

## The Round Up

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

### CQC recognises improvements across St Andrew's Men's services

The CQC published its report into our Men's services in November, following an inspection in June. The report was positive, with the CQC recognising the improvements made across our Acute and PICU, Secure and Rehabilitation services, moving us to 'Good' in the caring and responsiveness sections. While our overall rating remains the same, we are proud of the improvements we have made, particularly in addressing the staffing challenges that exist within the healthcare sector. The CQC has recognised the cultural shifts taking place at St Andrew's, the steps we are taking to reduce restrictive practices and our commitment to embedding transparency, respect and inclusivity into all aspects of our work. The Men's Service report follows a Women's Service report published last month, which also showed positive care quality improvements. Our CEO, Vivienne McVey, acknowledged the positives but stressed that there was still much work to be done as we aim to be the outstanding organisation that our patients and stakeholders require. To read the full report, click [here](#).



### The Learning Disability and Autism Summit: Homes not Hospitals

In November, St Andrew's and the [IMPACT East Midlands Provider Collaborative](#) jointly

hosted the first annual Learning Disability and Autism Summit. The online conference brought together leading minds on learning disability and autism to consider the future shape of LDA health and care services in the mid to long-term. Guest speakers included: Tom Cahill, National Director for Learning Disability and Autism for NHS England, Baroness Sheila Hollins, Alexis Quinn, Autism campaigner and adviser as an Expert by Experience to NHS England, Paul Stankard, Clinical Director, LDA services, St Andrew's Healthcare plus other prominent speakers. The first summit discussed a number of areas which were debated and will help to develop thinking and strategies for people with learning disability and autism needs. To watch the conference, click [here](#).



### Essex OT team receive highly commended award

In November, the Occupational Therapy Team, based at St Andrew's Essex, was highly commended within the activity award category at the [Essex Activity Awards](#). They were nominated for making 'positive and meaningful' changes among their patients after teaming up with another local organisation called Sport for Confidence (SFC), which works closely with occupational therapists to utilise sport and physical activity to enhance a person's health and wellbeing. SFC Founder and Director Lynsey Barret said: "It's been a real privilege working collaboratively with the St Andrew's team and together we've been able to meet many patient-centred goals. Our partnership has helped patients expand their social opportunities, minimise the impact of institutionalisation, boost their confidence and improve their overall physical and mental wellbeing." To find out more, click [here](#).



### 'Therapy and meditation just felt like hocus pocus to me'

To mark Remembrance day in November, the [Big Issue](#) spoke to veteran, Phil Credland, who was helped by our Outpatient clinic in Northampton. Phil left the armed forces in 2013 having served in Iraq, Northern Ireland, Bosnia and Kosovo. After struggling with PTSD and alcoholism, he finally found help through NHS England's Transition, Intervention and Liaison Service which sought St Andrew's help for specialist therapy and medication. Although Phil was sceptical at first he describes his first therapy session as a "light coming in through the window", providing the hope that he could get better. A year later and Phil now works as a Commercial Manager in the Construction industry. To read his fascinating story in the Big Issue, click [here](#).



### Candid CAMHS campaign unearths the truth

Staff were left baffled in November when windscreens across the Charity's Northampton site were adorned with leaflets which suggested someone was set to "tell the truth" about our Child and Adolescent Mental Health (CAMHS) service. The leaflet led staff to a video which showed some of our CAMHS staff talking about the amazing work they see in our CAMHS each day. To watch the video and find out more, click [here](#).



### 'The special moments for patients are special to me too'

Highly Specialist Physiotherapist, Binny Kuriakose, supports our neuropsychiatry patients with pain, balance and other functional issues. In November, Binny spoke to [NR Times](#) about the physio team's work at St Andrew's, which helps to reduce the risk of falls, fractures, respiratory conditions and issues related to obesity, type 2 diabetes, mental health and chronic low back pain. To read the full article, click [here](#).





## The Round Up

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

### Celebrating Transgender Awareness Week

A transgender patient has praised staff at St Andrew's for recognising her pronouns and welcoming her onto a female ward. Amy Rice, who has waived her anonymity, wanted to raise awareness of the importance of language during Transgender Awareness Week in November. She stressed that "Language is very important because it values me as a person. The pronouns are also very important because it can cause incidents if you get the pronouns wrong and also makes that person feel extremely devalued. "St Andrew's is the only hospital I've been to where they have actually accepted me." To watch Amy's interview and find out more, click [here](#).



### Artwork created by St Andrew's patients celebrated by charity

A woman being treated for a brain injury says her artwork, which has won a Commended Award within a national arts award programme, has helped give her days "purpose and enjoyment". Neelam Baldhe, who has been a patient within the Neuropsychiatry service at St Andrew's Healthcare in Northampton since last year, started participating in art sessions as a way of passing the time. Not only did Neelam enjoy the hobby, she has since been commended at the [Koestler Arts competition](#), a charity that aims to help prisoners, secure patients and detainees by supporting their art ambitions. In addition to artwork, Neelam also takes part in pottery classes and adult education sessions at St Andrew's. A highly skilled Pharmacist before she became unwell, Nadeem is supported by staff following complex surgery after a brain tumour. To read the full story, click [here](#).



### Queen's Canopy

In honour of the late Queen's Platinum Jubilee, patients, staff and carers from around the charity are planting over 100 trees across our hospital sites in Northampton, Birmingham and Essex, as part of the Queen's Green Canopy project. The project serves not only as a lasting legacy to the late Queen but with over 1 million trees already planted nationwide, helps readdress the environmental impacts that we see in today's world. To find out more about the Queen's Green Canopy, click [here](#).



### Saints at St Andrew's

As part of our pledge to support local organisations, we welcomed Northampton Saints Rugby club to train at St Andrew's in November. Staff and patients in Northampton were able to watch the training session on our grounds which was followed by a training session with some of our patients and a 'meet and greet' with the team. It was great to be able to welcome the rugby team to St Andrew's and was really enjoyed by some of our patients, some of whom got really stuck in.



### ASPIRE nursing graduations

Congratulations to our nine ASPIRE students, who all graduated in November from the University of Northampton with a Mental Health Nursing degree. They are Kwame Agyekum, Kerry Bates, Derick Benson, Oluwafemi Joseph, Roberta Nimfah, Lugard Omorogbe Okunburgba, Nicola Slade, Deborah Spence and Ionut-Lucian Jurcan. Our ASPIRE programme supports staff while they study for a degree and qualify in either Mental Health or Learning Disability Nursing. To find out more about ASPIRE, click [here](#).



### 'You're the jab that I want'

T-Birds and Pink Ladies were seen on our Northampton campus last month, in a bid to encourage its staff and patients to have the annual flu jab and their Autumn COVID booster vaccine. The charity produced a spoof version of the popular song 'You're the One that I Want' from the 1978 hit film Grease. With cases rising again across England, the timely video, created by volunteers and staff, helped raise awareness of the importance of getting protected over the winter period. To read more and watch the video, click [here](#).



### Long Service Awards

We recognised the dedication and commitment of staff in November at our Long Service Awards. Over 45 people were recognised as passing significant work anniversaries, with a combined service of almost 700 years. Thank you to our staff who make St Andrew's what it is.



### Workbridge to hold magical Christmas Craft Fair on 9-10 December

Our Christmas Craft Fair at Workbridge returns this year, offering the general public in Northampton a variety of arts and crafts to purchase, made by both our learners and local makers. There will also be games, a treasure hunt, Santa's Grotto and much more! From 10am to 4pm both days, entry is free, so why not pop along to Bedford Road, Northampton, NN4 7AD.

