

The Round Up

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

Young learners shine at St Andrew's College

August brought results day for many a student up and down the country and it was no different at St Andrew's, where our Education teams celebrated the achievements of our patient students across the charity.

We are proud that every individual in our care is given access to learning opportunities to enhance their lives and provide them with the skills they need to live independently. Being in hospital doesn't have to limit access to education or learning and we ensure that is achieved here. Our Child and Adolescent patients have access to St Andrew's College, and our Education teams across the charity work to ensure that the young people and adults in our care are able to learn in the best way for their particular needs and interests.

This year young people accessing our CAMHS college **achieved more than 170 qualifications** between them, including GCSEs, functional Skills, ITQ and AQA Unit Awards. The fantastic results included IGCSEs in Chemistry and Biology at Grade 9. Kelly Tracey, Special Educational Needs Coordinator for the College, explained: "These are absolutely fantastic achievements for all of our students. They have all put in an exceptional amount of work in order to be awarded these qualifications, and it shows how they make brilliant progress during their time with us."

At our Essex hospital, results day was celebrated in true Essex style with an Education Awards day filled with music and cake to celebrate the educational achievements of students in Essex. **For further information about our Child and Adolescent services call or email Kelly in our Admissions Team on 0800 434 6690.**



Good and Outstanding from Ofsted

August also saw the publication of Ofsted's report after unannounced inspections of our CAMHS college in June and July. The report rated the college 'Good' overall but particularly praised the behaviours and attitudes of the teaching staff.



Head teacher Cheryl Smith said: "To be awarded 'Outstanding' in behaviour and attitudes, considering the type of service we are, is a huge achievement. It demonstrates how hard we work to support our learners, ensuring they feel safe and respected. The relationships between our staff and students is very strong and this compassion and support is key to our trauma informed approach."

The Ofsted report said that parents of the young students were "positive" about the education their children were receiving and that they believed the college had "changed their children's lives for the better". The inspectors also stated that students' behaviour when in school is "exceptional" and they are "respectful, calm and enthusiastic to learn".

Chair of the college and CEO of St Andrew's Healthcare Katie Fisher said: "Cheryl and her team have worked tirelessly to create a calm, caring environment within the college. Our highly-skilled and patient staff combine well-established and structured routines with positive reinforcement which has given our pupils the confidence and ability to focus on their education. [Click here](#) to read the full story.

Service Spotlight on Autism

Our Service Spotlight campaign on our Autistic Spectrum Disorder (ASD) services continued in August. We caught up with Dr Richard

Burrows, Consultant Forensic Psychiatrist and Jennifer Mytton, Specialist Nurse to find out about their roles and understand the work they do to support patients each day.

Dr Burrows spoke to us about the communication difficulties that many people with autism have and the importance of working with that individual to ensure that communication is as clear as possible during their care.

Jennifer supports the wider nursing team and provides clinical insight across the ASD/LD division. Jennifer spoke passionately about the joy she gets from working with patients and the team's dedication to helping patients with complex autism, helping them to spend the shortest amount of time as possible in hospital. She talks about addressing a person's communication, sensory integration and social interaction needs and how tools, such as the 'Now and Next' boards help in providing structure to a person with autism.

Our ASD services for men includes secure and step-down specialist rehabilitation services in Northampton and Winslow, our six care home with nursing registered apartments in Nottinghamshire. [Click here](#) to visit our ASD service page to watch the videos and find out more.



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Can the impact of faith and spirituality be measured?

Rev Philip Evans, Lead Chaplain at St Andrew's, has been working on a framework which assesses, values and measures the impact that faith and spirituality has on patients' outcomes. In a recent article, he explains the framework, discussing whether there really is a connection between a person's faith, spirituality, health and wellbeing. Philip shares his thoughts on the importance of faith as part of a person's treatment programme, and discusses this within the context of a value-based healthcare approach implemented by St Andrew's. Later in the article he shared some of the framework's positive results that have helped patients to understand and come to terms with traumatic life events as part of a holistic approach to care treatment. [Click here](#) to read the full article and learn more about the framework.



St Andrew's Governor lays bulimia battle bare

A Governor of St Andrew's Healthcare has openly talked about how "food became the enemy" during an interview on a podcast which is dedicated to eating disorders. Tracy Northampton, who is also a Psychotherapist and Patron of the Body Dysmorphic



Foundation agreed to take part in the podcast This Food Thing. Tracey talks about her niece's tragic battle with bulimia as well as her own battles. [Click here](#) to listen to the full podcast interview.

Ex-mechanic-turned-Nurse praises Aspire programme

Former mechanic Ben Porter decided to trade in cars for people when he joined St Andrew's Healthcare in 2011. Encouraged by his supportive colleagues, Ben signed up to the ASPIRE Programme. Launched by St Andrew's Healthcare in 2016, it enables HCAs to combine their learning and experience so they can jump straight into the second year of the University of Northampton's Mental Health Nursing degree – allowing them to complete a nursing degree.



Since it began, the ASPIRE initiative has successfully trained 150 people who have successfully launched a career into nursing. Now a Nurse Manager on a female low secure ward, Ben has shared his story as his career developed at St Andrew's. [Click here](#) to read his story and learn more about the Aspire programme.

Events

Festival - Friday 3 September

Our first FestiVol will celebrate the important roles that volunteers play in healthcare. Join us for a fun day of live music, food and drink, craft and wellbeing stalls, volunteering advice and more! **Register to attend at <https://bit.ly/2TJod3E>**

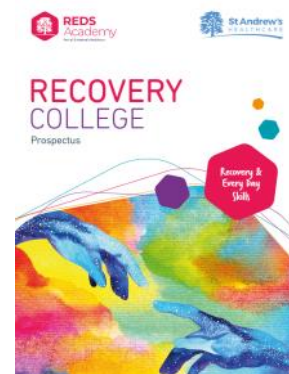
Essex day at the beach

As we return to a new normal, our patients at our Essex hospital have been getting out and about. During August, Danbury ward enjoyed a day at the seaside and Sea Life Centre, whilst other patients enjoyed a day at the local Barleylands petting farm. Inside the hospital, the Beach Garden (reported in July's The Round Up') has gone from strength to strength, with service users and staff developing the planting and making the garden even more sustainable. The garden has even been shortlisted for an Environmental Sustainability Award at this year's HSJ Awards. [Click here](#) to read the full story.



REDS Academy Autumn prospectus

Our Recovery & Every Day Skills (REDS) Academy launched their Autumn Prospectus this month. REDS offers free courses co-produced and delivered by patients and staff to other patients, carers and staff to improve health and wellbeing. Courses in the Autumn schedule include Finding Hope, An introduction to Diversity and Inclusion, What is Borderline Personality Disorder and Basic Life Support. [Click here](#) to find out more about REDS.



Covid-19 update

After a number of patients testing positive for coronavirus in July, we have effectively managed to control any further outbreaks with patients recovering well. Our rigorous prevention control measure remain in place. Staffing remains challenging during the holiday period, but the clinical teams are working tirelessly across service areas to keep patients safe and provide the high-quality care required.

We continue to wear masks, maintain social distancing and rigorous hand hygiene measures in all of our hospitals and community settings. [Click here](#) to read our latest coronavirus guidance.