

# The Round Up

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

## Jess Lievesley reflects on 2021

As we enter a new year, our Interim CEO, Jess Lievesley shared his thoughts on 2021. In a note to colleagues he focussed on what had been achieved by working together. Over the past year the Charity has cared for and supported a significant number of patients, helping them to progress. Jess praised this feat given the pandemic, highlighting the impact that our Charity has on the lives of people with complex needs. He also praised the mammoth effort from staff and volunteers across the charity to double vaccinate over 80% of all staff to date and the appreciation, commitment and loyalty shown towards one another, proven by the 1,484 internal CARE Award nominations that have been submitted. Looking forward Jess stated the Charity's priorities as being a relentless focus on the **quality of care** we provide and **staff experience** of working at St Andrew's. [Click here](#) to read Jess' full review.



### 2021 Highlights

- The Charity cared for **1,200 community service users and 915 inpatients**.
- We delivered a complex **Transformation Strategy** to provide better care in improved environments for patients.
- Working with local NHS and Independent providers, we launched local **Provider Collaboratives** to help provide quality care, closer to home.
- As part of IMPACT, we launched our **Assertive Transitions Service (ATS)** which has already supported over 100 people to move to their home community.
- We launched our **LightBulb Education Programme** in local schools, supporting teachers and children to recognise and address mental health issues.
- Our staff were recognised with leading awards for their truly amazing work. This included our Essex sustainable garden at the **HSJ Awards** and Carers Champion Award at the **Carer Friendly Business Awards**.



- We helped **raise awareness and reduced stigma** of mental health, through initiatives such as our 'I'm Not Mad, I'm Me' documentary, #LetsTalkAbout campaign, 'On the Ward' podcast, and other patient stories.
- Our CAMHS college supported young people to achieve over **170 qualifications**.
- We launched a new **ASPIRE scholarship scheme** for aspiring nurses.
- We appreciated each other through **1,484 CARE Award** nominations, recognising our colleagues against our CARE values of Compassion, Accountability, Respect and Excellence.
- In spite of the pandemic, we safely **delivered much-loved patient and staff events**, including Patient Summer Party, the Long Service Awards, CARE Awards and our Christmas Market.
- **We protected, through double vaccinating, 80% of our staff against COVID-19.**



### Mayor praises "overwhelmingly generous" staff for food donations

Staff and patients at St Andrew's have been praised for being "overwhelmingly generous" for donating large bundles of food packets for struggling families in Northampton this Christmas. The town's Mayor received the goods after the charity agreed to support her food donation drive this festive season. Councillor Rufia Ashraf, who was elected in May, said: "The staff at St Andrew's have been overwhelmingly generous in gifting food supplies for my campaign this Christmas. I knew people here are kind hearted and cared so I had a feeling we'd be inundated. But, what I wasn't expecting was service users to also donate. What a meaningful and heart-warming gesture." [Click here](#) to read the full story.



### COVID-19 Update

In response to rising COVID-19 infection rates across the country, especially in Northamptonshire, new measures have been put in place to restrict the spread and keep our patients, staff, families and carers safe. These include:

- All non-essential face-to-face meetings to stop.
  - Non-essential professional visits to stop.
  - All essential treatment and care to continue face-to-face.
  - No change to patient leave/patient visiting at this time. Microsoft Teams can be arranged in place of visits.
- Over 80% of our staff have been double vaccinated, with much of that figure now receiving booster jabs. [Click here](#) to read our latest coronavirus guidance.

*"To all staff, thank you for being so dedicated and helping me so much. I loved how you never gave up on me. It made a huge difference."* Former patient

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## Woman who finds Christmas traumatic praises hospital

A young woman who experienced a childhood trauma on Christmas Eve which triggered a decade long battle with mental illness has said a Northampton hospital has "saved her life". Sedona Jamieson, who has been a patient at St Andrew's Healthcare for 14 months, is now on the road to recovery after being diagnosed with anorexia nervosa and borderline personality disorder. She endured a terrible ordeal as a child which escalated through bullying at school and negative experiences in other mental health hospitals. In a video, Sedona talks about the misconceptions of secure hospitals and the support she has been given at St Andrew's and during the festive period which, for her, is a traumatic time. [Click here](#) to read the full story and to watch the video.



## ASD 'Superhero' highly commended at regional health awards

A Clinical Nurse Leader, dubbed the "superhero" of autism spectrum disorder (ASD) services at St Andrew's, has been recognised for his hard work at a regional awards ceremony. Phil Labrum, who is based on Hawkins ward in Fitzroy House, was 'highly commended' at the [Great British Care Awards East Midlands](#) regional final. The purpose of the awards is to pay tribute to those individuals who have demonstrated outstanding excellence within the care sector. Phil received the accolade in the Social Care Nurse category. Describing his work, the judges said: "Phil is passionate about adapting approaches to meet the needs of the people he cares for." [Click here](#) to read the full story.



## Christmas around the charity

Staff across our charity went to town this year, as they came together to ensure that patients celebrated Christmas in true style. We saw Christmas Craft Fairs, bauble hunts and a Charity wide Plywood Christmas Tree competition take place. There were organised patient and staff shopping trips out, festive activities on the wards, Christmas lunches, including those specifically designed for our Dysphasia patients, and the halls were well and truly decked with boughs of holly and all manner of festive things to brighten up everyone's day.



## Former HCA lands 'dream job' due to volunteering opportunities

A former Healthcare Assistant has landed her "dream job" at St Andrew's following a successful stint as a volunteer Assistant Psychologist (AP). Regina Pinto first joined the charity working as a Workchoice HCA on medium secure within Men's services. She said: "I loved my job and got a lot out of it, but I knew something was missing. Deep down I wanted to work as an AP. She had the qualifications but didn't have the experience so set about volunteering." [Click here](#) to read the full story.



## Co-produced education

We concluded our Service Spotlight on Education by talking to Stephen Parker, Recovery College Lead and Violet Skinner, Peer Trainer. Both work in our Recovery and Everyday Skills (REDS) Recovery College bringing their lived experiences in mental health services to help collaboratively develop and deliver educational courses for our patients and staff. They talk about the importance of co-production, co-delivery and co-participation in learning. [Click here](#) to watch the interviews and to find out more about Education across St Andrew's.



## New Year Resolutions

A top psychotherapist is urging people to think very carefully about making New Year resolutions as breaking them can impact mental health. Writing in her monthly Chronicle and Echo column, Liz Ritchie has questioned just how helpful making promises to better ourselves at the start of January can be. [Click here](#) to read Liz's column and her tips on making resolutions.



## Nottingham community services scoop dedication award

A community team who worked tirelessly throughout the pandemic supporting their service users has been presented with a top award. St Andrew's staff based at Winslow in Nottingham were surprised to be presented with the 'Commitment to Health and Social Care throughout the Pandemic' prize at the Nottinghamshire Healthcare Professional UK awards. [Click here](#) to find out more about our Winslow community services.

