

# The Round Up

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

## St Andrew's takes part in national 'Speak Up' campaign

Staff at St Andrew's Healthcare have been reminded to 'speak up' and report behaviour which could be impacting patient care during 'Speak Up' Month, which takes place during October each year. The charity's CEO, Dr Vivienne McVey encouraged staff to report anything they see which does not feel right. She said: "It's really important we have a really transparent and open culture here at St Andrew's." Staff at St Andrew's are encouraged to speak up through Freedom To Speak Guardians who staff can confide in if they're concerned about anything. To read more about the national campaign or about our Guardians, click [here](#).



## Patients urged to 'Move More' to boost their health and wellbeing

The "Move More" campaign has been created by Justine Anthony, Honorary Researcher at St Andrew's, with Dr Florence Kinnafick from Loughborough University School of Sport, Exercise and Health Sciences who has co-produced a physical activity toolkit for staff and patients. The toolkit contains guidance for staff on how to support and promote physical activity, offers several ideas for activities that can be engaged in both on and off the wards and includes education and information around the benefits of physical activity for psychiatric patients. To find out more click [here](#).



## LightBulb host conference to support children from Ukraine

Schools in the UK, which have welcomed children from the Ukraine, received specialist mental health training through an education conference in October.



The LightBulb Mental Health Conference, hosted by the St Andrew's Healthcare Education team, took place virtually and welcomed a number of people working in local schools. Entitled 'Ukraine: Overcoming the Trauma and Getting Back to Learning', attendees were advised on the best way to help and support the children who are being forced to live in a different country having escaped from the war in Ukraine. Speakers included Dr Alexy Titievsky, Consultant Psychiatrist at St Andrew's Healthcare, who has family in Ukraine and has been instrumental in helping to set up field hospitals in the war-torn country, Dr Leanne Johnson, Head of Trauma Informed Practice Outcomes First Group and Dr Siobhan Currie, Chair of the Crisis, Disaster and Trauma Section at the British Psychological Society. To read about the virtual conference, click [here](#).

## CQC inspection recognises improvements in Women's services

Following a re-inspection the Care Quality Commission (CQC) has improved the overall rating of our Women's services to 'requires improvement' recognising the hard work and improvements that have been made to improve care quality across all our Women's services. Dr Vivienne McVey, CEO, praised the report but recognised there was still a lot of work to be done. She said: "We are pleased the CQC has recognised the progress made across our Women's service over the last year, and we're encouraged to see we are now rated as 'good' in the caring and responsive categories of the report. We are also delighted the CQC recognised the cultural shifts we have made at St Andrew's by embedding transparency, respect and inclusivity into all aspects of our work." To read the full story click [here](#).



## Huntington's Disease research highlights putting the patient first

Getting to know the person behind their diagnosis of Huntington's Disease (HD) is "fundamental" to delivering better care, according to new research. Dr Vincent Harding, Forensic and Clinical Psychologist at St Andrew's Healthcare, recently led a study which involved interviewing a number of healthcare assistants and registered nurses who regularly work with people who have this extremely rare, genetic neurodegenerative condition. Prior to this work the experiences of staff supporting people with HD, particularly in inpatient settings had not been explored. Talking to [NR Times](#), Dr Harding spoke about the findings which highlighted the importance of knowing the patient and then applying approaches and interventions that are meaningful to them. To read the full interview (page 58) click [here](#).



## Cost of living support

With the rising cost of living affecting many of our staff, St Andrew's took the steps to introduce a financial package of support for staff in October. The package included £500 for all permanent employees in career levels A and B, a further increase to minimum wage across the charity to £10.50 p/h and increases in base pay to levels A to D. The charity has also implemented a pay progression scheme for HCAs and Senior HCAs.



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## St Andrew's launches #EndTheEdit campaign

#EndtheEdit was launched by St Andrew's Healthcare on World Mental Health Day (10th October) to encourage people to be real online and to remind them that chasing perfection via social media can be damaging. The campaign has been created with the support of St Andrew's patient Mercedys Gunnels, who suffers from body dysmorphic disorder (BDD). Mercedys said: "I never ever let people take full body shots of me and I always use filters when posting pictures online. I have never been happy with the way I look so I like to hide behind filters on all my pictures." Figures suggest one in five people feel shame about their body image which is damaging their mental health. To follow our campaign to help eradicate the editing of online photos search #EndtheEdit across any of our social media channels.



## ASPIRE programme celebrates 115 mental health nurse graduates

More than 115 students have graduated from St Andrew's Healthcare's innovative ASPIRE programme which helps Healthcare Assistants to study and become qualified mental health nurses. One successful student is Bukunola Popoola. Originally from Nigeria, Bukunola came to the UK in 2007 with her husband on a highly skilled migrant programme. Since joining St Andrew's, she has been supported to attend mental health courses which allowed her to access and then complete the ASPIRE programme. Bukunola said: "This has been a very positive journey for me. Becoming a nurse has enabled me to make better contributions to patients' recovery journeys. I am full of gratitude for the opportunity to be part of ASPIRE and for the fantastic support I received from staff throughout the course." To learn more about ASPIRE click [here](#).



## CAMHS patients camp out for Duke of Edinburgh award

Six young people took part in the twilight expedition activity camp as part of their work towards the bronze award, which consists of four sections. They involve helping the community/ environment, becoming fitter, developing new skills and completing an expedition. The DofE programme gives young people an opportunity to discover new interests and the tools to develop essential skills for life and work. Achieving an award is all about setting personal challenges and pushing personal boundaries. The activity camp consisted of a scavenger hunt in the Northampton hospital grounds and an outdoor cinema experience before sleeping under the stars. To read the full news story, click [here](#).



## A dynamic dup of Northampton charities team up

Two Northampton charities have joined forces to "remove barriers and widen the gateway" to help people access mental health support across the town and wider county. Pink Rooster, an award winning organisation which focuses on using arts and creativity to help improve health and wellbeing, has set up permanent residency on the Northampton site of St Andrew's Healthcare. Pink Rooster CEO David Maxwell said: "Pink Rooster is committed to improving the lives of those in need through the therapeutic power of music, the arts and creativity, through educational activities and interventions. We bring hope and life back to people living with mental and physical health issues. To read more about the partnership, click [here](#).



## Something 'spooky' going on

Things got a whole lot more frightening towards the end of October, as patients, staff and volunteers once again did themselves proud, dressing up and celebrating Halloween. There were pumpkin hunts, spooky discos, pin the arm on a zombie games, pumpkin carving and fiendishly delightful food and drink. Well done to all those involved.



## Covid-19 update

Following a rise in Covid positive cases both in the local community and on our Northampton site we have re-introduced the need for all staff to wear masks when delivering patient care. Visitors will be required to adhere to these same measures. Birmingham and Essex currently have no Covid restrictions in place. Across our sites staff are receiving covid booster and flu jabs to keep them safe, For our latest guidance click [here](#).

## A chilli delight

The last of the chilli crop was picked by patients and staff at our Horticulture Hub down at Workbridge. The hub teaches patients about plants and crops and the harvest they bring. This abundant display of chilli was later used by the patients to make chilli jam. To find out more about Workbridge, why not visit us at our Christmas Craft Fair on 9-10 December. You'll find homemade crafts, food stalls and entertainment. Pop it in your diary.

