

The Round Up

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

'On the Ward' - Final podcast episode speaks to self-harm patient on cusp of discharge

Kathleen has been a patient at St Andrew's Healthcare for four years and talked about her journey in the last episode of the third series of the podcast, 'On the Ward'. In her candid interview with Nurse, John Barry Waldron, Kathleen talks about how her self-harm spiralled out of control to the point where she never felt any pain and just 'zoned out'. Kathleen talks about the support she has been given at St Andrew's to turn her life around to the point where she is excited about returning to Northern Ireland and into a community placement. To listen to the podcast [click here](#).



Support of Huntington's Disease Association campaign makes waves in Parliament

The campaign, supported by St Andrew's in May, has resulted in an Early Day Motion being issued on the need for more specialist services for people who have Huntington's disease. There has also been Parliamentary questions on mental health support for people who have Huntington's disease tabled by Jeff Smith MP, Shadow Minister (Digital, Culture, Media and Sport) who chairs the cross-party group on mental health. The campaign also led to a meeting with the team of Dr Rosena Allin-Khan MP, Labour Shadow Minister for Mental Health, during which time the HDA talked about the Huntington's in Mind campaign and some of the challenges people with Huntington's face in getting mental health support. For more information [click here](#).



Up-coming events for your diaries

FestiVol

Saturday 3 September - 12:30pm - 3:30pm

Workbridge, Bedford Road, Northampton, NN4 7AD

Find out about the benefits of volunteering and local opportunities, while enjoying live music, shopping, street food, mocktails and more! For more info [click here](#).



Recruitment day

Friday 16 September - 11am - 2:30pm

St Andrew's Healthcare, Billing Road, Northampton
Speak to clinical teams and discover the latest career opportunities at St Andrew's Healthcare.

Email recruitment@standrew.co.uk for further information.

3rd International Trauma Informed Care In Practice

Tuesday 29 November - 9:30am - 5pm - Online conference
Brings together global experts to offer the latest evidence and guidance to inform clinical practice and service development. For more info and to register [click here](#).

Word from the Ward

Our 'Word from the Ward' series continued throughout August hearing from staff right across the charity to understand what it is like and means to work at St Andrew's. The campaign has been truly

inspiring as we listened to Consultant Psychiatrists, Strategic leaders, Clinical Nurse Leads, Psychologists, Occupational Therapists, HCAs and more, all of whom share a passion to empower patients on their recovery journeys. View all our 'Word from the Ward' videos on our Your Tube channel [here](#).



Tortoise enclosure opens at St Andrew's Essex

St Andrew's has become home to seven tortoises after a local resident's house and garden had become overrun with them. Nicholas Skittrell adopts unwanted tortoises and got in touch with St Andrew's who were only too happy to help, building an enclosure on an adjacent piece of land at the back of the hospital. Nicholas worked with a patient from Danbury ward to build the enclosure and which will, in time, become accessible to all patients in Essex. To read the full story [click here](#).



Reverend Kate Bottley visits Workbridge

Kate visited as part of Northamptonshire Food & Drink Awards judging panel and was clearly delighted to grab one of our scones for the way home. Workbridge, located on the Bedford Road, in Northampton, offers vocational education and work opportunities for service users from St Andrew's and the local community. It last won the award for Independent Café/Tea Room of the Year in 2017/18. Fingers crossed for this year.



Share with a colleague

If our newsletter would be useful to your colleagues, ask them to let us know their details by emailing update@standrew.co.uk and we'll ensure they receive the next edition of The Round Up.

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St Andrew's and Northampton Town Football Club host community football tournament

Held at St Andrew's Northampton, teams consisted of patients, staff and volunteers from The Bridge, Northampton's substance misuse programme, the Recovery House, the Northampton Town Football Club's Community Trust's disability programme and St Andrew's Healthcare. Senior Occupational Therapist Craig Newman, who helped organise the socially inclusive event, said: "It was great to once again come together with all the different services from across the county who all share the same purpose, which is to deliver innovative and creative sports to all local communities, particularly those who are disadvantaged. After four hours of football, it was the Recovery House who came away as winners. The tournament saw over 150 people attend and gained some very positive feedback from those involved. To read the full story [click here](#).



Summer Party's take place across the charity

With the sun shining throughout August, ward teams were able to put on some amazing ward-based summer parties for patients, staff and volunteers. In Lowther, our Dementia hub, there was a seaside themed party with live music, beach games, singing, dancing, ice creams and even donkeys. To find out more [click here](#).



PICU patient artwork taking shape

Patients staying in our Psychiatric Intensive Care Unit, Heygate, have been expressing their creativity in our courtyard garden. As patients only stay in the unit for a short period of time, the piece has been worked on by many individuals over the last few months. The finished piece is a bold and eclectic mix of ideas, including music, animals, beach scenes and summer which is sure to put a smile on anyone's face and just maybe help kick start an individual's recovery.



CAMHS Head teacher gives some advice on GCSE results day

Students who have not received the GCSE results they had hoped for are being urged to remember the "power of the word yet" by the Head teacher at St Andrew's Healthcare. Cheryl Smith, who oversees the Child and Adolescent Mental Health Services (CAMHS) College, feels very strongly about not putting exams at the centre of everything as it can increase pressure for the young person. Her approach to supporting young people ahead of exams has been printed today in the further education publication FE News. To read the article [click here](#).



Student Education day in Essex

The end of term was successfully celebrated at our Essex hospital with a brilliantly organised award ceremony. Adults are able to access a wide range of educational opportunities in Essex, supported by the teachers and MDT.



ASPIRE applications

Our ASPIRE nursing applications close on Friday 2 September. The programme, in association with The University of Northampton, enables Healthcare Assistants to gain fast-track Nursing Degrees whilst working at St Andrew's. Since it began, the programme has seen 109 HCAs become qualified nurses. To learn more [click here](#).



What's your Superpower?

That was the question asked during this year's Superhero day in our CAMHS services. The event hosted by our Learning Disability and Autism Occupational Therapy and Education Teams included face painting, VR gaming, photo booth, superhero quizzes and a film along with mocktails and popcorn. Young people and the care teams joined to discuss inspirations and superpowers during a fun and very engaging event.



Summer at St Andrew's

A few images taken by our very talented staff photographer, Ben Jenkins. Some amazing images of our grounds and the wildlife on-site in Northampton which is frequently enjoyed by patients, staff and volunteers.

