

IN THIS ISSUE

Don't miss

RCN Chief Executive & General Secretary's address

11.15am-12 noon BIC, Main Auditorium



Current issues in nursing in Northern Ireland

12.45-1.45pm BIC, Branksome Suite

Get elected to an RCN role

12.45-2pm Royal Bath Hotel, Gladstone Suite

The review of health and wellbeing of NHS staff

12.45-1.45pm BIC, Westbourne Suite

Congress welcome party

8pm-1am Royal Bath Hotel

Up for debate

Caring to the end

Should palliative care services be fully funded?

Heroin on the NHS?

Should heroin be offered as an alternative to current drug misuse treatments?

Fair care for trans people

Are trans patients receiving equitable care?

Busting the myth on NHS pensions

Should we publicly defend NHS pensions against the illusion of a gold-plated scheme?

Sick day – no pay?

Should pay be withheld for the first five days of sickness absence?

A learning disability nurse in every hospital?

Should a learning disability liaison nurse be available in every hospital?

The RCN wishes to thank



Welcome to Congress 2010

This year our theme is *Caring together* which illustrates the importance of the entire nursing family in delivering consistent, quality patient care. Patients, their families, communities and government depend on the expertise, dedication, team work and commitment of every single member of the nursing team. It is this commitment to care that drives the profession forward. The theme of *Caring together* truly reflects the spirit of the profession and the people who work within it.

Congress couldn't be a better example of our collective determination to provide top quality care, something that RCN President Maura Buchanan will touch on in her opening address to Congress. This is Maura's 25th Congress and her final one as president, and in her speech on Sunday night she will highlight some of the progress and changes she has seen in the RCN throughout the years.

Of course there are always improvements to be made, and in his keynote address Chief Executive & General Secretary Dr Peter Carter will talk about the dangers of large efficiency cuts and how nursing staff should be at the forefront of innovation and identifying waste. Congress also gives all of us the chance to get involved with choosing the direction

the RCN's work will take. We urge you to contribute to the debates and put forward your own opinions. Everyone is able to speak at Congress and every view is valuable. This is also Jason Warriner's final year as Chair of Congress, so let's keep him on his toes with plenty of new faces at the microphone.

If you fancy a little more involvement, and perhaps have your eye on Jason's chair, it really could be you in 2011. There are a number of RCN elections running this year including RCN President, Chair of Congress and Student Council Member. You can find out how to get elected at our fringe event *Get elected to an RCN role* (Monday, 12.45pm). Even if you're not sure, come along and find out how you can make a difference.

Once again, Congress has a packed programme with debates, fringes and the exhibition comprising a fantastic opportunity to learn, share and celebrate. Highlights include keynote speaker Angela Rippon, who'll be addressing Congress on the subject of dementia (Wednesday, 11.15am) and a chance to time travel to Future Congress (4.30pm, Wednesday) to contribute to how the event might look in another 25 years.

RCN Council wishes you a great Congress!
RCN Council



RCN President Maura Buchanan



Chair of Congress Jason Warriner



Chair of Council Sandra James

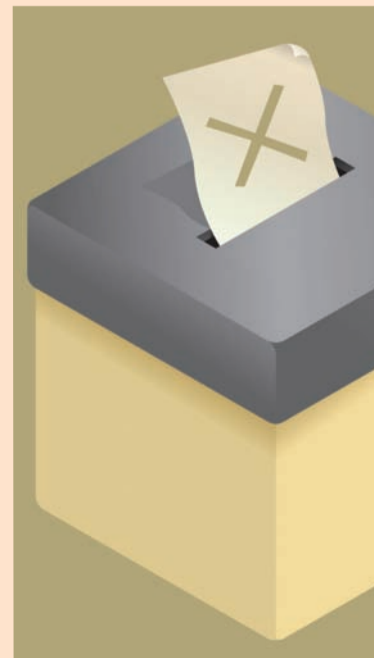
GOVERNANCE EVENT

Be part of our future

With the rest of the country gripped by election fever, the RCN is getting in on the act with our own series of votes taking place this year. A wide variety of positions are up for election, including the flagship role of RCN President, and there's never been a better time to get involved in shaping the future of nursing.

The nomination period will open on Monday at a special fringe event – *Get elected to an RCN role*. Come along and learn how to plan a successful campaign or find out more in the *Be part of our future* leaflet, available on the publications stand in the RCN Lounge.

This is the first of a series of fringe events hosted by Council this week. On Tuesday the



RCN Membership Review session will look at whether RCN membership categories reflect the current nursing workforce. If you've ever wondered how Congress Agenda items are submitted and chosen, why not come to *How to get on the Congress Agenda* on Wednesday.

On Wednesday and Thursday there are two *Legal and Governance Review* fringes. Now the RCN Foundation charity has been set up, it is time to review the College's constitutional documents to make sure it is fit for the future. Let us know what you think as the member consultation begins.

For locations and times of these events, see your *RCN Congress 2010 Fringe Guide*.

EXHIBITION

Stands that deliver

The exhibition in the Solent and Purbeck halls at the BIC will open at 9am on Monday morning, and once again, will offer everything to keep you up-to-date on your area of practice. There are more than 100 exhibitors including pharmaceutical companies, health care providers, recruitment agencies, medical products and devices, charities and publishers.

With so much to do and see it's essential to pick up a copy of the exhibition guide at the start of your visit. Inside you'll find an exhibition trail which will guide you around the stands, plus full listings of all exhibitors and a floor plan to help you find them.

In addition to the exhibition there is a dynamic programme of sponsored

educational seminars. These events are open to everyone and free refreshments will be provided.

Monday's highlights include:

- The National e-learning project for medical device training 1.30-2.05pm, Seminar Room One, RCN Lounge, BIC
- IBS and digestive discomfort, an holistic approach 3.50-4.25pm, Seminar Room One, RCN Lounge, BIC

Don't forget to pick up your free fruit snack pack from M&S in the Bourne Lounge on Monday morning; part of your five a day.



PRESIDENT'S CHARITY

Support for Dementia UK

RCN President Maura Buchanan has chosen Dementia UK (formerly For Dementia) as the beneficiary of fundraising at this year's Congress.

Maura has chosen the charity as a tribute to Congress regular Andrew Parker who sadly passed away earlier this year. Andrew cared tirelessly for his wife Noni who suffered from dementia before her death.



Find out more about the organisation at www.dementiauk.org

Don't miss keynote speaker Angela Rippon talk about dementia on Wednesday at 11.15am-12noon in the Main Auditorium, BIC.

AGENDA

Calling for emergency agenda items...

Is there a hot topic that you think should be included on the Congress debating agenda? If so, there is still time to submit emergency agenda items.

Emergency items must be about current issues that have occurred since 30 October 2009. Go to www.rcn.org.uk/congress or come to the Agenda Committee desk in the auditorium for a form, then post in the Agenda Committee box in the Windsor foyer.

RCN AWARDS

Evening of honours

Sunday evening plays host to the RCN Awards 2010. This year we have brought together even more awards recognising the achievements and dedication of members and peers across nursing.

Alongside our RCN Fellowships, Honorary Fellowships, Awards of Merit and Representatives of the Year, the ceremony will also include presentations for the Margaret Parkinson Scholarships and the RCN Award for Student Activists. This will see even more winners take to the stage, representing the whole nursing family, from students through to those at the pinnacle of their career.

To find out more about the awards and the winners visit www.rcn.org.uk/congress2010

AGENDA

Questions please

The *Report of Congress 2009* details the items discussed at last year's event and the progress that's been made on them.

If you have any questions about the reports, you can put them to Council under the Council report item on the agenda. To help us give you a full response tell us your question in advance by e-mailing Director of Governance Support Jane Clarke at jane.clarke@rcn.org.uk or by using the dedicated mailbox located in the Main Auditorium in the conference centre on Sunday and Monday.

CONGRESS ONLINE

Virtual Congress

Visiting Congress can be a great experience, but it's not always possible for members to come every year or stay for the full week. For several years we've been broadcasting debates live over the internet, but this year we're going to take even more of Congress out of Bournemouth and into the homes of members.

Why not take advantage of what we've got planned to add even more to your Congress experience.

• Congress eBulletin



Sign up to Congress eBulletin and each evening you'll be sent news, features, photos and film from that days events direct to your inbox. Sign up at www.rcn.org.uk/eBulletin

• Today at Congress

At the end of each day a film of the day's highlights will be available on the RCN website (www.rcn.org.uk). Why not show it to your RCN friends who've never been to Congress before and show them what they're missing!

• Facebook



Become a fan of the RCN on Facebook (www.facebook.com) and you can see the latest news, reactions and photos from Bournemouth.

• Blogs



Chair of Congress Jason Warriner will reveal Congress from the hot seat in his daily blog. Read his opinions of the day at www.rcncongress2010.blogspot.com

• Twitter



Get short and to-the-point updates from in and around Congress, simply following the RCN will allow you to get the latest news, plus Chair of Congress Jason Warriner will be making the occasional tweet live from the Congress floor. Find us at www.twitter.com/thercn

• RCN.org.uk

The website will host the usual live and archived footage from Congress debates, you'll be able to catch up with the news from any day and see what the programme has in store.

KEYNOTE SPEAKER

Txt ur questions

On Wednesday Angela Rippon will be speaking to Congress about dementia and taking questions from the audience. If you would like to ask Angela a question please text "Angela" and then your question to 07576 967 205 by 2pm on Tuesday.

MONDAY'S PROGRAMME CHANGES

CANCELLED
Supporting veterans – mental health issues associated with serving in the British Armed Forces (12.45pm)

NEW
Taking forward the acute care declaration for adult mental health (5.45-6.45pm, Premier Inn, Connect 1)

FRINGE EVENT

Making the case

We all know that in these tough economic times, cuts loom on the horizon. So how can nurses protect themselves and the valuable work they do? The Rheumatology Nursing Forum believes that by providing the hard evidence of results, specialist nurses can show trusts that they are saving the NHS money every day.

Monday's fringe event, *Capturing the essence and demonstrating the value of the clinical nurse specialist*, will show you how they've done just that.



Monday 5.45-7.45pm, BIC, Branksome Suite

FRINGE EVENT

One chance to get it right

Infection prevention and control is a core element of quality, patient safety and governance systems. As part of the RCN's continuing *Wipe it out* work a new infection prevention web resource for members has been developed to help you prevent and control infection.



Come along to the launch of the web resource to find out more and discover the newly formed RCN Infection Prevention Network. The events take place on **Monday 12.45-1.45pm** at the Hermitage Hotel, Hardy Suite and **Wednesday 5.45-6.45pm** at the Connaught Hotel, Franklyn Suite.

Join the RCN Infection Prevention Network – visit www.rcn.org.uk/ipc



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Navigating Congress – the essential tools



RCN Congress 2010 Agenda
This guide covers the business of Congress and includes all the background details for debates as well the essential information for understanding how Congress works.



RCN Congress 2010 Fringe Guide
Open this guide and discover all the professional, social and education events open to you at Congress.



Exhibition Guide
Pick up your copy of this guide from the exhibition halls and find out about the opportunities and latest advances that will be showcased at this year's event.

Congress Online

There's so much going on at Congress it can be hard to fit it all in, but you don't have to miss out. Visit the Congress web pages at www.rcn.org.uk/congress2010 to read the latest news and to find out how to keep track of Congress via social networking.



Congress Daily Bulletin

Keep picking up your copy of the Congress Daily Bulletin to read about yesterday's highlights and today's must-see events.



“ Write to be heard

If your bright idea struck just after the debate queues closed or some other Congress issue has caught your attention, there's another way to have your say. Drop the Daily Bulletin a line at congressbulletin@rcn.org.uk or write down your thoughts and send them to us via one of the post boxes located around the BIC. From Tuesday we'll be publishing a selection of your letters and emails.

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FIT FOR CONGRESS

Seaside special

We've ordered the sun (although delivery can't be guaranteed for Congress), and the sea and sand are already in place, so why not make the most of it and start your Congress week with a shoreline stroll.

Fit for Congress kicks off on Monday morning with a 30 minute beach walk (meet at 8.15am in front of the BIC) and continues throughout the week with a range of activities suitable for all levels of fitness.

Just in case the sun doesn't arrive there are also indoor activities in the RCN Lounge, including a chance to try out the flexi-bar, which is favoured by celebs to trim, tighten and tone. Alternatively, if you're worried that all that sitting in the auditorium may have an adverse affect, why not seek out a 'superior posterior' on Monday at 3.45pm.

Check out the fringe guide for details of all the Fit for Congress events which are sponsored by The Register of Exercise Professionals.

STUDENT PERSPECTIVE

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Welcome to Congress 2010 from the Association of Nursing Students (ANS).

Congress is a great opportunity for us all to broaden our knowledge of our profession and to directly influence its future. All students should grab the opportunity to participate and make the most of the event. The fun starts Sunday evening with the first ever RCN Awards for Student Activists – well done to the winners.

This year the ANS has been driving the student agenda forward and promoting RCN students; many of you will have seen the RCN Student Bus out on tour. If you haven't, visit it at the BIC this week, don't miss your chance to see this great resource.

The highlight of our week is Students' Day on Tuesday. Our dedicated sessions will look at making research sexy; learning disability nursing for all; the transition between student and staff nurse; and personal effectiveness.

If you would like to find out more information on any of the student activities at Congress, visit the student information point in the BIC foyer, or grab one of the ANS Executive Committee – we're the ones in the bright pink t-shirts.

Have a fantastic Congress.
Stuart Young
ANS Executive Committee
Member

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Up for debate: *Caring to the end*

SNAPSHOTS OF CONGRESS PAST



Congress 1999 was a colourful event! Don't miss Future Congress (Wednesday 5.30, Main Auditorium, BIC) to help shape the years to come.



The Royal College of Nursing
would like to invite you to

The Congress party

Monday 26 April 2010
8pm-1am
Royal Bath Hotel

Entrance by ticket only

Kindly supported by
LIVE
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**CARING
TOGETHER**
RCN Congress &
Exhibition 2010

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