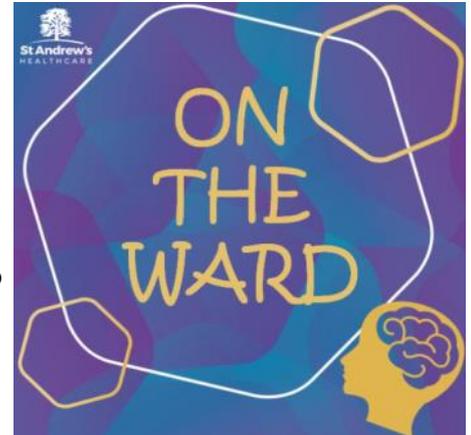


The Round Up

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

'On the Ward' podcast sharing patient voices is nominated for top nursing award

Our insightful podcast hosted by mental health nurse John-Barry Waldron and featuring patients from St Andrew's Healthcare, has been shortlisted for the Nursing in Mental Health Category at this year's [Nursing Times Awards](#). The third series of the podcast is currently being broadcast throughout July, with episodes speaking to patients about mental health stigma, music therapy and their recovery stories. In episode 6 we hear from Yusuf who explains his prior perception of mental health hospitals before coming to St Andrew's and the wide variety of activities and work experience he accesses whilst receiving care. Yusuf spends his time playing keyboard, taking part in art therapy, learning origami, swimming on site, playing ping pong and studying for his Maths GCSE which the hospital's in-house education department have encouraged him to achieve. In addition, he has been taking part in some work experience in a nearby charity shop where he has been gaining valuable work and life skills that will equip him well for when he leaves hospital. To listen to the latest series of 'On the Ward' click [here](#).



Quality partnerships with East Midlands mental health peers

Over the last few years St Andrew's has worked increasingly closer and in partnership with NHS mental health providers. Their guidance and support has helped us to improve the quality of care we provide and staff wellbeing, key elements of our charity-wide strategy. These partnerships have also helped us to learn from their experience and ensure we follow best practice in everything we do. Thank you to; Northamptonshire Healthcare Foundation Trust, Leicestershire Partnership NHS Trust, Lincolnshire Partnership NHS Foundation Trust, Derbyshire Healthcare and Nottinghamshire Healthcare NHS Foundation Trust for their ongoing support. Click [here](#) to read our latest NHS Buddies newsletters charting our progress and work with our NHS Buddies.



Patient party hailed as 'huge success'

Patients, staff and volunteers came together in July to dance, play games and have fun at the annual Summer Patient Party, held on our Northampton hospital site. With the sun shining, attendees could take full advantage of sitting outside to enjoy the catered food and take part in the inflatable activities which had been set up. In addition, patients were given the opportunity to handle rabbits and ducks which were brought along by a nearby petting farm. Entertainment was largely provided by staff members Donna Walker and Jane Civil, who took to the dance floor, wowing with dance routines such as the Cha Cha Cha. A DJ played tracks by the likes of Bruno Mars, Justin Timberlake and Beyonce which attracted everyone to the dance floor. Dr Sanjith Kamath, St Andrew's Healthcare's Executive Medical Director, who came along to the party, said: "It was great to see so many patients enjoying themselves." One patient said the party had been "the best yet" and another patient said: "It's been so lovely getting together with everyone and having a dance."



Patients, staff and carers come together to discuss mental health

As part of a [call for evidence from the Department of Health and Social Care](#), patients with complex mental health conditions, carers, and healthcare staff have been sharing their thoughts on the current state of the mental healthcare system. Over the past 12 weeks, St Andrew's has hosted a series of co-produced conversations, encouraging everyone across the charity to have their say. The sessions have been really informative and brought patients, staff and carers together to discuss shared topics leading to suggestions on preventative measures, equality and employee wellbeing being submitted to the government.



Technology investment helps observation recording

Following a trial across a number of wards, St Andrew's has equipped clinical teams across the charity with tablets and smartphones allowing them to record physical and patient observations in real time at the point of completion on the ward. The trial showed significant improvements in the timeliness and accuracy of monitoring which allowed the prompt identification of patient deterioration and escalation of care. As well as improving patient safety and care, other benefits include enhanced communication, governance and staff efficiencies.



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Student praises Healthcare Landscape Nursing Placement

An "exciting and varied" placement for students who are training to be mental health or learning disability nurses has been launched across the charity. The Healthcare Landscape Nursing Placement offers St Andrew's nursing students week long placements within other departments. Rachael Garner, lead for the initiative, said: "This exciting and varied placement provides nursing students with an insight and deeper understanding into the wider departments involved within patient care here at St Andrew's Healthcare". Uzoma Ezeh, who has completed the Healthcare Landscape placement, said: "The value of this placement should not be overlooked. During my placement I worked in PICU, the CAMHS college, Pharmacy, IPC and the Governance team. Doing a week with each team with access to all areas, has given me a wonderful insight into how they work, so once I have graduated, it will make me a better nurse as I will have a deeper understanding of other services."



Orange frogs and productivity: Our first ever Mentoring and Coaching conference

In July, our Learning and Development Leadership team hosted their first ever Mentoring and Coaching conference.

The event was an opportunity to celebrate the wide range of mentors and coaches we have working within St Andrew's, and bring them all together to share their skills and experience as part of a charity-wide mentoring and coaching community. The theme of the event was happiness and optimism linked to wellbeing and productivity. The conference's content was based on a book called 'The Orange Frog' by Shawn Achor, a fable on sparking culture transformation, leading positive change, and increasing resilience and adaptability.



Patients camp for Duke of Edinburgh

Young people from our CAMHS service got a taste of the big outdoors in July when they embarked on a camping trip for the Duke of Edinburgh award, which gives young people aged between 14 and 24 the opportunity to develop themselves in scenarios they would not normally experience. The young people were taken out of their comfort zones in a safe and controlled environment, helping to build confidence, skills and friendships. They completed navigational challenges and a scavenger hunt followed by a night camping under the stars. Duke of Edinburgh coordinator and assessor Ian Bradley, who is also a teacher at the St Andrew's College within CAMHS, said: "This is an excellent achievement for everyone who took part in the camp and achieved this section of the award."



All a little fishy

Patients on our specialist Huntington's disease ward were able to enjoy a day out at the National Sea Life Centre in Birmingham in July. The visit was co-ordinated by the Occupational Therapy and wider MDT to enable our patients with complex Huntington's disease to enjoy time away from the ward, have a picnic and see jelly fish, rays and sharks.



St Andrew's plays mental health football match

Footballing staff and patients came together recently to play a mental health match in a bid to raise awareness of the benefits of exercise. Two St Andrew's Healthcare teams, comprising patients and staff took part in a six-a-side tournament at the Cobblers ground in Northampton organised by Disability Officer for Northampton Town Football Club Community Trust.



Share with a colleague

If our newsletter would be useful to your colleagues, ask them to let us know their details by emailing update@standrew.co.uk and we'll ensure they receive the next edition of The Round Up.

Patient pop up stall keeps people cool

As temperatures soared during July, young people on our CAMHS wards created an ice cream pop up stall to keep their peers, staff and visitors cool during the day. The act was matched by our leadership team who offered ice creams to people working on-site across the charity.

