in to spend time with patients. As Tom explains, it also helps many of our non-clinical staff to connect with what staff are doing on the wards and see the transformation in patients over time. [Click here](#) to view Tom's video.



Tom is Director of Communications, and befriends a patient at St Andrew's each week.

### Our Brain Injury services continue to take the spotlight

We caught up with more of the MDT staff who work across our Neuropsychiatry services this month as part of our Service Spotlight campaign. Dean Robinson, Head of Nursing, reflected on the staffing challenges during the year and Emma Wakeman, Senior Social Worker, spoke about the benefits of having social work embedded within an inpatient MDT to support a patient's diverse social needs.



[Click here](#) to watch our Service Spotlight videos. [Click here](#) to find out more about our Brain Injury services.

### Things that made us happy this month

We couldn't help but smile this month as our grounds in Northampton burst into life and we welcomed our PAT dogs back

