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FOR NURSING STUDENTS ACROSS THE UK

SPRING 2019

STOP THE STIGMA

KATT'S BREAKING DOWN MENTAL HEALTH BARRIERS ONE RUN AT A TIME P6



The student money guide

Providing comprehensive advice on:

- student loans
- bursaries
- funding
- benefits
- housing
- budgeting
- saving money



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Hello and welcome to everyone. I feel so honoured to have been elected as Student Member of RCN Council. It is an immense privilege to represent you all.

Let's face it, being a student nurse is hard. Our work is wonderful and meaningful but some days it can all feel like too much. If I can offer you anything, it's the reassurance that you're doing a great job. Even if you feel like you're running through mud at times, don't be discouraged, doing your best is good enough. Remember to be kind to yourself and reach out for support when you need it.

We're entering the nursing profession at a time of uncertainty and great change – we must empower ourselves to be part of the conversation, to get involved where we can and to keep positive in a sea of negativity.

The RCN Students Committee, along with RCN Council, is committed to improving the student experience and working conditions for nurses. Please get involved in our *#FundOurFuture* campaign and the RCN's safe staffing campaign (see pages 4 and 5). I would also encourage you to attend this year's RCN Congress in Liverpool (see page 11).

I hope you enjoy this issue of *RCN Students*. Don't forget to head to the website for more unmissable content: rcn.org.uk/studentmag

Amy Fancourt
Student Member of RCN Council

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Story to tell?

If you've got a story to share, or there's a topic you'd like to see covered in a future issue, why not get in touch? Email studentmagazine@rcn.org.uk

Did you know *RCN Students* is online? Read unmissable student stories, advice and guidance on the go, anywhere, at any time. And it's not just *RCN Students*, all our member magazines are there too – including *RCN Bulletin*. Visit rcn.org.uk/magazines

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4 UPDATE

Time to celebrate!

For Nurses' Day on 12 May we're inviting you to get involved in the UK's biggest nursing celebration by holding a party in your workplace or university

We know how passionate you are and how incredibly hard you work every day to become the best health care professional you can be.

You deserve to take the time to celebrate yourself, your fellow students and your nursing colleagues.

So get out the bunting and put on those party tunes for some well-earned fun this Nurses' Day.

Head to rcn.org.uk/nursesday to download your digital party pack.

Newly qualified nurses network

An RCN Facebook group has been created to support members during their first year as registered nurses

"Making the transition from student to newly qualified nurse (NQN) is daunting. This network will provide a space to debrief in a confidential and safe environment, reflect on practice and discuss any fears and concerns you may have," said Charlotte Hall, former RCN Students Committee Chair and Student Member of RCN Council. Join the group at tinyurl.com/nqn-network

The RCN has also launched a digital money guide to help NQNs navigate the world of post-graduate finance. View the guide at rcn.org.uk/nqn-money-guide

Safe staffing campaign

The RCN is campaigning for laws that ensure there are the right number of nursing staff with the right skills to provide safe and effective care in all settings. This is an issue that has an impact on all nursing staff, present and future. Here's what's happening across the UK:

Wales

In 2016, Wales became the first country in Europe to secure a law for safe and effective nurse staffing. This is being implemented on adult wards in NHS hospitals and we're pushing for it to be extended to more health and care settings.

Scotland

A safe staffing law is just around the corner in Scotland. The Health and Care (Staffing) (Scotland) Bill was introduced in May last year. Since then, members have been helping influence the bill as it's passed through parliament. It's about to enter the final stage of the legislative process.

England

Members across England are speaking out about the need to have accountability for safe and effective care included in law, and more than 5,000 have taken action so far. Meanwhile, members

and staff are working together to shape the next steps of the campaign.

Northern Ireland

We've been engaged in significant work to help develop a framework, *Delivering Care: Nurse Staffing Levels in Northern Ireland*, to identify and agree safe and effective staffing ranges in eight clinical settings. Key messages around safe staffing will also be integrated in our pay campaign.

Get involved in the campaign and register to receive updates at rcn.org.uk/safe-staffing

The Government must #FundOurFuture nurses



#FundOurFuture is your campaign, led by students, for students to fight for better financial support in England. It has brought student members together and proved that you are a force to be reckoned with

In 2016, the UK Government removed the student bursary in England, which paid tuition fees in full. They said this would open up degree places and therefore attract more students, but there has actually been a 30% drop in the number of applications to study nursing in England since then.

That's because student nurses are unique, and you need unique financial support. You complete around 1,000 more hours per year than an average student and between studies and placements, it isn't

possible for you to find time to supplement your income.

The result is that many of you are struggling financially and the stress is detrimental to both your studies and your wellbeing. It's even causing some students to quit.

With almost 40,000 registered nurse vacancies in England, the #FundOurFuture campaign is demanding that the Government looks again at how it supports nursing students in England.

We're calling for a minimum of £1bn a year to be invested in nursing higher education in England.

Kelly Hitchcock from the RCN Students Committee says: "The time for action is now. Nursing students face unparalleled pressures, only

heightened by financial strain, and without improved support the profession faces an uncertain future.

"The campaign has already made waves. More than 3,000 members contacted their MPs and, after we descended on Parliament to lobby MPs last year, Health Minister Stephen Hammond publically committed to work with the RCN. But there is still a long way to go and we urge all our student members to join us in this campaign."

Get involved

Share your story and spread the word about the campaign! Visit the #FundOurFuture campaign page for more information and digital resources: rcn.org.uk/fundourfuture

Elsewhere

Students in Scotland, Wales and Northern Ireland continue to receive bursaries. In Scotland, RCN campaigning led to the Scottish Government announcing it would increase the bursary amount, reaching £10,000 per year by 2020.

6 YOUR MENTAL HEALTH

Blood, sweat and unicorns

When newly qualified nurse Katt Gubb went through a difficult time at uni, she took on a challenge to run every day for a year to help her manage stress and raise awareness of mental health issues



Towards the end of my degree, I had to take a break. I became so burnt out I could no longer cope, and anxiety that was normally well managed got out of control.

I was about to start my sign-off placement. I also had a dissertation to write and part-time shifts to work to pay the bills. All this stress triggered migraines, which I was getting weekly at first.

Then I had a cluster of three in three days. They left me

in a totally exhausted and confused state and I had no choice but to stop.

Running to raise awareness

I'd been considering starting a running challenge before my breakdown but I almost didn't go through with it. In the end I realised the fact I was going through a difficult time made it all the more important for me to do this, for my own wellbeing and also to provide inspiration to other people in the same situation.

In October last year, I began a challenge to run at least one mile every day for a year for the charity Mind to raise awareness and encourage people to talk about mental health.

I wear different unicorn horns to symbolise positivity and bravery and log each run on Instagram with selfies showing photos of my route and links to a sponsorship page. I also leave crochet hearts with messages of hope along some of my runs to reach out to others and let them know they're not alone.

One foot in front of the other

Finding the time was the biggest issue when working 12-hour shifts on placements. I would get up extra early, or run after a long shift before crawling into bed.

I have had to go gently when unwell, slowing runs down to a crawling jog. I have tripped and cut open my hands after a migraine left me clumsy (I brushed myself off and kept going). I have layered up to brace against bad weather and retraced my footprints in snow.

It's been a tough slog. It's been worth every step.

Suffering in silence

I've had depression in the past, for which I had medication and talking therapies, and I remember feeling totally isolated and alone. When I tried to talk to people around me, I was met with uncomfortable silence and distancing behaviour. So when asked what was wrong, I would respond with the non-specific "I've been unwell lately".

The climate around mental health needs to change so that student nurses feel they can ask for help when they need it. I never want anyone else to feel they have to work through a mental health problem alone.

Overcoming anxiety

I am now a third of the way through my unicorn run challenge and am so glad I'm doing it. The runs themselves give me a sense of achievement and the exercise helps me overcome feelings of anxiety.

My biggest achievement so far has been running the Cambridge Half Marathon in full unicorn costume in memory of Lucy de Oliveira.

Lucy was a student nurse who took her own life in 2017 following a period of depression, which she felt she had to hide.

Her mother Liz believes Lucy felt she could not ask for help because of the stigma around mental health and how she would have been perceived as a nurse.



You are not alone

Please remember to look after yourselves during your studies. Ask for help if you need it.

Don't worry about looking weak or vulnerable; chances are the people you talk to will have been through something similar or know someone who has. One thing this challenge has taught me is that so many people are touched by mental health issues, directly or indirectly.

And finally remember:
You are not alone.

Follow that unicorn

You can follow Katt's journey on her Instagram page [@follow_that_unicorn_runner](#) and make donations to Mind to support her challenge at [uk.virginmoneygiving.com/KattGubb](#)

“

It's been a tough slog. It's been worth every step

READ MORE
ONLINE
[rcn.org.uk/studentmag](#)

*Pictures by
Diana Haques*

⊕ If you or someone you know is affected by mental health issues, contact the RCN's free counselling service: [tinyurl.com/seeksupport](#) Also visit [rcn.org.uk/healthy-workplace](#)

8 ROLE MODELS

What to expect from your mentor

Hulya Ibrahim is a junior sister on the adult critical care unit at the Royal London Hospital. She tells us why she loves being a mentor and what students should expect from theirs



Being a mentor is incredibly valuable and comes with a huge weight of responsibility. It became really obvious to me during my own training that the experience and quality of learning I had on a placement was largely dependent on my mentor.

So when I qualified, I couldn't wait to do my bit. I get so much satisfaction from teaching students, not only because I love sharing my knowledge and passion for my job, but also because I know the value of helping students to become the best nurses they

can be. Helping to nurture future nurses is good for all of us – and for patients, which is what we all care about really.

To help you get the most out of your placement, I believe a mentor should...

Spend time with you

The NMC guidelines state that students should be supervised by their mentor for at least 40% of their time on placement but I personally like to spend as much time with them as I can. I think it really

makes a difference if you're able to involve students in as much of your work as possible.

Get to know you

It's important to get to know your student, what they might be worried about, what they're excited about, and what type of learner they are, so you can make sure they get the most out of the placement.

Encourage you to get involved

There are obviously some limitations as to what a student can do on a placement, especially a specialist one like the adult critical care unit. Everyone comes to us at different stages in their training but I like to give my students as much opportunity as possible to get involved with direct patient care.

Be enthusiastic

I believe mentors should be enthusiastic, not just about your placement and teaching you, but about their job and

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Placements are the windows students get into real life as a nurse

the wider nursing profession. Placements are the windows students get into real life as a nurse. Mentors should of course paint a realistic picture and properly prepare students for this, but they should also get students excited and highlight the many positives of this rewarding profession.

Help you to overcome difficulties

Every student has different strengths and different barriers to overcome. It's my job as their mentor to recognise these and help them work through any difficulties they're facing or clinical work they don't feel confident with.

Be approachable

I try my best to be as open and encouraging as possible so that students feel they can talk to me if they have questions, need help or are struggling.

Welcome questions and doubts

On their first day, I always tell my students: "No question is a stupid question." Your mentor should always be happy to answer questions – more than that, I see it as a sign that my student is really engaged with the learning process and keen to get the most out of it.

Take time to debrief

It's not always possible but I try to spend time at the end of each shift reflecting on what went well and what would be good to work on during the next shift. I think it's important to keep an open dialogue with my student and keep reviewing progress throughout the placement.

Get the most out of your placements

Hulya's advice for students is:

- do some background research about the unit or team and nursing roles there
- arrive with enthusiasm and a desire to learn
- come armed with your own learning objectives and questions
- get involved! Not just with your nursing role but with all aspects of your placement.

What if I have concerns about my placement?

If you are concerned about any placement area, notify your personal tutor as soon as possible. You can then discuss your placement experiences and agree on any actions to be taken to inform the appropriate people. It is important you follow the correct channels of communication already established.

As part of changes to the NMC education standards, mentors and sign-off mentors are being replaced by practice supervisors, practice assessors and academic assessors. Having a community of supervisors and assessors, rather than relying on any one individual, should hopefully address some of the issues students can encounter on placement.

Find out more about these changes at: rcn.org.uk/bulletin

READ MORE
ONLINE
[rcn.org.uk/
studentmag](http://rcn.org.uk/studentmag)

*Pictures by
Gareth Harmer*



Knowing what to say can save a life

You learn skills to save lives every day as a student nurse. So if CPR training is mandatory, shouldn't learning how to respond to distress and suicidal thoughts be too?

Students Committee Chair Craig Davidson explains why a student event at RCN Congress to help you recognise signs of suicidal thoughts will be so important in supporting people at risk

As an adult nursing student due to qualify this September, it genuinely worries me how little I know about how best to help patients who may be experiencing a mental health crisis.

I don't feel properly equipped to deliver the best, most holistic person-centred care I can and worry I run the risk of failing some of the most vulnerable people in our society.

I still remember when, during my first ever placement, I was left to care for a patient on our ward who had attempted suicide and continued to display signs of suicidal thoughts.

I felt so out of my depth. I wasn't able to help this patient, who was extremely vulnerable, and it wasn't healthy for me either.

While I shouldn't have been left in this position, if I'd had a better awareness of how to care for people with a mental health diagnosis, I could have provided better care for someone who was agitated and distressed.

Instead, I felt I didn't know what to say in response to their questions for fear of escalating the situation. My lack of insight paralysed me.

I know I'm not alone. This lack of clarity, assurance and preparedness is shared by many nursing students and registered staff.

In no way do I believe we should all become generalists. Mental health nurses are the experts and are amazing.

However, I do think all nursing students need to have a solid foundation in how best to respond to mental health crises.

That's why this session at RCN Congress is so important and I would urge everyone to attend.

About the event

The session *Suicidal Ideation: Awareness and Support* will help students to gain greater understanding of how to care for people with suicidal thoughts. It will outline basic strategies and interventions to increase confidence in dealing with the issues around suicide. **Tuesday 21 May, Liverpool**

Other programme events:

- Transitioning from student to newly registered nurse
- Lived experiences of a transgender patient
- Are you advanced skills ready?
- Modern slavery
- Palliative and end of life care
- Diagnostic overshadowing in patients with a learning disability
- A career in general practice nursing
- In conversation with Joanne Bosanquet

FREE



Jess (left) and her friend at Congress 2018

Come to Congress!

RCN Students Committee Vice Chair Jess Sainsbury shares why Congress is a must for every student nurse's diary

It will enhance your academic work

From the content of the debates, to free journals being handed out and talking to exhibitors about their field of practice, you will gain so much invaluable insight and information. Bring a notepad, grab plenty of free pens, and be a sponge!

You could be interviewed and offered a job on the spot

I have seen this happen many times. A lot of trusts have stands in the exhibition area. Be prepared to show them what you've got and you never know, you may walk away with your dream job.

It encourages you to step out of your comfort zone

For some students, this is the first big nursing event they've ever been to. It can be daunting, but the benefits are worth it and the Students Committee will be on hand to show you the ropes.

Your network will grow significantly

Be bold. Be brave. Network with your fellow students and health care professionals and if there's someone you've been following on Twitter for a while and you see them 'in real life', go and say hello. My time as a student has been greatly enhanced by the relationships I've built at Congress.

You will have fun

Congress isn't all serious. There are plenty of fun events which are a giggle. Fancy a morning wellbeing session? Try tai chi or meditation. Want to go for an evening meal? Regional and country events are organised. Looking to let your hair down? Come along to the student social!

RCN Congress is the UK's biggest nursing event, where members come together to debate, network and socialise. For more details, including the full student programme, and to sign up to attend, visit rcn.org.uk/congress

Sharing is caring for this student nurse

John-Marc Compérat won the RCN in Wales Student Nurse of the Year Award for a mindfulness resource he created for people with learning disabilities. He shares his inspiration



Stock image

My first career was in music, where I mainly worked as a commercial sound engineer. I never thought I would need to use these skills in health care. But then, in the second year of my nursing degree, I was asked to create a health promotion tool for people with learning disabilities and their carers as part of an assignment.

After talking to health care professionals and service users, I decided to develop an online audio tool to help make mindfulness accessible to people with learning disabilities.

Mindfulness for everyone

The mindfulness pack I developed includes four mindfulness exercises

that guide people through listening, observing, describing and doing things mindfully. They are all designed to help people take the time to stop and concentrate their thoughts and feelings in the here and now. They're introduced, described and delivered through audio description with accompanying written

and easy read instructions. They guide the listener through each exercise step-by-step so people can do it on their own or in groups.

The great thing about it is that both service users and carers can do the mindfulness session at the same time. It means carers can be positive role models and more people can take part. It also means group sessions can be run without the need to have an expert in mindfulness to lead the therapy.

Expanding the idea

Following positive feedback, I thought to myself, why stop at mindfulness?

People with learning disabilities face similar barriers in all aspects of health and wellbeing and I've always found there to be a lack of quality resources readily available to find and use in my work.

I know a lot of my colleagues feel the same. This can often cause delays in intervention and have a negative impact on the outcome and effectiveness of care we're able to provide.

I've regularly ended up having to make my own resources. This not only requires certain computer skills and access to the right technology but, above all else, takes a lot of time. Valuable time that could be spent engaging with the people we work with.

The idea for an online community was born, where resources to use with people with learning disabilities could be easily accessed and shared.

Resource Buddy

It's still in its infancy at the moment, but I'm hoping Resource Buddy will continue to develop and grow into a one-stop shop where a wide range of high quality, accessible resources can be found and used quickly – for free.

Currently, the website hosts original Resource Buddy materials, such as the mindfulness pack and some visual communication aids. It also signposts to other recommended resources.

All the resources are there to support health care professionals working with people with learning disabilities. Hopefully, they will make a real difference in promoting engagement, wellbeing and positive health outcomes.



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I've always found there to be a lack of quality resources readily available



Find out more

If you would like to recommend a useful resource, highlight a need or lack of resources in a particular area or would just like to be part of the “sharing is caring” community, visit resourcebuddy.co.uk, email info@resourcebuddy.co.uk or tweet [@ResourceBuddy](https://twitter.com/ResourceBuddy)

14 INTERNATIONAL LEARNING

‘It was the best two weeks of my life’

Emily Asbridge had a unique insight into what it’s like to be a student nurse in China, and witnessed the positive effects of traditional Chinese medicine

Last summer I travelled 4,882 miles to Daqing, China, to take part in a nursing summer school at Harbin Medical University.

I was excited, but also tremendously nervous, with a flurry of questions racing through my mind. Will the food be nice? What conditions will I be living in? Will I be able to make friends? How on earth am I supposed to squat over a toilet for two weeks?

But all this worrying was for nothing, as it turned out to be the best two weeks of my life.

During my visit I spent time at a Chinese medical hospital where I observed traditional procedures used to treat a range of conditions from minor ailments to more serious health complications.

The magic of needles

Acupuncture was being used widely within the hospital to treat the life-changing side effects of a stroke. One patient had experienced a stroke to the left side of his brain,



Emily (front centre) with her fellow nursing students in China

which meant he had right-sided weakness.

His treatment involved having acupuncture needles inserted into his scalp, face and tongue. I was told that because he started the

treatment at the early stages of his condition, he was beginning to regain some movement in his right arm.

The doctors were keen to show me further procedures which are common practice

in China, such as Chinese fire cupping, used to treat deep tissue pain by increasing blood flow and massaging the layers of tissue.

It involves heating the cups with a flame and repeatedly applying and removing them from the skin. A cloth dipped in traditional medicine is then placed directly onto the skin with two towels draped over and set on fire.

Student lifestyle

It was fascinating finding out more about a day in the life of a student in China.

Classes begin around 8:15am with a wake-up call playing out of large speakers. Lunch is a very long break starting at 11:30am, followed by an afternoon nap which is incorporated into the academic timetable. After afternoon lectures, it is the students' free time.

However, many use this time to do extracurricular activities such as playing instruments or participating in sport.

The strict nightly curfew was one thing that really stood out for me. Unlike the freedoms that nursing students in the UK experience, in China, they had to be back in their accommodation block at 10:30pm or face being locked out for the night.

The nursing degree in China differs to the UK in that the students will do two to three years' theory then one year of practice in a hospital. Their clinical sessions are similar, but with the difference that they can practise on each other, including cannulation.



Another big difference was their learning of pharmacology – the students sometimes test on animals and the university had a laboratory with rabbits. Some of the students showed me photographs of how they do the testing and I'm just so thankful this practice is not part of my own degree.

Embracing diversity

My experience really opened my eyes to the wider world and has made me fully appreciate and embrace cultural diversity. It is the 21st century and we live in such a diverse society, where we treat people from all walks of life. I feel all nurses and other health care professionals should have a sound concept and appreciation of cultural differences and methods of care.

“

My experience really opened my eyes to the wider world

READ MORE
ONLINE
[rcn.org.uk/
studentsmag](http://rcn.org.uk/studentsmag)

Interested?

Why not talk to your university about possible links with summer schools?

The RCN also has a guide for student members planning an elective placement overseas including advice on indemnity, finances, visas and travel insurance. Go to tinyurl.com/overseaselective

Nursing associates: what's all the fuss about?

Nursing associates registered with the Nursing and Midwifery Council in England for the first time earlier this year. What's their role and how will they work with students?

What's a nursing associate (NA)?

It's a new nursing support role in England, with a focus on providing care. They bridge the gap between registered nurses (RNs) and health care assistants (HCAs).

NAs work alongside the nursing team under the delegation of RNs or another registered health professional.

NAs work across all fields and settings in England including acute, mental health, community, social care, GP practices and hospices.

Is this a UK-wide role?

Nursing associates are currently only registered to work in England.

Scotland, Wales and Northern Ireland have their own various training options available.

Visit ren.org.uk/heas to find out more.

How are they different to other support workers?

This group of staff are regulated by the Nursing and Midwifery Council (NMC).

The standards for NAs and their training programmes are set by the NMC.

They work to the standards in the NMC Code. These set out what NAs should know and be able to do when they join the NMC register.

What training do NAs have?

Their training is delivered through a mix of time at university, placement days and practice days over two years. NAs study for a foundation degree in an apprenticeship programme.

Are NAs likely to be supervising students?

The NMC recently produced new standards for supervision

and assessment of students (see page 9).

These state that NAs may act as practice supervisors and assessors for students within the scope of their own practice.

Can NAs train to become registered nurses?

Yes, they can, but it's also a standalone role. They can use their accreditation of prior learning (APL) to get credit for their course, so they can complete a nurse apprenticeship degree course or a nursing degree over a shorter time.

Where can I find out more about the nursing associate role?

The NMC website has all the up-to-date information on the role.

Visit nmc.org.uk/standards/nursing-associates/

How will nursing associates take the pressure off nurses?

When registering with the Nursing and Midwifery Council, the nursing associate must be able to demonstrate competence in around 60 procedures, potentially freeing up nurses' time to undertake more complex care.

The competencies include:

- » Measuring weight and height, calculating body mass index and recognising healthy ranges and clinically significant low/high readings



- » Undertaking venepuncture and routine ECG recording



- » Observing and monitoring comfort and pain levels and rest and sleep patterns



- » Taking, recording and interpreting vital signs including temperature, pulse, respiration and blood pressure and noting improvement, deterioration or concern



- » Observing and reassessing skin and hygiene status to determining the need for support and ongoing intervention



“

Nursing associates bridge the gap between registered nurses and health care assistants

This graphic was first printed in *Nursing Standard* in March 2019. The related article can be read online: [tinyurl.com/standardonline](https://www.tinyurl.com/standardonline)

A new route to nursing



Stacey McCabe, nursing associate and student nurse

I've worked in the health care environment for many years, but

when I trained to become an NA, I learned so much more about different aspects of nursing, including patient-centred care, medicine management, anatomy and physiology.

I've recently supported a first-year student on their first placement to complete several clinical skills. She could come to me to talk through any concerns or if she was unsure how to perform any tasks.

I've now taken the opportunity to top-up my foundation degree and am now in my second year of student nurse training.

I was able to skip the first year and part of the second year of my nursing degree and hope to complete the course in less than 18 months.

18 YOUR COMMITTEE

What we're working on

#hellomynameis Craig. It's a huge honour to be elected Chair of the RCN Students Committee. I'm looking forward to meeting and working with student nurses from across the UK and finding out more about the issues that matter to you. I can't wait to work with the rest of the committee to make your student experience the best it can possibly be. There are so many things to look forward to this year. Here's a taste of what the committee is up to and how you can get involved:

Student funding

The *#FundOurFuture* campaign is in full swing, fighting for a better model of financial support for nursing students in England.

We hope that students from across the UK will continue to support the campaign and join us in raising awareness and putting pressure on the Westminster government.

Read more about the campaign and how you can get involved on page 5.

Safe staffing

#FundOurFuture feeds into the wider RCN staffing for safe and effective care campaign. This is seeking laws to ensure there are the right number of nursing staff with the right skills to provide safe and effective care in all settings across the UK.

Safe staffing legislation has an impact on us as students, as it will help protect our supernumerary status. It will also improve patient care and working standards for us as the future nursing workforce.

Read more about this on page 4.

RCN students' debate

How can we achieve equality of health outcomes when access to NHS services varies so greatly across the UK? Join us for the annual students' debate to listen to

speakers for both sides and have your say. More details to follow.

SIO conference

We are also pleased to announce that last year's successful RCN UK student information officer (SIO) conference will be repeated this year. It will take place in Cardiff on 7 November, with full details to be confirmed. The conference will include a mini-Congress with sessions around the themes of equality, diversity and inclusion.

Find out more about becoming an SIO at rcn.org.uk/sio

RCN membership categories

The Students Committee will have a rep on the group reviewing the RCN membership structure, making sure it is fit for the changing future workforce.



Your RCN Students Committee

Representing you



Craig Davidson (Chair)
Scotland



Amy Fancourt
Student member of RCN Council



Lucy Mason
Professional Nursing Committee member



Vacant
Trade Union Committee member

Country and regional representatives



Laura Bird
Eastern



Kelly Hitchcock
East Midlands



Harriet Bailey
London



Lyndsey Curtis-Dawson
Northern



Mark Lavery
Northern Ireland



Carolyn Brown
Northern Ireland



Sam Turner
North West



Dawn Keating
Scotland



**Jess Sainsbury
(Vice Chair)**
South East



Jodie Ashford
South West



Alice Duncan
Wales



Duncan Warren
Wales



Natalie Slater
West Midlands



Olatunde George
Yorkshire & the Humber

What does the committee do?

The RCN Students Committee is led by students for students, and makes the student voice heard on the issues that matter to you. The committee reports directly to RCN Council – the RCN's governing body, which provides leadership and direction for the organisation, helping to shape the future.



Get in touch

Contact your student committee representative at students@rcn.org.uk

If undelivered please return to: RCN Direct, Copse Walk, Cardiff Gate Business Park, Cardiff, CF23 8XG

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