

The Round Up

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

February '23

Mental health roadshow for schools praised across the county

To mark Children's Mental Health Week in February, more than 3,000 children in nine different schools and many more parents and carers, during a packed online schedule, took part in mental health awareness sessions, training and assemblies, delivered by the [LightBulb Mental Wellness Programme](#), part of St Andrew's Child and Adolescent Mental Health Services (CAMHS). Speaking about the success of the sessions in her school, Lindsay Greenaway, Northampton School for Boys' Assistant Head and Mental Health Lead said; "We're very grateful to our neighbours, the St Andrew's LightBulb team, for coming to talk to our students; making them aware of their mental health and making sure they feel confident enough to identify when there is an issue and to reach out and talk." The LightBulb Mental Wellness Programme has been created to give schools and parents the skills and resources to spot an issue before it starts developing into a bigger problem. Over 16,000 children have already benefitted from the programme. To read the full write up, click [here](#). To find out more about the LightBulb programme, click [here](#).



Ending the 'revolving door' of failed discharges

A pioneering service which bridges the gap between hospital discharge and community living is attracting nationwide attention due to its ongoing success.

The [Assertive Transitions](#)

[Service \(ATS\)](#) initiative, created by the East Midland Provider Collaborative (IMPACT), supports people to transition from secure in-patient mental health care services to independent or supported living in the community. Since it was launched the ATS has had a hugely positive impact on delivering sustainable discharges and helping patients to overcome longstanding barriers which may have been preventing them from being able to discharge and live successfully outside of a hospital setting. St Andrew's has played a significant role in the development and implementation of the service, alongside Nottinghamshire Healthcare NHS Foundation Trust, Rethink Mental Illness and Framework. To find out more and watch our campaign videos, click [here](#). To read our article in NR Times, click [here](#).



St Andrew's launches much needed Trauma Masters with the University of Buckingham

The "intricacies of trauma" and how it can significantly impact

people's health will form the basis of a new Masters degree which has been launched for healthcare professionals. St Andrew's Healthcare has teamed up with the University of Buckingham to create the [MSc Practitioner in Psychological Trauma](#). The part-time, two year course will provide students with expert understanding and professional competencies in psychological Trauma Informed Care (TIC). The course will be delivered at the newly developed specialist Postgraduate Education Centre which is located on the main Northampton site of St Andrew's Healthcare. Course Founder Dr Deborah Morris said: "We're hugely excited to launch this course in partnership with the University of Buckingham which will help students to better understand the intricacies of trauma. To find out more about the course, click [here](#)."



St Andrew's supports Mind and Rethink Mental Illness 'Time to Talk' campaign

To add to the nation's biggest mental health conversation in February, we spoke to Peer Support Worker and Expert by Experience, Estelle Randle about her mental health journey and Integrative Psychotherapist, Liz Ritchie, who has 35 years experience working in mental healthcare and whose thoughts were shared locally through the Chronicle and Echo newspaper. During the month staff were also encouraged to check in with their colleagues over a cuppa. To read Estelle's journey, click [here](#). To read Liz's column, click [here](#).



Huntington's Disease patient shares his story in national newspaper - 'People misunderstand my illness and assume that I'm drunk'

Have you heard of Huntington's Disease? It is a rare, genetic neurodegenerative condition which affects the central nervous system, impacting on the individual's muscle control causing random, jerky movements, their ability to speak and swallow, as well as their cognition and mental health. Here at St Andrew's we support a number of individuals who are living with the condition. Darran, a person in our care, spoke to the Independent newspaper in February about his life and journey with Huntington's Disease. It is a powerful, candid look into his world. To read the full article, click [here](#).



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Defining the future of St Andrew's Healthcare

Discussions focusing on the future direction of St Andrew's Healthcare fizzed with energy in February when groups of dedicated staff, patients, experts by experience and governors came together to develop the Charity's new strategy. Around 100 people attended the first of three sessions which looked at what the organisation is planning to achieve over the next five years. CEO Dr Vivienne McVey said: "Our vision is a society in which everyone with a mental health need is heard, valued, and has hope for the future. And the work we are doing in these sessions will make that vision a reality." To find out more and listen to a video about our first session, click [here](#).



We've published our Green Plan

The plan details how we will work towards achieving net zero emissions by 2035, reduce our environmental impact and contribute to the 'Greener NHS' national targets which aims to become the 'World's First Carbon Net Zero Health Service'. Our Green Plan explains how we will support the NHS with their aims, while embedding sustainability at the heart of our charity. Guy Bowden, Energy Manager, explained: "We are determined to do everything possible to reduce our environmental footprint and adopt sustainable practices in everything we do. Our recent figures have shown that in the last year, the charity has reduced its total carbon emissions by 12% ... 99% of the charity's general waste was diverted from landfill, with over 30 per cent being recycled. This adds up to a saving of more than 29 tonnes of CO2 through downstream emissions. We know there is much more to do to decarbonise our services, but we're certainly heading in the right direction." To read the full plan, click [here](#).



Nurse leaves Belize to work in mental health in the UK

A "career ambition" has been achieved by a young woman from Belize who ploughed hundreds of pounds into travelling to the UK to get a nursing job, leaving her family and friends behind. Cynthia Kalu decided she wanted to gain vital experience working in a different country and within a month had booked a flight and applied for a job here at St Andrew's Healthcare. The 25-year-old said: "My Uncle, who is a Healthcare Assistant at the hospital in Northampton, had told me what a great place it was to work. I have always dreamed of working in the UK, but it had never been the right time, but when my uncle told me about St Andrew's everything just aligned." Cynthia's story is remarkable, showing true determination to achieve her goals and help people. She embodies our CARE values and already has her sights set on developing her nursing education through our ASPIRE programme. To read more, click [here](#). In February, we also caught up with a few of our international nursing cohort to see how they were settling into work at St Andrew's. To read Aleesha's story, click [here](#).



Celebrating Mental Health Nurses Day - Mental Health Nurse says his dream job gives him 'hope and contentment'

A former Healthcare Assistant has spoken of his "joy" at becoming a Mental Health Nurse, a job which he says gives him "goosebumps and happy tears" some days. Steve Medcraft, who has overcome crippling dyslexia and challenging personal circumstances to achieve his dream of becoming a registered Nurse at St Andrew's Healthcare, admits the job can be "challenging" but also "very fulfilling". As part of Mental Health Nurses Day, an annual campaign to celebrate and praise those who do the job, Steve has explained how and why he chose to work within the field of mental health. Having worked at the Charity for over 20 years, Steve attended university as part of the St Andrew's Healthcare [ASPIRE programme](#) to become a qualified nurse. He says that "Mental health nursing is so rewarding and I love it as it gives me hope and contentment every single day." To read the full story, click [here](#).



Peer Trainer explains how she has given hope to a dementia patient

A former primary school teacher, who decided a change of career was in order, has spoken of her joy at helping a patient with dementia. Having experienced mental health illness herself, Jo York wanted to find a way she could use what she had learnt about her condition to help others. By joining St Andrew's Healthcare's [REDS Recovery College](#) as a Peer Trainer, she has been able to use her lived experience of mental health illness to help others. Jo spoke to our Communications team this month to share her experience of working at St Andrew's and in particular with one patient in our dementia service. To read the full story, click [here](#).



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