



The Round Up

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

FestiVol - celebrating the contribution of volunteers

Our annual FestiVol kicked off September in true style! Held at Workbridge in Northampton, people attending were able to find out about local volunteering opportunities across the county, whilst enjoying live music from the Cool Jazz collective, shopping, street food, mocktails, and more! Dawn Wright, Voluntary Services Manager said: "At St Andrew's we have around 350 volunteers who bring a special kind of magic to our patients, contributing to their recovery in a variety of different ways. When volunteering, you will have the chance to learn new skills, make new friends and to meet and volunteer with people who have a variety of backgrounds, cultures, interests and skills." To find out more about volunteering opportunities at St Andrew's click [here](#).



Dr Vivienne McVey joins St Andrew's as CEO

An experienced clinician, businesswoman and senior leader, Dr Vivienne McVey has taken up the role of Chief Executive Officer of St Andrew's Healthcare. Vivienne originally qualified as a doctor and worked as a full time GP before taking on clinical leadership roles within the NHS and independent sector. Sharing some first thoughts, she praised the care and friendliness of staff, and recognised the skill, talent and resource offered to patients.



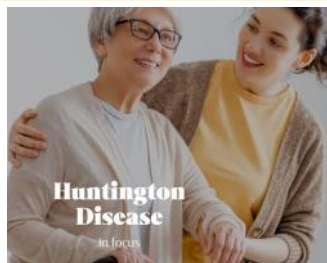
Dementia party for World Alzheimer's Day

We went back to the movies in our Lowther Dementia Village, as patients and staff celebrated World Alzheimer's Day in September. The 'Music from the Movies' themed party saw singing, tambourine shaking, professional dancing and even a cuddly shark swaying along to 'Hallelujah'! The people in our care sang, danced and clapped along to glamorous singer Jennah, and enjoyed ballroom dancing from Jane Civil and her dance partner. We also welcomed along Stuart from BBC Look East, who was seen to bop along to the music and who helped us raise awareness of World Alzheimer's Day. To read the full story click [here](#).



Huntington's Disease in focus

"The better we understand, the better we can support everybody - our team, our patients and our friends". That sentiment is at the heart of pioneering research into Huntington's Disease (HD) care, which explores the experiences of healthcare assistants and registered nurses - those delivering frontline care - and the relationships they build with people living with HD in an inpatient setting and their families. The research, undertaken by Dr Vincent Harding, Forensic and Clinical Psychologist, St Andrew's Healthcare was shared with Neuro Rehab Times in September. Dr Harding spoke to a number of staff about the care they provide, the role they play in someone's care and how they learn from each experience to help provide better care. To read the full article click [here](#).



St Andrew's heads to Ghana to support mental health programme

Teachers, prison staff and healthcare professionals in Ghana are being given insight into how high-quality physical healthcare can significantly help patients who suffer from serious mental illness. Martin O'Dowd, Head of Physical Health at St Andrew's is travelling to the African country in October to help promote the link between physical and mental healthcare. He will be sharing our charitable purpose while helping to support the Besstel Foundation, an organisation that aims to enhance awareness of mental illness in Ghana and other parts of Africa. To find out more click [here](#).



MacMillan Coffee Morning

We love coffee and cake so much at St Andrew's that we extended the Macmillan themed morning to a whole week of indulgence across the charity. There was get-togethers everywhere, which helped patients, staff and volunteers to share their thoughts, improve their mental health and raise some money for a well known cancer charity.



National Inclusion Week

The end of September marked National Inclusion Week. The themed week was explored across the charity through a series of events hosted by our in-house ABLE, Wish, Diverse Minority Cultures and PRIDE staff networks. This included a session on the use of correct pronouns and the benefits of Reverse Mentoring in the workplace.





The Round Up

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

Patient gains official lifeguard qualification

A "dedicated and determined" female patient from our dialectical behavioural therapy (DBT) programme has made a splash among her care workers after becoming a fully qualified lifeguard. Supported by Abigail Ralph, Sport and Exercise Therapist for Women's services and other staff members, the 20 year old has been able to access our on-site swimming pool daily to learn various rescue procedures and safety protocols, followed by theory in CPR and health and safety. The patient said: "I decided to embark upon this training as I've started to think beyond hospital and I want to start building up my CV for when I eventually leave. Now that I have this qualification, I am hoping to start working as a lifeguard in my local leisure centre. I'm very grateful that I've been given this opportunity as I have gained lots of extra skills which will aid my transition from hospital back into normal life."



Winner of 2022 Alyson Plummer award

A Senior Occupational Therapist working in our Neurobehavioural service in Northampton has been named the winner of the 2022 Alyson Plummer Memorial Award. Gemma Thornton was presented with the prestigious memorial prize. The award was named after Alyson Plummer, a brilliant Occupational Therapist who sadly passed away in 2005 at the age of just 28 from a rare kidney disorder called Gitelman Syndrome. It is given annually to a nominated member of staff in the St Andrew's Neurobehavioural Division to recognise brilliance and hard work. Gemma was nominated because her colleagues said she "spreads her cheer everywhere she goes. She brings bundles of energy and positivity to the division. She is approachable, understanding, a true team player and caring. She really is a gifted OT. Gemma's a role model for staff and patients".



Hats off to an aspiring member of staff

In 2016 we launched the ASPIRE programme, which supports our Healthcare Assistants to complete a Mental Health or Learning Disability Nursing degree at the University of Northampton in just two years. The programme was the brainchild of Ged Rogers who worked closely with Donna Bray at the University to turn an idea into reality. The programme has now seen 115 students graduate and come back to St Andrew's as qualified nurses. Ged is retiring soon after nearly four decades of service for our Charity, with friends and colleagues celebrating the work he has done over the years and the people who he has inspired to help support the most vulnerable in our society. Hats off to you Ged!



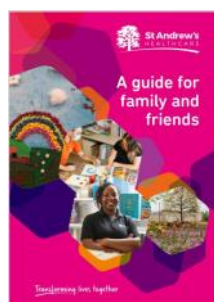
Chaplain completes epic bike ride for the Charity Hope Now in Ukraine

The Reverend Philip Evans, who is the Lead Chaplain at St Andrew's Healthcare in Northampton, braved unsettled weather and saddle sores to ride 1,2000 miles from Land's End to John O' Groats, and all just before his 67th birthday! The bike ride raised funds for Hope Now, a charity which has been supporting people through the Ukraine war. Philip completed his challenge in September, raising over £1,500. An amazing achievement. To read more click [here](#).



New guide for family and friends of people in our care

When patients are first admitted to St Andrew's Healthcare, we know it can be a difficult time for their carers, relatives and loved ones. We've recently published a new Guide for Family and Friends, which will be given to all new patients on their admission to St Andrew's. To read the information guide click [here](#).



Welcome to our nurses from across the pond

Introducing; Sinini, Yeganeh, Leah, Neo, Tanyi, Graham, Kamal, Prosper, Marisa and Aleesha who have completed their charity induction ready to start their OSCE nurses training at St Andrew's Healthcare. With the continued national shortage of healthcare staff we are looking to support nurses who wish to work and develop their skills in the UK to support our patients, helping us to provide continued, quality care. Our latest recruits from America will be supported at every step by our expert clinical teams and support staff.



Showcasing our winter menus

Our talented catering team showcased the Winter menu in September which they have developed with patients and staff. Full of variety and nutrition, these plates look fit for a Master Chef table but instead are available to patients and staff across our charity on a daily basis.

