

# The Round Up

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

December '22

## Christmas around the charity

Ward based staff across the charity helped patients celebrate the festive period in style. FitzRoy and William Wake House saw patients enjoying mocktails whilst having their photo taken with Santa, festive augmented reality experiences, face painting, virtual reality games and arts and crafts. The Workbridge craft fair was back and better than ever to give staff, patients and the general public the chance to buy last minute gifts and get into the festive spirit. In Birmingham and Essex there were Christmas parties with music and an array of arts and craft activities. St Andrew's College hosted carols, hot chocolate and mince pies for staff with performances from award winning duo Tu-kay and Ryan. Our Chapel team led a beautiful carol service, whilst down at Workbridge there was 'Breakfast with Santa', where the general public could meet the big man, whilst tucking into a delicious sausage sandwich and spiced Christmas latte.



### Festive events

**Northampton**

- Wed 14 Dec FITZROY PARTY 1-3.30pm, Education area
- THURS 15 DEC WWH PARTY 1-3.30pm, Townsend Cafe
- Sun 18 Dec BREAKFAST WITH SANTA 9am & 11:30am, Workbridge
- THURS 22 DEC PRC PARTY 6-8pm, Tompkins
- CAROL SERVICE 2pm, Chapel

**Birmingham**

- Wed 14 Dec CHRISTMAS QUIZ 1.15pm, Sports Hall
- Fri 16 Dec B'HAM PARTY! 11.30am, Sports Hall
- Tues 20 Dec REINDEERS & SANTA 1.30pm, Courtyard
- THURS 22 DEC CAROL SERVICE 2pm, Sports Hall

**Essex**

- Fri 16 Dec JUMPER WALK 2pm, Courtyard
- Tues 20 Dec CAROL SERVICE 3pm, Sports Hall
- THURS 22 DEC ESSEX PARTY 11am, Sports Hall

### Festive message from our CEO

As the festive season passed and we came to the end of 2022, our CEO, Vivienne McVey reflected on the year in a message to staff. The message recognised the commitment and loyalty of staff in helping over 1,500 people navigate their recovery journeys across our services. She praised the achievements, highlighting our CARE and Long Service Awards and the hard work of staff in helping to improve the quality of services, as recognised by the CQC. As a charity, Vivienne spoke with pride about the work that St Andrew's has done to reduce stigma and champion patient needs. This included our HeadFest festival with other local and like-minded partners and our national Learning Disability and Autism Summit. Internally, Vivienne highlighted the work done to improve staffing and the culture programme that is making such a positive difference across the charity.



### Festive patient party hailed "best ever event"

The first Christmas festive event to be held since the lifting of Covid restrictions did not disappoint; hundreds of people turned up to the German Market themed event in Northampton, and enjoyed live music and activities. The event saw Father Christmas, Christmas reindeers, face painting, caricaturists, retail stores, bratwurst sausages and music from the St Andrew's choir – the Patchwork Singers, who even had a special guest join them in the form of CEO Vivienne McVey. A great event which really kick started Christmas for our patients and staff.



### The power of social interaction after a brain injury

Dr Keith Jenkins, consultant clinical neuropsychologist at St Andrew's Healthcare spoke to [NR Times](#) in December about the work being done at St Andrew's and other providers to reduce social alienation after a brain injury. Something which is especially pertinent for people at this time of year and vitally importance in a person's recovery. Keith talks about how St Andrew's organise evening sessions, through the ROCK Club in Northampton, to replicate the time of day when social interaction usually occurs for people. This help a person with a brain injury to "feel normal and to feel in touch with ordinary, everyday life". To read the full article, click [here](#).



### Our Catering Teams - Making Christmas special for those with dysphagia

Kimberlee Ferrari, Lead Speech and Language Therapist at St Andrew's Healthcare spoke to [NR Times](#) in December highlighting the skills of the Chefs who cater for patients with dysphagia at St Andrew's to ensure they can enjoy the same classic food traditions as everyone else. The article is a fascinating read that explains the different grades of food and how the Chefs work with the clinical multi-disciplinary teams to ensure patient needs are met. Our Chefs right across the charity deserved special praise this Christmas. They worked tirelessly to ensure that patients and staff had access to the Christmas goodies that everyone enjoys: from turkey sandwiches and brussel sprouts to mince pies and pigs in blankets, our Chefs made sure it was available to all our patients this Christmas. To read the full dysphasia article, click [here](#).



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## 'I care for people, understanding what it is like to be sectioned'

We were all inspired last month by Leanne Thornton. Leanne suffered psychotic episodes in her early teens and struggled to hold down work but since taking up a role as a HCA at St Andrew's she has found her calling. Leanne said: "Prior to St Andrew's I had been unable to find a job that felt meaningful to me. But, I instantly connected with the patients and the staff here, which is why I'm still here...I can empathise and understand a patient's perspective, as I've been there. I know what it's like to be in hospital...There is still a lot of stigma around mental illness, and even people I've worked with can sometimes find it hard to understand." To read Leanne's story, click [here](#) or [here](#).



**Role model**

**'I care for people, understanding what it is like to be sectioned'**

A lived experience of mental ill health and being in receipt of amazing care from nurses inspired **Leanne Thornton** in her career choice.



**Career file**

**Name:** Leanne Thornton, patient quality partner  
**Role:** Patient Quality Partner  
**Department:** Learning Development  
**Location:** Northampton

## Mother of children with learning difficulties reiterates Christmas message

Hannah Batkin lives in Northamptonshire with her two children. Her daughter aged 14 has autism and her son who is 8 has an acquired brain injury after developing meningitis as a baby. Hannah's role working as a mental health nurse within the Child and Adolescent Mental Health Service (CAMHS) at St Andrew's Healthcare in Northampton has helped her to better understand the needs of her children, as well as listen to what they want and respond to their requests. Hannah spoke to our Communications Team about how she has learnt over the years to adapt the Christmas period so both her children participate in the festivities without becoming upset or anxious. To read the full article and hear Hannah's brilliant advice and fascinating perspective, click [here](#).



## Annual Learning and Development Awards celebrates staff's personal development

The evening recognised the achievements our staff have made towards their personal and professional development over the last 12 months. Every year, our staff, supported by a brilliantly passionate L&D team, undertake over 23,000 hours of learning on top of their roles. The skills they learn continue to help our staff to best support patients in our care and facilitate their recovery journeys.



## REDS Recovery College lectures at Northampton University

Our REDS (Recovery and Every Day Skills) Recovery College spoke to students before Christmas about the importance of personal recovery, providing some self-care advice as students participate in their education courses. REDS offers recovery-focused educational courses, designed with people who have had lived-experience, for patients and staff at St Andrew's, helping them to gain a better understanding of mental health issues and self-management techniques. To find out more, click [here](#).



## Occupational Therapists reunite 40 years after graduation

Occupational therapists (OTs) with nearly 500 years' experience between them recently came together to reminisce about when they started their careers. Led by Mike Nursey, the OTs met up to mark the 40 year anniversary since they started their occupational therapy training course at St Andrew's Healthcare. Some of Mike's colleagues are now senior health managers, OT lecturers, or OT text book authors. Many of his friends and fellow students have spent more than 30 years in healthcare.



## Budding staff photographers capture the winter chill

With temperatures below freezing in December, some stunning pictures were captured by our staff which made us all feel very Christmassy.



## Staff swap shop offers support through the cost of living crisis

This brilliant initiative appeared at St Andrew's Northampton in December. Hundreds of items of clothes and toys were donated giving staff who needed it a little help during the winter period and allowed others to swap unwanted Christmas gifts for something more suitable.

