

The Round Up

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

Continued clinical and environmental improvements for patients



As we head into a new year we are continuing to deliver our Transformation strategy to improve care quality for patients across the charity. January saw our male low secure wards for people with Autism Spectrum conditions move to the more modern and improved therapeutic environments in FitzRoy House. The moves see all of our secure ASC experts and allied health professionals based in FitzRoy House and reduces these services to 10 bed wards, enhancing patient-centred care. **For further information call or [email](#) Sam in our Admissions Team on 0800 434 6690.**

Covid-19 vaccines arrive at St Andrew's

We are pleased to report that our Northampton hospital site is being declared a mass vaccination site, meaning we are able to vaccinate our staff. In due course we will be able to vaccinate our patients.

This is exciting and welcome news as we continue to work hard to protect patients and staff from Covid-19.

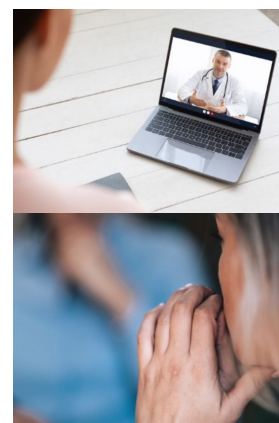
In line with national guidance our goal will be to prioritise our staff as we fall under the category of healthcare workers.

For our Birmingham, Essex and Winslow sites we have worked with our NHS Partners to make sure there are enough vaccines for our patients and staff within the region. As a result of these discussions our staff have been invited to local mass vaccination sites to receive their vaccine.

The news of vaccines has seen a monumental effort across the charity, with clinical and non-clinical staff volunteering to support the roll out to protect patients and staff. [Click here to read our latest coronavirus guidance and policy information.](#)

St Andrew's launches new virtual therapy programme to help local community struggling with lockdown

This month saw the charity launch a new virtual group therapy course to help people manage their emotions and mental health during lockdown. The 8 week course called **'coping with emotions'** and delivered by Jade Mitchell, Trainee Clinical and Forensic Psychologist, who works within the Community Partnerships division of St Andrew's Healthcare, will be based around Cognitive Behavioural Therapy and will support individuals to become better equipped to recognise problematic emotions and to manage them more effectively. Jade commented that *"The past year has been hard on everyone. We wanted to do something which could help the community in a positive way, and allow people to have an increased sense of control over their mental health and wellbeing."* The course has been well received with the group places filling quickly.



Memorial garden unveiled

To remember those we tragically loved and lost during the Covid-19 pandemic we recently unveiled a memorial garden at our Northampton hospital site.

Inspired by Robinson Ward, our Grounds Team have created a memorial garden, with a tree and bench to remember those we've lost, as well as signifying new beginnings and hope for the future.



Covid-19 update

The number of Covid confirmed and symptomatic cases at St Andrew's has unfortunately continued to follow the general national trend. As of week commencing 25 January 2021, we had 17 patients with confirmed Covid-19. All Covid confirmed/suspected wards are in isolation with patients and staff following stringent policy guidelines, supported by NHSE and Public Health England. [Click here to read the latest visitor and patient leave guidance.](#)

The Round Up

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

Our journey towards Inclusive Healthcare



As an NHS England Diversity and Inclusion partner, St Andrew's is committed to eradicating inequality within its workplace. Our latest report outlines the steps we have taken towards Inclusive Healthcare and a more diverse and inclusive culture. We are proud that we now have one of the most diverse boards in healthcare, with 15% of our Charity Executive Committee coming from a BAME Background and we have achieved a 0% Gender Pay Gap ratio for the second year running. Our latest report shares work and stories from across our internal BAME, ABLE, WiSH and LGBTQ networks, our Reverse Mentoring Scheme and Peer Support Worker programme. [Click here to read our Diversity & Inclusion Report.](#)

Get active to help your mental wellbeing

As we live through another national lockdown, St Andrew's has been supporting **Sport in Mind's 'Red January'** campaign.

Encouraged by a RED community full of enthusiasm, the campaign aims to get people moving during the month to help their mental wellbeing and raise funds for sport initiatives that support mental health causes.



When we spoke to Sian, a former patient at St Andrew's who discharged last January and who is now employed at the charity, she emphasised how keeping active have helped her overcome such a difficult year.

"Since leaving St Andrew's last year, exercise, and running in particular, has helped me so much and boosted my mental health. It has given me a purpose to get up and go out in the morning. So much so that I am now well enough to hold down a job, which I never thought would happen so soon."

To find out more visit Red January's [Just Giving page](#), or the [Red January](#) website.

"We cannot change what is happening in the world, but we can change how we respond."

Our psychotherapist Liz Ritchie spoke to Yahoo news this month about staying motivated during another lockdown. Liz spoke about how to release emotions such as frustration, stress and anxiety in ways that are safe for everyone. Liz recommended planning for the future by writing a list of things you really want to do and places you want to go, using this time to really explore what we feel will make us happy.

[Click here](#) to read the full article.

www.stah.org

How faith can be a key part of helping people on their journey to recovery

The Revd Philip Evans, Lead Chaplain, has shared his experience of when he first met with a patient at St Andrew's and how faith in God is a large contributor to recovery for many of our patients. Last month we shared Revd Philip Evans and Dr Paul Wallang's study into mental health outcomes of faith and spirituality which was presented at the Royal College of Psychiatrists but has now been picked up by the University of Texas to share on an international scale. [Click here](#) to watch the video about the study.

"On the Ward" welcomes patient and carer views

For the first time, our award winning podcast focused on a patient and her family carer to hear their perspectives on what it is like being cared for in a psychiatric hospital and the impact this has had on their family. [Click here](#) to listen to our latest podcast and for the latest inspirational story of hope and recovery.



Events

Over 80 people have already registered for our next virtual conference

[Working with Moral injury in Mental Health Settings](#)

[Live Virtual Conference](#) – Tuesday 9 February 2021

Exploring the conceptual and clinical issues relating to Moral Injury. To find out more and book your place visit the [event page](#) on our website.

Career Opportunities

For the latest job opportunities visit our [St Andrew's Careers page](#) on Linked In