

The Round Up

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

Pandemic inspires deputy CEO to return to nursing

"Over the last year I have watched so many nurses do the most amazing things, in the most challenging of circumstances and, at times, I have wanted to be able to help more than I was able"

In June, our deputy CEO returned to the wards to support front-line staff and re-ignite his passion for nursing. Jess Lievesley said he was inspired by the heroic work delivered by staff during the Covid-19 pandemic and he hopes to inspire others, who may have either dropped out of the profession, or are looking to get into nursing.

Jess joined St Andrew's in April 2019 from Hertfordshire Partnership NHS University Foundation Trust, where he was Executive Director of Delivery and Service User Experience. He has more than 25 years' experience in the healthcare sector, having started out in nursing and specialising in mental healthcare nursing. Jess will be doing his Return to Nursing Practice programme with the University of Northampton. The 16-week course will give him the opportunity to revisit his professional roots and update his practice, which will allow him to register as a nurse again. Equally he says it will help him appreciate the wider challenges faced by nurses up and down the country, which he can then factor into the future development and delivery of services at St Andrew's and across the midlands in partnership with our colleagues. [Click here to watch a video about Jess' first shift and find out more.](#)



Research at St Andrew's celebrates a bumper year!



Research & Innovation
Part of St Andrew's Healthcare

This year has seen St Andrew's healthcare staff and researchers lead or contribute to a number of clinical leadership articles, book chapters and papers, which the charity has been able to share with the wider healthcare industry as a means to help improve care and thinking around complex mental illness.

Some of the research includes:

Webb, E., Girardi, A. and Stewart, I. (2021) [Exploring co-production of patient care in a secure mental health setting.](#) Published in the Nursing Times.

Morris, D.J., Webb, E.L. and Greenwood, A. (2021) [Trauma Informed Care for Healthcare Professionals: Features, risk factors and intervention approaches for secondary trauma.](#) Italian Society of Traumatic Stress Studies and TraumaLivingLab, Rome, Italy. March 2021

Girardi, A, Webb, E.L. and Roychowdhury, A. (2021) [Assessing the risk of self-harm: the impact of safety interventions on the predictive validity of risk assessment in secure care.](#) Published in the Journal of Forensic Practice. The study explored the impact of risk management interventions on the accuracy of START (Short-Term Assessment of Risk and Treatability) to predict self-harm.

Supported by NHS England, our Research & Innovation service has also led a project into the impact of social inequality on women admitted to medium and low secure services which has led to a report for NHS England, a new staff and patient training course, developed in collaboration with our REDS Recovery College: Inequality, Mental Health & Recovery; and an animation inspired by the thoughts and words of some of our patients and staff.

Over 20 peer reviewed journal articles, 3 book chapters and 11 posters and papers have been shared this past year.

[Click here](#) to view a full list of publications.

[Click here](#) to watch our patient and staff animation.

St Andrew's welcomes new Non-Executive Director to our Board of Directors



Ruth Bagley is currently Chair of the Warwickshire Rural Housing Association and a Council Member at Keele University. With a background in Local Authority, in which she was a Chief Executive, Ruth brings wider experience in housing and higher education to the charity and will be instrumental in helping us to deliver our future strategy to better support our patients, staff and the wider healthcare sector.

As a charity, St Andrew's has no shareholders. Instead we are governed by a Charity Executive Committee, Board of Directors and Court Of Governors. Our Board of Directors are responsible for setting and delivering our strategy, supervising the management of the charity and ensuring our compliance with legal and regulatory obligations. Ruth joins other Non-Exec Directors and our Non-Exec Chair, former Health Minister, Rt Hon Paul Burstow to help our charity move forward in the right ways. [Click here](#) to learn more about our Board of Directors.

Covid-19 update

Positive coronavirus patient cases remains at zero. Carer, family and clinical visits are allowed following agreement with the clinical teams. [Click here](#) to read our latest coronavirus guidance.

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Recognising and celebrating Carers and Volunteers



This month we paused to recognise and celebrate the incredible work of Carers and Volunteers across our charity in line with Volunteers week (1-7 June) and Carers Week (7-14 June). These two sets of groups make an invaluable contribution to the quality of care, well-being and experiences of patients and service users at St Andrew's. During the first 12 months of the pandemic, over 11,500 voluntary hours were donated by our volunteers. Even in light of Covid-19 restrictions, they still found innovative ways to support our patients and service users, such as a patient pen-pal service. The theme of Carers week was making caring visible and valued. Our Carers Team who help carers of patients and service users with support and guidance produced a video to say thank you during the week. [Click here](#) to find out more about volunteering at St Andrew's. To watch our volunteer Sue's video [click here](#). To watch our volunteer Dave's video [click here](#). [Click here](#) for more information for Carers.

Documentary highlighting the recovery journeys of three women within our care

Why not join us on Thursday 8th July at 7:30pm for the premier showing of our mini-documentary which follows the lives of Charlie, Jo and Kayleigh as they share their experiences of the care they received at St Andrew's and their individually inspirational stories of recovery as they prepare to transition to community services. [Click here](#) to register to watch the film and join our live Q&A panel discussion with our Chair, Paul Burstow, Dr Pete McAllister, Peer Support worker, Estelle Randle and more.



PICUs continue to be in the spotlight

We continued to shine a light on our [Psychiatric Intensive Care \(PICU\)](#) services in June. During the month we heard from Annyrn Adams, Occupational Therapist at St Andrew's Essex, William (Ross) Callaghan, Nurse Manager, St Andrew's Essex and highlighted our compilation video which saw our MDT staff talk about the interventions used to help people in acute phases of mental illness begin their recovery journeys. [Click here](#) to find out more about our PICUs in Northampton and Essex and watch the videos.



Supporting local causes

Throughout June we proudly supported the Northampton Legal walk through our grounds, which raises money to fund vital local advice services across the Midlands and Northamptonshire Health and Care Partnership's (NHCP) Virtual Wellbeing festival, which provided a week of activities and sessions to healthcare professionals. [Click here](#) to find out more about NHCP.



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Assertive Transitions Service - a year on

After a year's pilot, the East Midland's Secure Adult Provider Collaborative (IMPACT) Assertive Transitions Service (ATS) is now being fully immersed into the care offering for patients needing secure care across the midlands. The service delivered in partnership by Nottinghamshire Healthcare, St Andrew's, Rethink and Framework seeks to address feedback from service users and their families to offer better support to patients before and after discharge to help them feel ready to move out of hospital and make a successful transition to community support. Over the past year, the ATS has supported over 90 patients, including 10 in the community following a successful transition. To request IMPACT's newsletter outlining the service offer and important contact details [click here](#) to email us.



Celebrating Pride

This month also celebrated Pride amongst the LGBTQ+ community. One of our co-chairs for PRIDE, our LGBTQ+ network which supports LGBTQ+ staff at St Andrew's to have a voice, wrote an internal blog to staff to explain the history of Pride and why it is important to recognise people's self-acceptance, achievements, and legal rights.

