

# The Round Up

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

## Great news for the people of the West Midlands as Reach Out goes live

On 1 October, the commissioning of adult medium and low secure care services in the West Midlands transferred to the West Midlands Provider Collaborative – known as **Reach Out**. Reach Out is a collaboration of four NHS providers and St Andrew's Healthcare which works collectively to deliver secure care services, improve outcomes, quality of care and patient experiences for people with complex mental health, learning disability and autism needs. Part of the development of the Collaborative has seen the partners all signed up to a Risk and Benefit share agreement. These agreements establish a deep and binding commitment, so they can achieve the shared purpose of the Collaborative, ensuring that public resources are used in the best possible way to meet the needs of the West Midlands population. Chief Executive of BSMHFT, Roisin Fallon-Williams said, *"This Collaboration is great news for the people of the West Midlands as greater collaboration will bring care closer to home. We have been working in this way for over two years, but it is great for Reach Out to have its official recognition. I look forward to working with our partners to further improve outcomes for the communities which we all serve."* [Click here](#) to find out more about the Collaborative, its achievements to date and aims for the future.



### Katie Fisher steps down as CEO

Katie joined the charity as CEO in June 2018 and has been praised for her "positive impact" on both patients and staff. She led the charity through a major transformation during one of the most difficult periods in the healthcare sector. Chair of St Andrew's Healthcare, Paul Burstow, said: "Despite the immense challenges of operating secure mental health services during a pandemic, Katie has led the charity through a major transformation programme laying the foundations for a sustainable and adaptable base of secure services. Under Katie's leadership the charity has also established itself as a trusted partner with NHS mental health providers and commissioners, helping to shape future services nationwide." Katie has resigned with a heavy heart but, as a nurse by training, she aims to return to the acute physical healthcare sector where her love of healthcare remains. Jess Lievesley, the charity's Deputy CEO, will take on the responsibilities of interim CEO until a new full-time appointment is announced. [Click here](#) to read the full article.



### Delivering the Transforming Care Agenda for people with LD and ASD

In a bid to improve health outcomes, St Andrew's is evolving its service criteria for people with Learning Disabilities (LD) and Autistic Spectrum Disorders (ASD). At the moment, St Andrew's provides care for people with LD and ASD who have associated complex needs. But, in the future, St Andrew's will only provide care in hospitals for people with LD and ASD who have a forensic background or are under specific restrictions. Instead, the charity will focus on delivering a robust out-of-secure care pathway and investing in community services, such as our [Winslow](#) community service. Dr Sanjith Kamath, Executive Medical Director, said: "It's no longer acceptable for patients to be treated in hospitals hundreds of miles away from their homes, which in a lot of cases means they don't have regular visits from their friends and family. These visits from their loved ones can be a vital part of their recovery pathway. That's why we're backing our NHS colleagues and aligning even more closely with the Transforming Care Agenda which is all about choosing homes not hospitals for patients and providing care for individuals in the community." [Click here](#) to read the full article.



### COVID-19 update

Staff have been receiving COVID-19 booster and flu jabs across our hospital sites this month to help keep our patients, staff and all our families and friends safe from COVID virus and influenza. As mentioned in the last update, in line with national guidance from Public Health England, patients who test positive for COVID, or who have been exposed to someone with confirmed COVID, will be required to isolate for 14 days from exposure (instead of 10 days). [Click here](#) to read our latest coronavirus guidance.



### Elgar moves to Fenwick

On 18 October, women from our specialist Low Secure Older Adult (45+ years) service moved to a reduced 10-bedded ward on Fenwick in Malcolm Arnold House. The move provides a more modern environment which we believe will enhance the recovery of older adult women with complex mental illness. Patients commented that the new ward environment felt safe and spacious. Look out for our Service Spotlight in the New Year as we focus on Older Adult services across the charity.



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## Mental health programme for schools praised by local head teacher

A former head teacher who now oversees inclusion for the East Midlands Academy Trust has said a mental health programme created by St Andrew's and introduced at her former school has "changed children's lives". **LightBulb** is St Andrew's School Mental Wellness Programme, written by teachers from the St Andrew's Child and Adolescent Mental Health (CAMHS) College. It provides a framework of training for schools to help teachers spot the early signs of mental health issues in children and then take appropriate action. Cheryl Smith, Head Teacher of St Andrew's CAMHS College explained that the programme was founded upon the College's experience of working with some very poorly young people who had not received the help they needed until it was too late, leading them to need hospital care. She said: "LightBulb is not just about helping children, parents and teachers to recognise the signs early, it's also about creating a culture of positive mental health which is driven by school leaders and embedded in practice. We firmly believe that this approach could significantly reduce the number of children who go on to develop complex mental health problems." Lorna Beard, East Midland's Academy Trust said: "LightBulb was a hit from the start and helped us to build on the work already happening within the school around mental health. We quickly saw significant improvements across our staff, students and parents. Everyone felt more supported, reassured and more confident in spotting the signs and seeking the appropriate help. [Click here](#) to find out more about LightBulb.



## Service Spotlight on Education

Our Service Spotlight moved to Education this month as we sought to shine a light on the many diverse forms of education approaches and opportunities available to patients and service users as they receive care at St Andrew's. Education is integral to the work we do here and can play a significant part in the recovery and progression of patients. We kicked off the new series talking to Cheryl Smith, Head Teacher of St Andrew's CAMHS College. She explained how their educational approach is aligned directly to the therapies and programmes employed clinically across the wards. They also follow the Active8 curriculum, which is based on the national curriculum and enables learners to feel safe and make progress through their education journey. Cheryl also talks about how the charity is sharing its expertise with local schools through its LightBulb programme, which helps teachers to spot and act upon early mental health issues in children. [Click here](#) to view an interview with Cheryl and find out more about Education at St Andrew's.



## Young people create art installation in our CAMHS College

A beautiful art installation appeared in our CAMHS College this month, created by attending students. Made of coloured films and designed using origami techniques, the installation features animals and objects and has transformed the space. Head Teacher Cheryl Smith said: "St Andrew's College in Smyth House is now fully complete with colourful window films on the skylights, some cheery dolphins and our very own origami installation created by our young people themselves. We think it looks cheerful and makes the college an inviting place to spend time." Another design aspects adds a nod to the rainbow which was important to the young people when helping to design the ward spaces last year. The rainbow was chosen because it represents a multitude of causes including LGBTQI+, the NHS and is also a worldwide symbol of hope.



## Local newspaper focuses on SAD

As we prepare ourselves for darker evenings, Liz Ritchie used her latest Chronicle and Echo column to raise awareness of Seasonal Affective Disorder (SAD). Liz said: "For many, the change in the weather and lack of daylight can mark the start of 'winter depression', also known as SAD. I see a lot of people who find they struggle more in the winter months." The column aims to tell people they are not alone if they felt less energetic than normal and gave some top tips to help eliminate some of the symptoms. [Click here](#) to read the full article.



## Executive Medical Director urges people to get their COVID-19 and flu jabs

Dr Sanjith Kamath made his local newspaper column debut in October. With St Andrew's rolling out its COVID-19 top up and flu jab programme and with Covid rates in Northamptonshire three times higher than the national average, he decided to write about the importance of both vaccines. Writing in the Chronicle and Echo, Dr Kamath wrote: "If you get flu and COVID-19 at the same time, research shows you're more likely to be seriously ill, but being vaccinated against both conditions will provide protection for you and those around you."

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## Survey launched for health leaders to explore pandemic impact

Senior healthcare leaders are being urged to take part in a confidential survey about their wellbeing so researchers can find out how the pandemic has impacted them. The St Andrew's Healthcare's [Centre for Developmental and Complex Trauma](#) has teamed up with the Moral Injury of Healthcare, a US based non-profit organisation that explores moral injury, a type of trauma, in healthcare settings, to develop an online, anonymous survey. The idea of the questionnaire is to give participants the opportunity to share their experiences of being a senior leader during a highly challenging period in healthcare. The outcomes of the survey aims to develop plans to meet the mental health and wellbeing needs of all levels of healthcare workers. [Click here](#) to find out more and participate in the survey.



## ASD/LD clinical team members recognised for top awards

Two clinical nurse leaders from the ASD/LD division have scooped anti-racism prizes as part of Black History month celebrations by the Royal College of Nursing (RCN)



Awards. Augustine Omotoso and Evans Akyeampong have been named the winners of the Making a Difference Award which will be celebrated in the next edition of the RCN Journal. Their colleague, Jennifer Mytton, ASD/LD Specialist Nurse, described Augustine as an "experienced and knowledgeable nurse who also has extremely high standards of practice and immense levels of compassion". Jennifer added; "His knowledge of the patient group and his therapeutic relationship with them is enviable and something he has worked extremely hard to achieve." Also in our ASD/LD service, Phil Labrum, Clinical Nurse Leader has been shortlisted for the Learning Disability Nurse Award by the National Learning Disabilities and Autism Awards. Phil said: "This really was a surprise and actually not something I was expecting at all. I come to work and I do the best that I can for my patients."

## Strictly star sends a message to our Deaf service

Strictly Come Dancing star, Rose Ayling-Ellis took some time out from her busy rehearsals to wish our patients on Fairbairn a "Happy Halloween". The message was loved by patients and staff as it was played at the ward's Halloween party. Thanks Rose and good luck with the dancing.



## Essex patients take part in annual sports day

On a gorgeous September day, staff and patients at our Essex hospital came together for an Olympic sports day. Activities included a sprint race bouncing a ball on a racket, a penalty shoot-out and basketball games. The day was supported by Southend Football Club who attended the event and gave out prizes.



## Supporting World Mental Health Day to help raise awareness

To mark World Mental Health Day on October 10 we caught up with Kayleigh, who is based in one of our Northampton women services. She took part in a documentary about her mental health journey earlier on this year called [I'm Not Mad, I'm Me](#), and is passionate about educating people about complex mental health problems. The 24-year-old said: "I want people to understand that mental health can affect anyone. I want people to realise that just because you've got a mental illness, it doesn't mean you don't have feelings. It doesn't mean that you can be ignored or spoken over. Depression does not define you as a person, it's just a part of who you are." Kayleigh's interview has been covered by local newspapers helping to raise awareness. Around the charity, staff and patients wore yellow in support of the fellow mental health charity, Young Minds campaign.



## Staff get spooky across the charity

Our ward staff have really gone to town this month as they sought to help our patients celebrate Halloween. There were parties and days out across the entire charity. Our Brain Injury service showcased some great costumes and our young people went to pick pumpkins at Wappenham Farm in Towcester. Great to see activities like this happening again after the pandemic.

