

The Round Up

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

Young People make Smyth House their home



As part of our Transformation strategy to improve care quality across the charity, this month saw the transition of our CAMHS patients into the newly refurbished Smyth House in Northampton. The new interiors have been designed in collaboration with patients through a series of co-production workshops. The results have seen improved lighting, a softer interior design finish, better signage, updated flooring that reduces excess noise, artwork with inspirational quotes and new furniture, all researched and chosen by the young people. **For further information call or [email](#) Kelly in our Admissions Team on 0800 434 6690.**

Covid-19 update

St Andrew's has seen a number of positive and symptomatic patient Covid-19 cases over the last month. Whether a patient is positive or symptomatic, the ward is put into isolation and the patient nursed separately for their own safety and the safety of others. Even if a patient tests negative they must be symptom free for 48 hours before we take the ward out of isolation. Around 80 staff are self-isolating. Daily updates are communicated to all staff from the leadership team who continue to monitor any infections.

Tiered system

Our Essex and Birmingham hospitals are in high risk areas, and our Northampton hospital is in a medium risk area following the introduction of the tiered system. People residing in very high risk areas are not able to visit our hospital sites. Likewise, patient visits should not take place in very high risk areas, unless in an exceptional circumstance. In Northampton, the rule of six is still in place, with social distancing and face masks. Visits should be conducted with prior clinical team arrangement.

Patient support

We continue to ensure that patients who are unable to leave our hospitals can access friends, family and advocates through Skype or telephone. Every ward has an iPad available to patients. Our Carers Support Line continues to be available Monday to Friday and clinical staff are supporting patients throughout with regular updates and hygiene reminders.

Enhanced support

Any ward in isolation (symptomatic or confirmed Covid-19) will be unable to admit any new patients. When a patient is admitted, they will be quarantined and may be subject to enhanced support to effectively nurse them separately for their safety and the safety of other patients and the nursing team.

[Click here](#) to read the latest coronavirus update from CEO Katie Fisher.

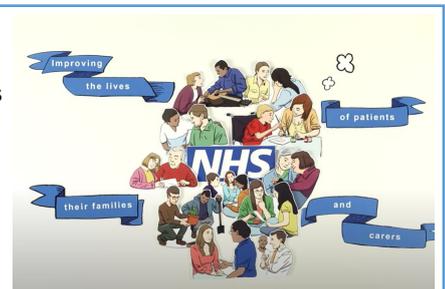
[Click here](#) to get the answers to common Covid-19 questions from Dr Kieran Breen, Head of Research and Innovation,

[Click here](#) to read our latest coronavirus guidelines and policies.

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Making an IMPACT

At the start of October, IMPACT (East Midland's Adult Secure Provider Collaborative) launched and will now be responsible for the commissioning of Secure Adult patients from the East Midlands.



St Andrew's joins the lead provider Nottinghamshire Healthcare NHS FT as part of 9 partners (5 NHS, 4 Independent) forming this collaborative. Provider Collaboratives have been created with the aim of improving patient care and outcomes, reducing inappropriate Out Of Area placements, reduce hospital length of stay and improve step-down and community services so people can receive specialist care closer to home. View a useful video about Provider Collaboratives [here](#).

St Andrew's Nottinghamshire closes

After over a decade of care, October saw the closure of the St Andrew's Nottinghamshire site, a 70 bed hospital caring for complex males with Autistic Spectrum Disorder and/or Learning Disability. The closure forms part of the charity's commitment to the Transforming Care Programme to reduce the number of people with autism and learning disabilities being cared for in a hospital environment and our charity strategy of placing quality first, reducing our number of inpatient beds and increasing our care provision in community settings. In Nottinghamshire we have already developed **Winslow**, which offers 6 specialist self-contained 'community care with nursing' registered apartments for people with complex ASD/LD. To find out more about Winslow visit our service website page [here](#).



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Breaking the stigma on World Mental Health Day



'On the Ward' launches for Series 2

St Andrew's Award Winning podcast, presented by Staff Nurse John-Barry Waldron, is back for a second series. Two brand new episodes were released during October and in time for World Mental Health Day. They covered the effects of Covid-19 and the social side of mental health. The unique podcast, recorded from inside a psychiatric hospital, speaks to a range of staff and patients and aims to improve understanding and attitudes towards those affected by mental ill health. The podcast has been nominated for a Nursing Times award and is available now on iTunes and Google Play. [Click here](#) to list to the podcasts.



#LetsTalkAbout...

To mark World Mental Health day, St Andrew's shared the second video in the charity's #LetsTalkAbout campaign which aims to shine a light on some of the most misunderstood and complex of mental health conditions. The short film, #LetsTalkAbout 'Borderline Personality Disorder', features St Andrew's Consultant Psychologist, Dr Emily Fox. She explains what BPD is and why it is often misunderstood, and shares some simple things people can do to support people who are struggling with their emotions.

Why not follow the campaign across [social media](#) by using #LetsTalkAbout, and together we can break the stigma.

Why choose a career in mental health?

Dale Holmes, Nurse Manager on Spring Hill House, our specialist Dialectical Behavioural Therapy service in Northampton, explains his start as a Healthcare Assistant 15 years ago and has some tips for anyone considering a role in mental health.

[Click here](#) to listen to his advice.

For the latest job opportunities, visit our [St Andrew's Careers page](#) on Linked In



Listening to our Experts by Experience

We spoke to Estelle and Kyle, two of our Peer Support Workers this month who

shared their own experiences of living with [#BorderlinePersonalityDisorder](#) in order to help break the stigma of one of the most misunderstood mental health conditions.



Peer Supporter Workers, like Estelle and Kyle, play an important role at St Andrew's.

As ex-Service Users they are able to use their



own experiences of managing and overcoming mental illness to help patients to understand and manage their own challenges and staff to understand what a patient is feeling during certain situations. Estelle and Kyle are involved on a daily basis across our wards and in delivering staff training, providing a vital patient perspective to how we manage complex mental illness, such as BPD.

To view Estelle's story [click here](#).

To read Kyle's perspectives [click here](#).

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Your Voice

Ahead of our annual Your Voice staff survey, we have been sharing some of the developments made across the charity as a result of the feedback staff gave in last year's survey. Such developments have included:

- A new staff wellbeing support package to encourage health and wellbeing at work following staff asking for the charity to focus on wellbeing and work-related stress.
- Weekly Q&A TEAMS calls with charity leaders, daily Covid-19 email updates, Freedom to Speak Guardians and the development of a new SharePoint site to improve open and transparent communication for staff around the charity.
- Improved pay and benefit clarity for staff.
- The introduction of a new clinically-led Divisional structure focused on improving quality whilst identifying, communicating and improving 'local issues' that are affecting patient outcomes.



Pets as Therapy Dogs are back at St Andrew's Healthcare

After 7 months of Covid-19 lockdown and guidance, St Andrew's Pets as Therapy Dogs have made a welcome return to our hospital grounds in Northampton.



We have 7 PAT volunteers, who between them own 21 dogs. Last week the four-legged friends, who've been greatly missed, returned to meet some of our patients.

Chris Yates, PAT dog Volunteer, said:

"It has been 7 months since we last visited St Andrew's but my three dogs realised where we were as soon as we had entered the gates and began to get excited straight away. It's incredible to see how much they have missed the patients too".

PAT dogs help our patients to share feelings and discuss their mental illness as well as build important skills to help their recovery. [Click here](#) to discover the volunteering opportunities available across St Andrew's.



Autumn colours

Our staff and patients have been capturing the new colours that have emerged throughout our grounds. St Andrew's Northampton has over 120 acres available for patients and staff to explore. The spaces offer enormous benefits aiding health, wellbeing and recovery.

Black History Month

Our BAME Network co-ordinated a number of activities this month to mark Black History Month, recognising and celebrating diversity across the charity. This included menu changes across our kitchens. The network continues to work with staff and our leadership team to improve the working conditions of BAME employees at St Andrew's.

Free Flu jabs for all

With the added complication of Covid-19 symptoms, there has been a big push across the charity to ensure all patients and staff receive their free flu jabs protecting them against this common illness during the winter months.



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National Inclusion Week

We celebrated #nationalinclusionweek across our hospitals in October. In Birmingham, Senior Staff Nurse Miriam Njenga wore this amazing Kenyan Massai Tribe dress. Our REDS Academy also delivered 'An Introduction to Diversity & Inclusion' to staff and patients and we relaunched our Employee Networks. [Click here](#) to see what inclusion means to our CEO Katie Fisher and the charity.

