

The Round Up

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

Transformation strategy completes as we exit the Main Building

July saw the final service move as part of our 18 month Transformation strategy, introduced to provide high-quality care in better-suited locations across the charity. Those of you who have visited St Andrew's Northampton will be aware of our beautiful Main Building, built in the 1830's when healthcare for the mentally ill was very different to what it is now. Despite the building evolving to provide services that met the changing national standards required over time, our leadership team made the bold decision upon their arrival to move all of our inpatient services in the Main Building to better, more modern facilities as part of the Transformation strategy. Since then multiple services and patients have been supported to transition to improved environments which for patients will undoubtedly aid their health, wellbeing and recovery processes.



New Services Directory
Following our Transformation strategy service moves [click here](#) for our latest Services Directory.

In July, and throughout the backdrop of the coronavirus pandemic, Thornton, our mental health service for adult women, was the last ward to move out of the Main Building. Thornton moves to Watkins House and 37 Berkeley close to provide specialist rehabilitation to women in two homes in a community residential area adjacent to the main hospital site in Northampton. Jess Lievesley, Deputy CEO, described it as "a hugely important milestone in our transformation journey". He added: "So many of our patients are now [cared for] in much better physical environments, which match the excellent care and therapeutic interventions they're receiving". **For further information about our Specialist Rehabilitation services in the community call or [email](#) Kerry in our Admissions Team on 0800 434 6690.**

New nursing scholarships to support young people into nursing

St Andrew's is proud to launch a new scholarship programme which encourages talented nurses of the future to apply and pursue a nursing career in Mental Health or Learning Disability nursing.



The three-and-a-half-year programme is called **ASPIRE** Nursing and there are 10 scholarships available. It is aimed at 18-24 year olds who are passionate about a career in nursing and have the drive to attend university, but who do not have the financial support or qualifications needed.

Students will be provided with the equivalent of £9,000 worth of education, paid employment for 18 months and exposure to clinical work. They will also attend university and be given £18,000 per year in financial support while studying. Once they have gained their BSc (Hons) degree, they are guaranteed a staff nurse position at St Andrew's Healthcare and will benefit from excellent career development and progression opportunities.

Ged Rogers, Clinical Education Manager at St Andrew's, said: "With this scholarship, people can earn while learning on the job and be supported financially during their university career. It is ideal for those who may not have the A level grades they wanted, or those who missed out on opportunities due to the pandemic".

[Click here](#) for more information and to apply.

Hundreds of people tune in to view our documentary and Q&A panel

Our latest documentary saw Kayleigh, Jo and Charlie share their recovery stories and experiences of managing complex mental health issues.



The 30 minute documentary titled '**I'm Not Mad, I'm Me**' aimed to address stigmas at the heart of complex mental health issues whilst showing the remarkable stories of recovery and hope which many people achieve with the right care and support. In the documentary Kayleigh, Jo and Charlie talk about their time in a psychiatric hospital care whilst sectioned under the Mental Health Act and their future hopes as they prepare to continue their lives living in the community.

The live Q&A panel consisted of Paul Burstow, Chair of St Andrew's, Tom Bingham, Director of Communications, Estelle Randle, a Peer Essential Skills Facilitator with lived experience of secure mental health care and Dr Peter McAllister, Consultant Psychiatrist. They covered subjects including mental health stigma, clinical decisions and quality of care. Comments from those who tuned in included "truly heart-warming" and "it was wonderful to see the work you do with these vulnerable young people helping them to build confidence and faith in their own abilities to take control of their lives".

[Click here](#) for our full story.

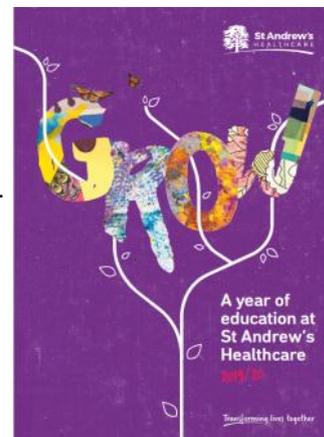
[Click here](#) to view the documentary and Q&A (starts at 35 minutes).

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Helping patients and staff GROW through education

We shared our annual report this month exploring our progress in Education. Education is offered to every patient at St Andrew's, through our CAMHS College and adult education services. We know that education and learning contributes to the recovery of our patients, and we work hard to ensure that people are able to learn in the best way for their particular needs and interests. Equally education allows people to enhance their skills and knowledge, and boost their confidence and self-esteem. Education is not just a focus for patients; all of our staff are offered training and opportunities for development to improve the way they work with the people in our care. Over the past year, our staff have completed over 23,000 days of learning – that is 6 days of learning per staff member. The learning opportunities they have undertaken range from entry level support to nursing degrees, leadership and development. Martin Kersey, Executive HR Director, explained: "It is rare to find an organisation that is so committed to learning in all forms. It is exceptionally rewarding to see the benefits that education brings to our patients, our staff, students on placement with us and members of the public through our community projects." Some stand out statistics from the past year include over 400 qualifications achieved by young people, over 12,000 adult teaching sessions offered and over 300 nursing students hosted. [Click here](#) to read the report.



Research team explore the use of digital memory journals to help Dementia patients reminisce

Our Research and Innovation team have been working in collaboration with an entrepreneurial company called Memjo (Memory Journal) Ltd, and our Dementia and HD services, to develop a user-friendly digital tool.



Memjo is a new digital software designed to engage the elderly and people living with dementia in activities that facilitate reminiscence and cognitive stimulation. The product, which is run on touchscreen tablets, combines photos, music, video clips and games into interactive digital memory journals that run on touchscreen tablets. Sessions included memories, classic comedy TV, rock'n'roll music, singing and quizzes.

The activities on the tablet were found to trigger reminiscence, discussion and positive behavioural and emotional responses. Participants sang along and tapped their feet in tune to the music, laughed at the comedy TV sketches, and spoke about their own memories. This initial study has provided rich feedback to inform the future development of the device, which could include personalised content and aid life story interventions. [Click here](#) to find out more about our R&I team.

Covid-19 update

Reflecting the general national trend, we have seen a number of patients testing positive for coronavirus. We are effectively managing these outbreaks through our rigorous prevention control measures.

As seen across other areas of healthcare, staffing remains challenging during this period, but the clinical teams are working tirelessly across service areas to keep patients safe and provide the high-quality care required.

Although the Government's lockdown restrictions have lifted, as a healthcare provider, our rules have not changed. We continue to wear masks, maintain social distancing and continue with good hand hygiene in all of our hospitals and community settings. [Click here](#) to read our latest coronavirus guidance.

Service Spotlight on Autism

Our Service Spotlight campaign shone on our Autistic Spectrum Disorder (ASD) services in July. Our Service Spotlight allows you to get to know a little more about the people who work within our services and understand the work they do to support patients each day.



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. We spoke to Dr Jane Radley who discussed the layered complexities of people with autism and mental illness and Rachel Smyth, our Registered Manager at Winslow, who spoke about the bespoke care delivered to meet the changing needs of service users adapting to life in the community. [Click here](#) to visit our ASD service page to watch the videos and find out more.

Arts@StAndrew's speak to The OT Magazine

Our Arts team at St Andrew's offer patients multiple skills development opportunities across the charity based on patient's individual therapy needs and interests.



Sessions range from musical activities, to physical arts and even animation and motion graphics. When asked what the best part of her role was, OT Technical Instructor and Visual Arts Specialist, Alison Williams speaks of the blend of her two passions coming together as one. "I absolutely love my job. I get to marry creative and clinical goals together."

David Saunders, Arts Co-ordinator, OT Technical Instructor, specialises in all things digital media. He heads up photography, graphic design, illustration and 3D sessions, ensuring patients can progress naturally and comfortably with each intricate activity. He said: "Sessions are co-produced to align clinical and patient goals."

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Service Users at Workbridge share their experiences with Neuro Rehab Times



"Before my brain injury, I was working in a multi-national company as a Quality Assurance Officer. However, after my surgery, I was literally doing nothing and was just in hospital. Now I feel my life has totally changed. I have hope that I can work again" Neelam

Neuro Rehab Times recently spoke to two service users with brain injuries who are accessing support from Workbridge, which is St Andrew's vocational opportunities service. Tom is a service user living in the community who accesses a range of workshops to improve his fine motor skills, following two separate brain injuries obtained through an assault and a car accident. Neelam, a young mother who had a tumour on her pituitary gland that left her with a range of needs is an inpatient in our Brain Injury service and attends Workbridge as part of her hospital rehabilitation programme. In the article Tom and Neelam both speak about the value of meaningful work in a social setting. They have become enthusiastic advocates for how a service like Workbridge can help people with brain injuries. [Click here](#) to read the full article and their experiences.

St Andrew's partners with Together

The 140 year old charity will provide independent advocacy services to St Andrew's patients helping them to speak up and be heard. The organisation will support patients at St Andrew's to understand the care and support process, talk about how they feel, make and challenge decisions and stand up for their rights. [Click here](#) to find out more.



"My recovery journey"

A former patient who served 22 years in the military, including multiple operations in Iraq, Afghanistan, the Balkans and Central America shared his story of complex Post-Traumatic Stress Disorder (PTSD) recently.



The former soldier spoke openly how he attempted to take his own life as he struggled to come to terms with the trauma he had witnessed. After spending time in an acute mental health service he was referred to the Veterans Complex Trauma Service, which is delivered by St Andrew's.

He describes the service as one which *"continues to save my life every day with their understanding, their empathy and most importantly their willingness to listen and learn from me and not to judge me or throw me on a pile with all the others"*. [Click here](#) to read his story. [Click here](#) find out more about our Veterans Complex Trauma Service.

Neuropsychiatry Variety Show

Our dedicated team of Occupational Therapists put on a great show for patients at this year's Neuro Variety Show. The show was run twice during the day so Covid-19 safety measures could be adhered to, but that did not stop the variety and creativity of the acts. One member of staff commented that "After the year we've had it was so wonderful to see/hear patients and staff laughing and smiling - just having a good time!"



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>

Beach garden opens at our Essex hospital

Created by service users and guided by Graham Maynard, Occupational Therapist and Horticulture Technical Instructor, a vibrant new space has been created at our Essex hospital for all to enjoy. Service users were involved in all aspects of the build, which includes a sustainable green gym, planters, garden features and a tranquil space by a pond. Make sure you check it on when you next visit.

