

The Round Up

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

Executive Medical Director pledges 'innovation investment'

Psychiatrists from St Andrew's have been told they can expect an "investment in innovation" at the first Away Day since the pandemic started. Our consultants were brought together in September to discuss the charity's future, quality of care and evidence-based research. Dr Sanjith Kamath welcomed attendees and thanked them all for their hard work and dedication during the height of COVID-19. When discussing the future of St Andrew's he said: "The key thing is we all have to start thinking differently. More importantly, we have to listen to the direction that our patients are asking us to take. He also introduced the charity's new ambitions, adding that: "Innovation will be at the heart of what we do, co-produced with the people we care for alongside our own experts." [Click here](#) to read the news story.



Trauma specialist advises NHS England to support refugee crisis

As increasing numbers of people sought to enter the UK following conflicts in the Middle East, our Trauma Specialist, Dr Annette Greenwood was asked by NHS England to advise on the impact of trauma for NHS services provided at the Heathrow Immigration Detention Centres and by Northampton Clinical Commissioning Group on how best to support staff who have been working with refugees from Afghanistan. Our staff have also been contributing mobile phones and clothing for refugees during the month. Annette is a leading figure in the application of Trauma Informed Care and has played a significant contribution to the development of the Centre for Development and Complex Trauma at St Andrew's. [Click here](#) to find out more.



Top global trauma specialists join for interactive event

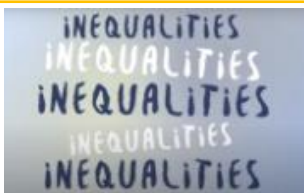
Tuesday, November 9, 2021

Some of the world's leading clinicians and researchers from the field of complex trauma are to come together to discuss pioneering new research and potential interventions at a forthcoming interactive event. Professor Thanos Karatzias from Edinburgh Napier University, Professor Lisa De La Rue from the University of San Francisco, Dr Neil Roberts Consultant Clinical Psychologist from the Cardiff and Vale University Health Board, Dr Sofie Folke, Clinical Psychologist from Denmark and Dr Leonhard Kratzer, Clinical Psychologist from Germany lead the expert line-up at the 2nd International Trauma Informed Care Conference. They will be joined by Dr Emily Fox, Director of Society for Dialectical Behaviour Therapy (DBT) UK, Dr Paula Cullin and Dr Annette Greenwood, who is Chair of the Crisis, Disaster and Trauma (CDT) section of British Psychological Society (BPS). Together they will discuss working with core symptoms, physical health needs and the best way to treat trauma alongside comorbidities during the online event, titled 'Interventions to reduce core and comorbid trauma symptoms'. The conference is being hosted by The Centre for Developmental and Complex Trauma at St Andrew's Healthcare (STAH) and The Academic Centre, in partnership with the British Psychological Society Crisis, Disaster and Trauma and Psychology Section. [Click here](#) to find out more and book your place.



Research and Innovation and REDS collaborate to help improve Inequalities and Mental Health

Together the teams have worked with women in services at St Andrew's to better understand inequalities and their impact on a person's mental health and wellbeing. Dr Paul Wallang, Associate Medical Director of Research and Innovation, said: "The aim of this study was to explore how inequalities can impact our mental health. Facing inequality can re-enforce someone's belief that they are second class, not-deserving and invisible and that their life doesn't matter. It can lead to feelings of hopelessness. But when the nature of suffering is identified it can be avoided and remedied. We want to give people hope." The research has culminated in a video to help share the findings and the development of inequality, mental health and recovery training for patients and staff through our Recovery and Everyday Skills (REDS) Academy. The video was released during National Inclusion Week (Monday 27 September - Friday 1 October). It was supported by a number of events and activities to celebrate inclusion in all its forms and to recognise the diverse and inclusive culture evident across our charity. [Click here](#) to view the video. [Click here](#) to find out more about REDS.



Charity matches NHS pay increase

In recognition of the extraordinary dedication and commitment of staff shown during the pandemic, our leadership team has matched the NHS 3% pay increase for staff across the charity. This follows a generous offer from the leadership team for two extra days of annual leave this year for staff, to help counter work overload and support their positive mental wellbeing.



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One step closer to top autism accreditation

The Autistic Spectrum Disorder (ASD) team at St Andrew's has been praised and officially recognised by the National Autism Society. After a four-day assessment, the Autism Accreditation Committee has awarded the team with the prestigious Aspiring Award. The findings of the St Andrew's assessment, issued by the Autism Accreditation Committee, said: "Throughout all observations, patients were treated with care and compassion. Staff were heard to give frequent positive feedback to boost confidence and self-esteem. They display patience and empathy in gently supporting patients to make small steps towards their recovery." Many changes have been made to the ASD services in the past year, including moving many of the services and our expert staff to better facilities in FitzRoy House. The new ward environments have a smaller number of beds and some of the rooms now have integrated adaptive lighting. Jennifer Mytton, ASD-LD Specialist Nurse said: "We're hugely proud of what we've achieved and we're thrilled that the National Autism Society's Accreditation team has recognised that we always seek to involve patients in every aspect of their care." She added: "Just because our patients have learning difficulties and mental health problems does not mean that they cannot be engaged in their treatment. We work very hard as a team to support and regulate our patients' sensory experiences through the use of a number of different sensory support tools, ensuring they also regularly engage with activities and programmes with minimal discomfort." [Click here](#) to find out more about our ASD services.



NR Times speaks to our Consultant Clinical Psychologist

Dr Lorraine Childs has dedicated over 25 years of her career to working in mental health. Lorraine specialises in forensic brain injury and works with patients on Rose ward in Northampton, which is one of only three secure neurobehavioural units in the country and has become well known for its quality of care for those who have encountered a serious brain injury. Lorraine spoke to NR Times about the neurorehabilitation approach called 'Better Lives' that has been developed on Rose. She explained that: "We work with a neurobehavioural paradigm, helping people to learn new skills or re-learn skills that have been affected by brain injury. We give patients opportunities through extensive vocational options and a range of therapies." [Click here](#) to read the full article.



Sikh Chaplain Kartar Singh Bring shares his thoughts on the BBC

The Lead Chaplain of St Andrew's Healthcare has reflected on the pandemic appearing on a BBC programme about "unknown beautiful souls" who gave encouragement and support throughout.



Speaking on the [BBC's Sikh Reflections programme](#) Kartar Singh Bring spoke about his own experiences of supporting members of his community and how others also helped him. He said: "In the context of the pandemic I see compassionate living as not just alleviating the pains of others, but minimising the causes of suffering, taking whatever steps we can to prevent others from suffering also."

During his appearance he also discussed a new support helpline that has been launched for older members of the Sikh and Punjabi-speaking community. He said: "For many, being able to access support within the community could actually be a lifeline. Being able to pick up the phone and speak to someone in their own language could be enough to prevent someone from reaching crisis point."

Kartar, who has been providing pastoral spiritual guidance and religious care to the patients and staff of St Andrew's since 2015, also discussed the importance of his role within the hospital setting. He said: "We're embedded within these healthcare institutions for a reason as we offer vital services to those who require it. Having someone they can open up to about their thoughts and feelings can be very therapeutic. "We also know that providing good quality pastoral and spiritual care can improve health outcomes and speed up recovery so what we're doing is providing an essential service which is available to everyone." [Click here](#) to read the full article.

Covid-19 update

Staff remain vigilant to contain a small number of Covid-positive cases seen across the charity in September. 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). St Andrew's will be offering eligible staff Covid vaccine booster doses alongside the flu jab as a means of continuing to keep our patients, our staff and all our families and friends safe from both the Covid virus and influenza. The roll out of the booster vaccines will commence from October. [Click here](#) to read our latest coronavirus guidance.



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Senior Staff Nurse asked to join Student Nursing Times Awards judging panel

Following the success of his 'On the Ward' mental health podcast, which picked up the Best Student Innovation in Practice prize at last year's Nursing Times Awards and has now seen over 20,000 downloads, John-Barry Waldron has been invited to the judging panel this year. John said: "It was a huge honour to receive the award for something that didn't feel like work. Creating the podcast was a huge passion of mine as I'm a huge fan of radio, but also I wanted to find a way of breaking down the stigma that is so commonly attached to complex mental health...I was thrilled to be asked back to judge the awards this year as I know just how important these accolades are to nurses. We all work so hard, but it's vital we recognise those nurses who are newly qualified and go above and beyond." The awards were created to honour students or recently graduated nurses, recognising excellence across 21 categories. The winners will be announced in November.



St Andrew's launches local newspaper column

Mental health is being put firmly in the forefront of people's minds as local newspaper, the Chronicle and Echo, has asked for St Andrew's to publish a column every month.

Psychotherapist Liz Ritchie, who is based at the Northampton hospital, will draft a monthly piece about various mental health issues which may be affecting readers and people at home. Her first column appeared this month and spoke about how children may be feeling anxious about returning to school after the summer holidays. Liz said: "The idea of my column is to write about everyday issues which might be upsetting or worrying people in the community. Showing people that whatever they're feeling is normal and that they're not alone can be hugely beneficial to improving someone's mental health. I also want to use my page to help people who may be struggling and to give them some hints and tips on how to help themselves."



Leading St Andrew's clinicians publish their latest research

Deborah Morris, Consultant Clinical Psychologist and Lead for the Centre for Development and Complex Trauma at St Andrew's has guest edited **Advances in Mental Health and Intellectual Disabilities special edition** exploring psychological trauma in the lives of people with intellectual disabilities.



Along with leading figures across the intellectual disability field and colleagues at St Andrew's, the publication includes articles exploring whether intellectual disabilities are an intersection of exclusion in trauma research, policy and practice; includes a systematic review of adverse childhood experiences (ACEs) with people with intellectual disabilities; and discusses Trauma Sensitive interventions for men with intellectual disabilities who have conviction for sexual offending. The publication also shares research from St Andrew's on the benefits of a trauma support service for staff working in an adult developmental disorder service. [Click here](#) to read the publication articles.

Deputy CEO completes 'rewarding' return to nursing training

The Deputy CEO of St Andrew's Healthcare has completed his "beneficial and rewarding" 16-week course which saw him complete his return to nursing program with the University of Northampton. Jess Lievesley, who announced he was returning to university to regain his nursing registration in the spring, has also donated his £500 stipend from Health Education England money. He gave the money to the Heygate ward where he did much of his training. Jess completed the Return to Nursing Practice Programme with the University of Northampton, attending clinical practice during annual leave and at weekends on one of St Andrews' psychiatric intensive care units. He said: "It really has been extremely beneficial and rewarding for me to return to nursing. So much has changed since I was last on the wards, but the fundamental nursing ethos is hard wired within us. We always put our patients and service users first, and it's been wonderful to get back to my professional roots and remind myself why I began doing what I did in the first place." [Click here](#) to read the full article.



The Round Up reaches 1 year

It's been a year since we launched our first customer newsletter. It's been quite a year as we've covered the charity's Transformation strategy to improve care quality and the effects of the pandemic. We've shared patient stories and spoken to many staff whose commitment, dedication and passion to care for people with complex needs is quite inspiring. We hope you enjoy the round ups as much as we enjoy sharing people's stories and news with you. Thank you for your continued support.



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Trio of volunteers clock up 100 years' service between them

Three volunteers who have been recognised by St Andrew's for their hard work have clocked up 102 years' service between them. Christopher Yates, who has completed 14 years of service was presented with the prestigious Anne Ford Award for his dedication throughout the pandemic. He was the first person to volunteer his services when COVID-19 first hit the UK and he has continued supporting the charity since then. Roger Brewer and Anne Ford, who have completed 36 years and 52 years respectively, were also recognised for their hard work at the charity's inaugural FestiVol event. The Anne Ford Award was created to recognise Anne's 50 years of service two years ago. She is still volunteering for the charity, which is why she picked up further recognition at our first FestiVol event in September. The event served to recognise the important contribution of volunteers to our patients and staff. Anne insisted that it is a "huge privilege to spend time with the patients, staff and other volunteers". [Click here](#) to read the full story.



Praise for ward workshop during covid

A team of Occupational Therapists has been praised for introducing 'ward workshops' for patients amid therapy service restrictions during the pandemic. Craig Newman and Shane Linford were quick to realise that access to therapy services, such as Workbridge, workshops and various other voluntary roles were likely to be delayed or significantly restricted. They worked with clinical teams to find innovative ways to ensure that patients still accessed meaningful therapy on the wards and kept progressing. Craig said, "We adapted and modified the ward environment to introduce a ward workshop. Over the past year, there have been many projects where we have seen a significant increase in patient's engagement and positive outcomes. One of which was an idea developed in collaboration with patients to create a COVID reflection memorial area in the WWH courtyard. The initiatives have been praised by our leadership team who have repeatedly visited service users to see their handy work. [Click here](#) to read the full story.



Carer describes importance of St Andrew's Carer's Commitment

Rob bravely shared his experience of mental health services as a Carer for his son (J) with us this month. J was admitted to St Andrew's Child and Adolescent service after his mental health deteriorated whilst under the care of his local CAMHS crisis team. Rob's story highlights the anxieties witnessed by Carers as their loved ones are taken into care and the importance of Carers being part of the care team. Our Carer's Commitment has been based on the views of Carers. It's our pledge to our patients' Carers to work in partnership with them as partners in care. We pledge to provide support and guidance, listen and respect a Carer's views, respond to questions and concerns, and use a Carer's feedback to help improve and develop. [Click here](#) to read Rob's full story.



Recognising the contributions of our staff

A number of award ceremonies have taken place this month to recognise and celebrate the amazing contributions of some of our staff. Our Annual Awards saw Winner and Highly Commended awards in categories such as Inspirational Individual Award, Making a Difference Award and Team / Ward of the Year Award. Our Long Service event recognised milestone work anniversaries. Executive HR Director Martin Kersey was on hand to present each award. He said: "We're a family here at St Andrew's and many people choose to stay at the charity for many years because they enjoy the work, the camaraderie and of course working with the patients."



Patients get creative during OT sessions

Patients on Heygate and Bayley PICU wards have been working with the Arts and Occupational Therapy team to create large-scale murals on their wards. The weekly art sessions are designed to encourage engagement in creative meaningful activity, group working and improve social skills. One patient added; "I love that it will still be here when I leave and it might brighten someone's day".



The bees knees

Therapy comes in many forms at St Andrew's based on individual interests and needs. For one particular community service user in our Autistic Spectrum Disorder a 'therapeutic solace' has been discovered looking after 40,000 bees at our Northampton site. Specialist Technical Instructor Trudy Neale who is working with the service user said it has been "a wonderfully positive experience" enriched with learning, responsibility and skill development. [Click here](#) to find out more.

