

## The Round Up

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

### Recovery doesn't end the moment you're discharged



**"RECOVERY DOESN'T END THE MOMENT YOU'RE DISCHARGED FROM HOSPITAL; TO THRIVE IN THE COMMUNITY, PEOPLE NEED ONGOING SUPPORT."**



### Innovative transitions service enabling sustainable community discharges

St Andrew's is leading an East Midlands pilot scheme delivering an innovative service in partnership with the East Midlands Provider Collaborative (IMPACT), NHS England, and local third sector community partners. The [Assertive Transition Service](#) (ATS) supports people up to a year before discharge and then three months after, developing a coproduced, personalised support plan to address discharge barriers and focus on the factors patients need in place to make a transition in to the community successful. Supported by a broad MDT, including Psychologists, Care Workers, Peer Support Workers, Employment and Education specialists, patients are helped to build relationships in the community, and supported with; substance misuse, financial assistance, registering with local amenities such as the GP, and developing daily living skills. The pilot aims to reduce hospital stay with additional support and community focus. This month we caught up with Dante, who is being supported by the service and spoke to Dr Sally Foster about what support she feels should be in place for patients when they discharge from secure hospitals.

[Click here](#) to view Dante's interview.

[Click here](#) to read the interview with Dr Sally Foster.

### Exploring coproduction of patient care in a secure mental health setting

Last year our Research Team conducted a charity wide staff survey exploring the awareness, attitudes and barriers to co-producing care with patients in a secure mental health setting. Coproduction is an important mechanism in the delivery of person-centred care and can contribute substantially to a patient's recovery pathway. However, secure care presents a number of challenges which may prevent the embedding of coproduction as standard practice. Our study found that internal knowledge of coproduction was over 80%, with clinical and non-clinical staff recognising the importance of coproduction in care delivery but they did acknowledge that barriers existed. The learnings from the study will underpin the development of an educational campaign to improve awareness of coproduction and drive its implementation as standard practice across St Andrew's.

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



### Northamptonshire COVID-19 vaccination Q&A event for BAME health and care workers

We teamed up with Northamptonshire Healthcare NHS Foundation Trust and the Northamptonshire Health and Care Partnership this month, to address concerns that the BAME health and social care worker society had about Covid-19 vaccinations. Our Lead Chaplin, Kartar Singh Bring and Executive Medical Director, Dr Sanjith Kamath, joined a virtual panel of local experts to answer questions and reduce stigma towards the vaccine. The response was very positive with over 250 people in attendance and the majority saying they would now accept the vaccination when offered.

### COVID-19 vaccination information event

Supporting Black, Asian, African and African-Caribbean Communities in Northamptonshire.

This event is being promoted by Black Communities Together

**Speakers:**

- Dr Sanjith Kamath, Executive Medical Director, Northamptonshire Healthcare NHS Foundation Trust
- Dr Kartar Singh Bring, Lead Chaplin, Northamptonshire Healthcare NHS Foundation Trust
- Dr Sanjith Kamath, Executive Medical Director, Northamptonshire Healthcare NHS Foundation Trust
- Dr Kartar Singh Bring, Lead Chaplin, Northamptonshire Healthcare NHS Foundation Trust
- Dr Sanjith Kamath, Executive Medical Director, Northamptonshire Healthcare NHS Foundation Trust
- Dr Kartar Singh Bring, Lead Chaplin, Northamptonshire Healthcare NHS Foundation Trust

Scan the code to join the online Zoom event or use the link here:



### Events

#### Mental Capacity Act : MCA Good Practice Guidance - Tuesday 27 April 2021

We've had a great response to our next virtual event, delivered by our Academic Centre. The online conference aims to develop clinical skills looking at new features in the MCA, duty of care, capacity dilemmas and best practice guidelines. Join **Dr Tania Gergel from King's College London** and many other special guests as they present their knowledge and expertise in this field. To find out more and book your place visit the [event page](#) on our website.

### Research

[Click here](#) to find out more about our in-house Research Department and their latest projects.

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### Service Spotlight on Brain Injury



This month we launched our Service Spotlight campaign which aims to shine a spotlight on different service areas at St Andrew's, allowing you to get to know the people who work within the services and understand the work they do. This month, our spotlight was on our specialist brain injury services. We spoke to a number of the staff from our passionate and dedicated multi-disciplinary team who achieve some fantastic results for patients with very complex brain injury and associated mental and physical health needs.

The videos so far have included a discussion with:

**Dr Vishelle Kamath**, Consultant Neuropsychiatrist, who talks about the layered complexity of patients with ABI; the mental and physical sequelae

**Dr Lorraine Childs**, Consultant Clinical Psychiatrist, who discusses the importance of coproduction between patients and the clinical teams to support recovery

**Jyothi Kraleti**, Specialist Physiotherapist, who discusses the challenges of building hope for people who have had a serious brain injury.

[Click here](#) to visit our You Tube channel to find out more about our Brain Injury MDT.

[Click here](#) to find out more about our specialist Brain Injury services.

#### On the Ward is back with a new episode focusing on education

As the schools return after lockdown 3, our award-winning podcast is back with a new episode focusing on education.

In this episode John speaks to a patient about the importance of education and what types of things are available to our patients at St Andrew's. These include vocational courses to learn new life skills, or courses through our REDs academy, which enable colleagues and patients alike to gain a better understanding about mental health. We also hear from Martine Lucas, our Recovery College Peer Trainer based in Essex who explains in detail what the Recovery and Everyday Skills College (REDs) has to offer.

[Click here](#) to listen to Episode 5, Series 2 of our podcast.



#### Welsh Star Blog

It's been a tough time for Welsh Star, who we caught up with again this month to mark her blog running for two years. Her latest blog reflects on a period during which she relapsed and self harmed, brought on by loneliness during lockdown. She bravely and vividly describes the breakdown, sharing thoughts of hopelessness and feeling like a failure before reflecting on her continued journey and battle with mental illness.

[Click here](#) to read Welsh Star's inspirational blog about living with mental illness.



#### A day in the life of Annette Greenwood, Trauma Response Lead

Annette talked to us about the work she has been involved in during her extensive career within the NHS and at St Andrew's. She discusses how she has evolved trauma care at the charity for patients and staff, the impact of Covid-19 and how interest in trauma is growing in healthcare settings, and her roll out Compassion Focussed Staff Support training. [Click here](#) to read our interview with Annette.



#### Receive 'The Round Up' straight to your Inbox

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### Environmental improvements for people with Learning Disability



As we head toward the end of our Transformation strategy, to 'right size' and relocate services to improve care quality across the charity, we spoke to **Tracey Wade, Nurse Manager** for our male learning disability service, which moved from Naseby ward in Isham House to the much improved therapeutic space of Sunley ward in William Wake House this last month. Tracey commented that: "I cannot put into words how important today is for both our patients and staff. We're over the moon to be moving to Sunley ward, which will provide us with a long list of improvements for our patients, including access to a therapy kitchen [to enhance cooking skills] and a much bigger courtyard [to improve fitness levels] ... us all being on one floor [no split level], improved visibility and better bathing facilities." **For further information about our LD services call or [email](#) Sam in our Admissions Team on 0800 434 6690.**

### Reflecting on an unprecedented year of Covid-19

One year on and to mark the anniversary of the first lockdown, we took the time to remember the people we have lost and reflect on an infection which continues to dramatically effect our lives and the way we live.



Our CEO, Katie Fisher shared her thoughts and gratitude to colleagues who had continued to live our [CARE values](#), to change and adapt both in their personal lives and at work, and who continued to deliver the very best care for patients during this most difficult of times.

In Northampton, our chapel and memorial garden gave people the space during the day to pause for personal reflection,

### Covid-19 update

Our vaccination programme is still in full swing with frequent drop-in clinics happening across the Northampton site allowing staff to receive their first jab from our trained ward staff and volunteers.



The continued efforts of staff and patients to adhere to guidelines and safety measures has kept the number of patients with Covid-19 very low and meant that we could update our guidelines to reflect the easing of national lockdown over the coming months. [Click here](#) to read our latest coronavirus guidance.

### Has a year of lockdown aged your brain? Here's how to sharpen up

Our psychotherapist Liz Ritchie joined other leading clinicians to discuss the effects of the Covid-19 lockdown, looking at how this year has changed our lifestyles, increased our stress levels and aged our brains.

'If you've been feeling more forgetful, unable to concentrate, and stumbling over the right words, you could be experiencing what's being referred to as 'lockdown brain'.

[Click here](#) to read the full article and discover how you can get back on track

### Why toxic positivity is the last thing we need amid the pandemic

Liz Ritchie also spoke to the London Metro during the month to share her expert opinion on society's relentless, and at times, exhausting pursuit of happiness and the belief that we need to be kind all the time - for some, a stretch during a global pandemic and national lockdown.



In the article Liz lays bare the cost of suppressing negative feelings. 'This constant promotion of "look on the bright side", "things could be worse", "appreciate what you have", "cheer up", can be so damaging in that we are not allowed to be honest about feelings of anxiety, stress, sadness and fear in the middle of a global health emergency,' she says, 'Positivity can become toxic when it masks our own reality and how we're really feeling.'

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

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### St Andrew's Healthcare publishes gender pay report

St Andrew's Healthcare has published its gender pay gap report, which shows that in 2019-20, the charity had a median pay gap of 0% indicating that median female pay and male pay were the same. This is the fourth gender pay gap report we've produced in line with government guidelines, and we are proud that we've maintained our excellent results.

Commenting on the report, Martin Kersey, our Executive Director of HR said: *"We're proud that our 0% gender pay gap is more favourable than other employers and significantly ahead of the national gender pay gap of 15.5%. We're continuing in our efforts to ensure pay is fair and equal and are committed to promoting career development within the Charity."*

[Click here](#) to read our latest gender pay report.



### Life-size cardboard cut-out helps one ward at St Andrew's keep Covid at bay

One ward at St Andrew's Healthcare has come up with a novel idea of helping keep Covid at bay – by installing a life size 6ft cardboard cut-out of one of our staff nurses, Tayo Kuku.

The card board cut out advises anyone entering the ward to ensure they're adhering to infection prevention control, by "showing off their elbows" which helps reduce the spread of infection, as well as wearing PPE such as masks. Jodie Johnson is the Nurse Manager on the ward and says it's something fun to lift people's spirits every time they enter the ward. The cardboard cut-out is part of the Charity's **Continuous Quality Improvement programme** launched last year to help make sure St Andrew's is always improving across clinical and non-clinical areas.



### Workbridge welcomes back Service Users

Great news for our vocational service, [Workbridge](#), who have been able to gently re-open sessions from 29<sup>th</sup> March in line with Public Health England guidance. Workbridge have adapted superbly during the pandemic, supporting community and inpatient service users with activity packs, Zoom sessions online - to maintain social contact and keep daily living skills up – and regular phone calls to ensure service users have been okay during the national lockdown. It means we will be welcoming the likes of J back on site whose local care home provided this feedback. "He (J) has really appreciated keeping in touch by phone and was so happy to meet up with Jason and Becky for a wellbeing walk ... Workbridge staff are like family to J, the team at his home have really valued the effort that has been made to keep him feeling connected and to help him get through lockdown."



### CEO Outstanding Contribution CARE Awards

Our CEO Outstanding Contribution CARE Awards this month included the

famous Nan Parkinson, Ward Administrator, who has been recognised for going above and beyond in supporting both Oak and Acorn wards; Memory Nyangani, a Ward Nurse who stepped in to support a student nurse and the clinical ward team with great composure and Stowe ward, who were nominated by a number of carers at a recent event. Comments included: "It's so nice to be involved in my child's care, and to not feel judged." and "I feel like I can be 'mum' now my child is safe."



### Career Opportunities

Current opportunities include Hospital Director and Registered Manager in Birmingham, Assistant Psychology - Men's Medium Secure Division and Senior and Student Nurse positions. **For the latest job or volunteering opportunities visit our [St Andrew's Careers page](#) on Linked In or our [website](#).**

### Celebrating World Book Day

Our clinical teams helped patients celebrate World Book Day in style at the start of this month. There was some fantastic costumes, activities and events going on around the charity including these fine efforts within our Child and Adolescent Mental Health service.

