

The Round Up

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

August '23

Final CQC conditions lifted at our Northampton hospital

In a measure of positive quality improvement across the charity, in August the CQC lifted all restrictions at our Northampton hospital site following inspections in Autumn 2021. Since this time, St Andrew's have been constantly working with the CQC to evidence consistent effective measures around Section 17 leave, enhanced support, incidents and staffing levels. The move is evidence of the hard work and commitment of clinical and quality teams to improve care and follows a positive re-inspection of our Essex hospital which rated our Forensic Low Secure, PICU and Acute services as 'Good'. Across the Essex hospital we were also rated 'Good' in the domains of Safe, Effective, Caring and Well-led with the CQC highlighting significant progress across all services and domains. To read the full report, click [here](#).



Changes to our Executive Team

In a move to strengthen our commitment to quality improvement, Dr Ash Roychowdhury has been appointed Chief Quality Officer, moving from his role as Deputy Medical Director. Ash will be responsible for leading and building the infrastructure to support quality improvement at scale to improve the experience of care and outcomes for all of our patients. To find out what he had to say about his role and the task ahead, click [here](#).



Adam Foster also joins the Executive Team as Business Development Director. Adam has more than 16 years of experience in the healthcare and adult social care sector and has a track record of shaping commercial strategy. He has previously worked at Nuffield Health, BMI and the Priory Group, and will play a key role in developing new health and social care services for the Charity. Finally, we said goodbye to Martin Kersey who many of you will know as our Executive Director of Human Resources over the last 9 years. Martin has been instrumental in developing our ASPIRE, ASCEND, digital learning, apprenticeships, director development and leadership programmes, REDs and Peer Support Worker programme. We wish him all the best in the future. To view our Executive Team, click [here](#).

LISTEN: Huntington's Disease and co-production in action

St Andrew's Neuro services once again teamed up with Neuro-rehab Times on their latest NR Times podcast in August. In the podcast we hear from Darran, who is currently in our care and living with HD and Dr Vincent Harding. Darran speaks about the lack of support he received when he was living in Bristol and was first diagnosed eight years ago. His praise of St Andrew's is humbling and, as he prepares for discharge from us, he brings some real humour to the podcast. Dr Harding gives some great insight into the value of co-production and the ways in which this has contributed to Darran's progression and growing confidence. To listen to the podcast, click [here](#).



Nurses dubbed 'healthcare heroes' scoop top awards

Two Nurses have been presented with top nursing awards for their commitment to patients and colleagues at St Andrew's Healthcare. Daryl Birch and Jodie Johnson, who both manage wards within the mental health charity, have each been presented with a prestigious Cavell Star. The awards, hosted by the [Cavell Nurses' Trust](#), are for individuals who go above and beyond in their job and provide excellent care to their patients. St Andrew's Healthcare's CEO Dr Vivienne McVey, said: "It takes a special kind of nurse to work within the field of mental health and I think Daryl and Jodie have shown outstanding and exemplary quality of care." To read the full story, click [here](#).



A veteran who was blown up in Afghanistan gears up for Invictus

A former Army medic who has been receiving treatment from the St Andrew's Healthcare's Veterans Service is getting ready to compete in September's Invictus Games. Martha Prinsloo has been sharing her story with the media about how an explosion in Afghanistan completely changed her life and the MailOnline has published her experience. The incident occurred in 2013 when Martha was travelling in a vehicle while on tour when she was "blown up into the air" after driving over an improvised explosive device (IED). All passengers survived, but from the outside, Martha said "everyone thought they were all dead". Martha was medically discharged from the army following her injuries and struggled to settle in to civilian life. Mentally she became unwell with anxiety and complex post-traumatic stress disorder (CPTSD) which led to her entering a "depressive state". Since then she has received "life-changing" support and treatment from [St Andrew's Veterans Service and Op Courage](#) – an NHS mental health specialist service for which she will be "forever grateful". She is now preparing for the Invictus Games in Dusseldorf, Germany, in September – where she will compete in the swimming, powerlifting, and archery categories. To read the full story, click [here](#).



The Round Up

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

August '23

#WeAreSTAH - Views of our staff

In August, the Communications Team spoke to a number of our colleagues to understand what it means to work at St Andrew's and what the charity means to them. The uplifting film showed that passion and commitment of staff across the charity, each of whom help deliver fantastic care to those who need it the most every day. To view the video, click [here](#).



Childhood experience led a man to volunteer for 40 years

Roger Brewer, who has been a volunteer at St Andrew's Healthcare since 1983, says meeting an orphan when he was aged just nine had a profound effect on him. The 79-year-old said: "One of my earliest memories was meeting a boy who was from an orphanage. At the time I had no idea what an orphanage was. When the child explained to me the concept, I really struggled to comprehend that he had no family to look after him. "It lit a light within my heart which I remember thinking at the time that I wanted to help as many people as I could throughout my life." And Roger has certainly kept that promise as he has helped hundreds of people during his volunteering tenure at St Andrew's in Northampton. Roger's commitment to volunteering saw him make a huge lifestyle change by quitting his job and moving house. Volunteers are crucial to St Andrew's bringing a wealth of different backgrounds and experiences to enrich the care we deliver at St Andrew's. They will be celebrated at our annual FestiVol event in September. To read Roger's full story, click [here](#).



'Dedicated' healthcare assistant celebrates 35 years of service

A "dependable and dedicated" Walton Healthcare Assistant has celebrated her 35th year of working at St Andrew's Healthcare. Maria Clark was presented with her Long Service award by Clinical Director Muthusamy Natarajan and Service Director Gurikbal Singh last week. Gurikbal said: "We would like to thank Maria for her commitment to the charity and to her patients. She is absolutely a valued staff member and we're very proud to have her as part of our workforce." Maria was just one of the many staff members who celebrated long service awards at our recent appreciation event showing the dedication of many of our staff.



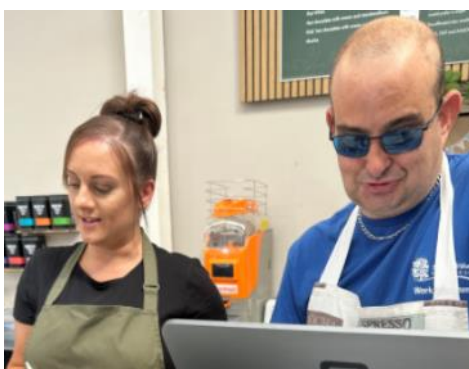
Long service awards

At the end of July, we held our CARE and Long Service Awards. These awards appreciated those who had shown exceptional levels of Compassion, Accountability, Respect and Excellence during this period. Our Long Services awards appreciated the commitment and dedication of those staff who have shown exceptional care over 10 to 40 years service.



Workbridge Learner praised for public facing work experience

A Workbridge Learner has been praised for his "hard work and dedication" to a brand new work experience opportunity he was offered. Dan, who is from Northampton and been attending Workbridge learning sessions for 10 years, has been working in an Earls Barton café for the last 12 weeks. The 48-year-old said: "I have been working at Whites Farm Shop and Café where I serve food, clean the tables, take food out to customers, make coffee, use the till and take card payments. Workbridge is a vocational education service, which has been developed to support people living with a mental health need, autism, learning need or brain injury. The aim is to give those who attend valued life, vocational, and employment skills through a mixture of vocational and skills-led sessions, and work experience helping them to independently live in the community. To find out more about Workbridge, click [here](#).



Events for your calendars

4th International Trauma Informed Care: Disentangling the relationship between Complex PTSD & Borderline Personality Disorder Conference - Full day online conference - Tuesday 28 November 2023. To find out more, click [here](#).

St Andrew's Dementia webinar for Alzheimer's Awareness month - Join leading clinicians to find out more about diagnosis and care planning for people with dementia - Wednesday 27 September 2023 1 - 2:30pm. To find out more, click [here](#).