

# The Round Up

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

April '23

## Staff recall 'royal seal of approval' ahead of Coronation

Ahead of the Coronation weekend, staff and patients at St Andrew's have been remembering the time when the charity was given the 'royal seal of approval' by the monarch himself. Twenty three years ago King Charles III, formerly The Prince of Wales, visited St Andrew's Healthcare in 2000 to open Lowther, which is now home to the charity's Dementia Village. At the time the building housed the Children and Adolescent Mental Health Service (CAMHS). Tony Griffiths, Service Director, Community Partnerships was one of the lucky few who got to speak to the Prince. Tony said: "I felt truly honoured at the time meeting him and I'm proud that he visited our charity." To celebrate the Coronation, [Workbridge](#), is holding a Craft Fair on the bank holiday Monday where there will be a huge variety of things to do for all ages, with stalls offering various hand crafted items. To read the full story of when the King visited St Andrew's, click [here](#).



## St Andrew's joins national campaign to improve mental health services

St Andrew's Healthcare is now part of the [Association of Mental Health Providers](#), the national voice for charities across England and Wales that provide mental health and wellbeing services. St Andrew's will work with other charities to tackle a mental health system that is failing for many people. St Andrew's CEO Dr Vivienne McVey, said: "Becoming a member of the Association of Mental Health Providers is an honour and privilege. We believe there is strength in numbers and being part of the Association means we can work together towards a whole-system approach which will improve health and care in the UK." Kathy Roberts, Chief Executive of the Association, said: "I've worked in this sector for over 40 years and this is the worst I've seen it. There is an increase in prevalence of mental illness in society, an increase in the intensity of need, and an increase in demand for services. The whole system is cracking but the vital services delivered by mental health charities are being overlooked." To find out more, click [here](#).



## 'My son has got his quality of life back'

A young musician who was left in a vegetative state with a serious brain injury after being hit by a train has defied all expectations and regained the ability to walk and talk.



Joel was struck by a train in 2019 when his glasses fell onto the tracks. Severely brain injured, Joel was put into an induced coma and remained in an unconscious state for more than a year – before astonishing medics by waking up. His family were thankful when he regained consciousness but quickly realised that their old son had gone, "Instead, we had a very angry, frustrated young man who was left unable to speak, feed himself and walk." As a result Joel's mental health deteriorated to a point where he required support from St Andrew's and was introduced to specialist physiotherapists [Jyothi Kraleti](#) and [Binny Kuriakose](#), who together set about improving Joel's quality of life. With hard work and perseverance, Jyothi and Binny built trust with Joel and over time helped him to change his mind-set to one of optimism. Joel began to enjoy life again and went on to defy all expectations regaining the ability to walk and talk. Joel's mum said: "I've got my son back. He has a good quality of life again and for this I am so grateful to St Andrew's and their committed staff for all they've done." To read this inspirational story, click [here](#).

## Veteran praises newly revamped mental health service

A former Sergeant Major who suffered Post-Traumatic Stress Disorder (PTSD) after serving his country for 22 years has praised a veteran's service for being revamped so it can help more people. [Op COURAGE](#) is an NHS specialist service which was developed by veterans, for veterans such as Phil Credland, who retired from the Army in 2012. He served in Iraq and Northern Ireland, but did not realise how mentally unwell he had become, having become dangerously close to losing his own life due to extreme alcoholism. Op Courage brings together three original services which were previously known as the Veterans Mental Health Transition, Intervention and Liaison Service (TILS), Veterans Mental Health Complex Treatment Service (CTS) and Veterans Mental Health High Intensity Service (HIS). To date these services have helped over 30,000 people. To read the full update, click [here](#).



## St Andrew's joins new forum for ethnic minority nurses, midwives and allied health professionals

As part of [Integrated Care Northamptonshire](#) (ICN) we are proud to have helped to launch a dedicated Forum for Nurses, Midwives and Allied Health Professionals from Black, Asian and Minority Ethnic backgrounds. Our Chief Nurse, Andy Brogan, will hold the role of Executive Ally and help inform decision making at a senior level with a view to improving race equality and inclusion and addressing historical inequalities. For more information, click [here](#).



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## 'Celebrating imperfections': Kintsugi and Headfest event announced

We're "celebrating imperfections" by hosting a Kintsugi event as part of [Headfest](#), Northampton's annual mental health festival. Meaning "joining with gold", Kintsugi is a 15th century Japanese art based around the philosophy of embracing the beauty of human flaws. In its original form it means to mend broken, cherished ceramics with powdered gold, highlighting imperfections rather than hiding them. Emphasising and celebrating imperfections therefore make Kintsugi the perfect activity to bring [St Andrew's Healthcare](#) and [Workbridge](#) together to host a Headfest event. The Kintsugi and Conversation workshop will be held at Workbridge on Bedford Road on Friday 12 May between 3-5pm. Open to all, the afternoon will allow attendees to repurpose a broken ceramic heart into a thing of beauty, whilst talking with others about mental health. To find out more about Headfest, click [here](#).



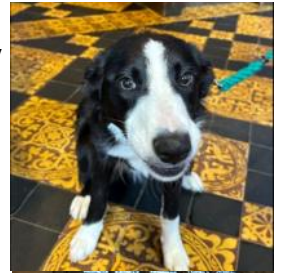
### Clinical team praise patient who is holding down full-time employment

A patient has been congratulated by his healthcare team after securing a full-time warehouse position with one of the major supermarkets in Northamptonshire. The patient, still cared for by St Andrew's, has been supported by multiple services across the charity, testing skills and developing personal confidence. Having carried out volunteer work placements onsite in Tompkins café and at [Workbridge](#), the next step was volunteering and then employment in the community, supported by our Adult Education Team. When asked what the drive was behind his achievements, he said: "In previous places I wasn't granted access to any education because they said I was too unpredictable and there was no education department at all in the last hospital I was in. When I came to St Andrew's I decided to take up the opportunity to do as much as I could while I am here and the team have really helped me to build up my skills and confidence." To read the full story, click [here](#).



### Waggy tails join us to celebrate our Pets as Therapy Volunteers

The chapel at our Northampton hospital was full of waggy tails in April when we held a service to celebrate our [Pets as Therapy](#) volunteers and to recognise the vital role they can play in our patients' therapeutic recovery. Dogs, such as Elsa, Dexter and Minnie help some of our patients to develop communication and social interaction skills and open up about how they are feeling. The pets and their volunteer helpers are always a welcome sight on the wards. The chapel service was attended by patients, volunteers and staff who joined to sing and share stories.



### Promoting acceptance of autism

Our Learning Disability and Autism services led a jam packed schedule of events and activities to mark [World Autism Acceptance week](#) at the start of April which aimed to raise awareness of Autism and promote acceptance. The week at St Andrew's included a colour run, activity packs education sessions and celebration events for patients and staff.



### Annual rowing competition sees the IT Vikings remain supreme

The charity's annual boat race returned to spark some friendly competition between service teams across the charity. In the end there were only 2 seconds in it, with the IT Vikings retaining their title once again, narrowly beating L&D Sarah Saints in second place and the Digi Rowers in third. Well done all for competing. Image shows some of our competitors with a picture of their rowing heroes.



### Events for your calendar

**Workbridge King's Coronation Craft Fair** -  
Monday 8 May 10 - 4pm.  
To find out more, click [here](#).

### Huntington's disease Awareness Week Breakfast seminar

Friday 12 May 8 - 9:30am  
Enjoy a working breakfast whilst listening to our HD specialists as they share their knowledge and insight into the cognitive deficits associated with HD. To join the seminar, email [update@stah.org](mailto:update@stah.org)

### 3rd International Moral Injury Conference

Tuesday 9 May  
Sharing the latest thinking in Moral injury from experts around the world. To find out more, click [here](#).

### HeadFest

Sunday 7 May - Sunday 14 May  
Northampton's annual public mental health festival.  
To find out more, click [here](#).

