

ST PETER'S HOSPITAL



OCTOBER 2023-DECEMBER 2023

# HOSPITAL PROJECT

# WHO WE ARE

Operating in 8 primary schools, 26 secondary schools and 2 colleges across Surrey, RBWM, Hampshire, Berkshire and the London Borough of Richmond, east to west provide Relational Support Workers, Counsellors and Family Link Workers, supporting children, young people and families facing a wide range of social, emotional or mental health challenges, for as long as is needed. This support, enables those we support to face the challenges in their lives, helping them to better engage with learning. east to west have been working with young people for over 25 years and have used this experience and knowledge to develop and grow the hospital-based project. Journeying with young people and meeting them where they are.

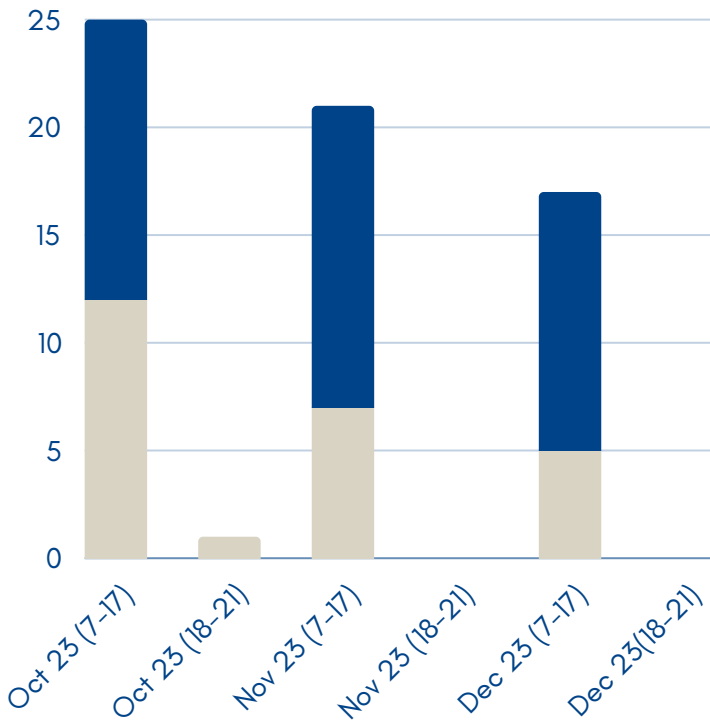
# WHAT IS THE EAST TO WEST HOSPITAL PROJECT

The east to west Hospital Project provides pastoral care and support for young people (and their families) who've attempted suicide or self-harmed, as well as those facing emotional crisis. We work with young people aged 7 – 21 years. The east to west project operates within ASPH in clinical areas where patients with self-harm related attendance may be found. This is primarily in Paeds, A&E, and Ash ward, but may extend to other wards where patients aged 7- 21 are admitted. The project is non-clinical and does not replace or duplicate any other service. Referrals can be made by clinical staff or by patients themselves who are aged 18 or over. The team also offers follow up with young people and their families through community follow – up provision, which – where appropriate – provides additional support outside the hospital setting once the young person has been discharged. This maybe in partnership with our east to west relational support colleges within local schools or colleges or through 1:1 sessions in a local venue such as a coffee shop.

# OUR IMPACT

## KEY

- Young People supported in the Community
- Young People supported in Crisis

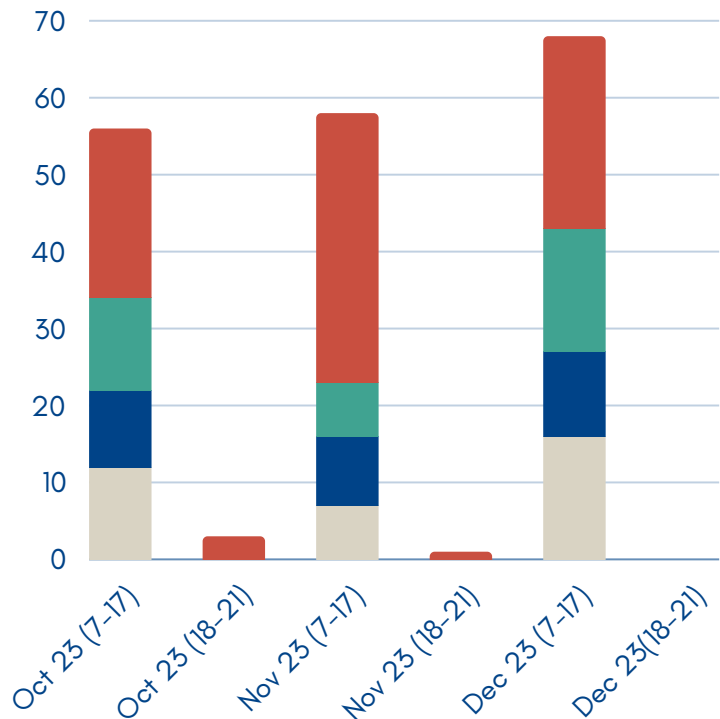


During the months of October - December 2023 we completed thirty five crisis sessions with young people in St Peter's Hospital and a further thirty supporting the parents of the young person admitted to St Peter's. We also supported the young people through conversations with the Dr/Nurses.

Alongside this work we completed sixty six follow up sessions in the community

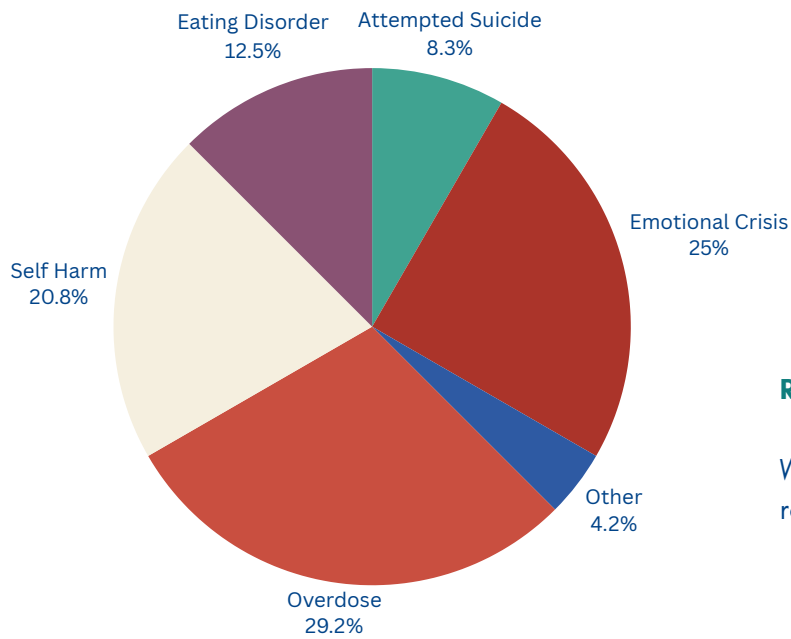
During the months of October - December 2023 we worked with a total of twenty five young people in crisis in St Peter's hospital across A&E, PAEDS and Ash Ward. We worked with thirty nine young people in the community offering follow up support in local cafes or schools.

Of these thirty nine young people none, as far as we aware, have been re-admitted to St Peter's hospital.



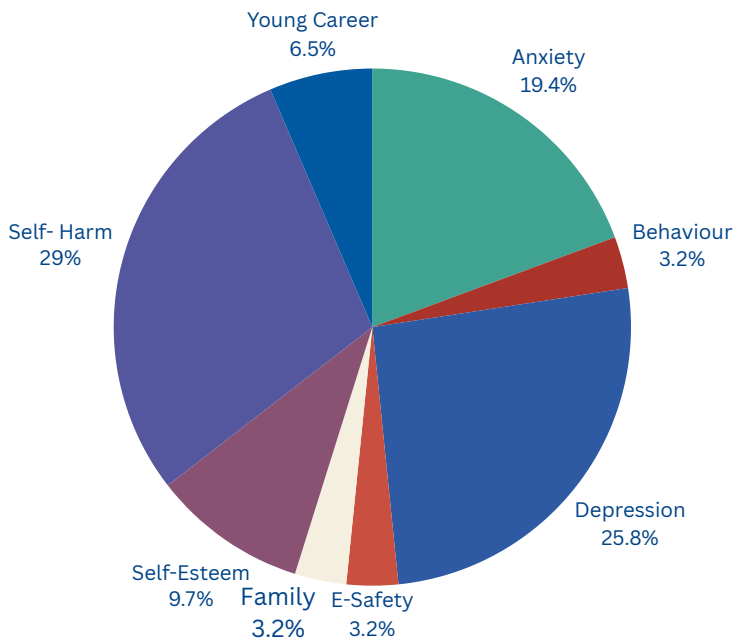
## KEY

- Crisis Sessions with Young Person
- Crisis Sessions with Parent
- Crisis Sessions with Dr/Nurse
- Community Sessions with Young Person



### Reason for Referral (Crisis)

Within the last three months the majority of referrals relate to Overdose at 29.2%



### Issues Identified (Community)

Within the last three months the majority of the issues identified and worked on within the community are self-harm at 29%

# THE LAST THREE MONTHS

As we have developed our community of practice, our hospital project naturally fits into the east to west community family and therefore we have brought it in-house, and it is now known as the east to west hospital project. We met 3 new volunteers and successfully completed recruitment and induction training! Due to our wonderful growing team, we have been able to continue a steady 6 evenings a week rota. We have provided an online external training course and project-specific Safeguarding training, a self-harm training evening and have made online resources available on Padlet. We have continued induction training and shadowing sessions for our new volunteers. We have also strengthened our school relationships via the team members contacting us if their students have attended/attending A&E so we can support them in the hospital.

Our pilot self-harm recovery program at Winston Churchill School is beginning to have an impact within the school and is helping the young people we are working with to remain within the education system. We attend weekly and see several students who are currently self-harming, supporting them with identifying emotional triggers, developing their ability to speak about their emotions and implementing coping strategies that will aid their recovery. We also refer young people to the Staines hub, Ashford youth centre and Woking youth for on going support when they no longer need targeted intervention. This highlights the use of the Thrive model within our project. Over Christmas we took games in for the young people that had been donated by local businesses along with thank you's for the nursing team. Currently our community follow up does not have a wait list – young people and their families are contacted within a few days of referral.

## STORIES OF HOPE

### Lucy



Our hospital team first met this YP in the beginning of December, where she had been admitted with an eating disorder. Due to her situation, she has been kept in hospital pretty much since then. Our team has had multiple conversations with both YP and mum, and sister has often been to visit when we've been to see YP. Over time, the YP has grown quite fond of a few of our team members and is up for a chat most of the time. Mum has been very appreciative of our conversations, and our team has mentioned on a few occasions that the project offers community follow ups. After a couple of weeks of us seeing YP and mum, mum asked if there was any chance of the sister being supported by us, as she has got her own challenges, but has also been witness to a lot with her sister and her ED and self-harm. I spoke to mum to arrange support for the sister, and she told me that YP always looks forward to seeing our team and how we have been a great support. From another conversation with one of our team members, mum found out that we have RSWs/EICs in both of her daughters' schools, and we have been able to arrange for support within the school as well.



### Jo

Jo was working with an east to west team member in her school when she attended Paediatric A&E. The excellent links within east to west meant that our hospital team were aware she was waiting for us when we arrived that evening. During our conversation, we discussed what support we could offer her and although she had not agreed to any CAMHs support before, our joint east to west approach meant she was open to the support. In addition, due to our school worker we had a direct relationship with her school who were eager to invite us in to work with her, so we see her once a week in the school to work on the issues that led her to attending Paediatric A&E.

## Training Oct – Dec

- Winston Wish
- Papyrus
- Safeguarding
- Beat Training



## Partnership Work

- Kintsugi Hope
- North West Targeted Youth Support Service
- Winston Churchill School
- Attending a one off Woking / Runneymede Cluster to discuss the service
- Quality Improvement event at St Peter's
- Nick Charalambous – Ashford Youth Centre / Staines Hub



## east to west Schools

- Trinity St Stephen's
- Homer
- St Richard Reynolds
- Woodmansterne
- Reading Girls
- Hoe Valley
- Woking High
- Thamesmead
- Matthew Arnold
- Bishop David Brown
- Winston Churchill
- Cobham Free
- Jubilee High
- Teddington
- North West Short Stay
- Sunbury Manor
- Thomas Knyvett
- Town Farm
- Twickenham
- Sayes Court
- Goldsworth
- St John the Baptist
- West Ewell
- Epsom & Ewell
- Kings International
- St Pauls
- Heathside
- Three Rivers
- Esher High
- Hampton High
- Marnell Junior
- Everest Community Academy
- Bishop Wand
- North East Short Stay
- Woking College
- Brookland College