

Welcome

Welcome to the thirteenth edition of In-Touch, the newsletter for nurses and health care assistants working in the South West region's independent sector. This edition is different: it is our special centenary edition and is packed with information about the RCN, its history, activities and events that you can get involved with to help us celebrate.



Celebrating 100 years
as the voice of nursing

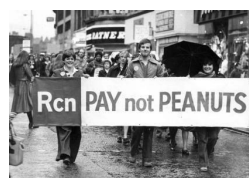
Dame Sarah Swift, Matron-in-Chief of the British Red Cross, supported by Sir Arthur Stanley MP and matrons of several leading hospitals proposed to found a College of Nursing in 1915. The College would champion a consistent curriculum for nursing education, a standard examination, and a register of qualified nurses. The College was established on 27



March 2016 with just 34 members. This had grown to more than 2,500 members by the end of year one, and now, one hundred years later there are more than 435,000 members across the UK. Almost 39,000 of these are living and working in the South West of England.

The College of Nursing Ltd applied for a Royal Charter in 1926 and it was granted in June 1929. Because the application was opposed by other nursing organisations, the College was not allowed to use the term 'Royal' in its title until 1939. The

College was granted the Royal title by King George VI in recognition of its work in the preparation for war and the development of the Civil Nursing Reserve, which assisted with civilian casualties. The Royal College of Nursing coat of arms was awarded in 1946 in recognition of the College's role during the war. It was the first women's organisation to be allowed to use a shield, which represents military service. The motto 'tradimus lampada' means 'we carry the torch'. The Royal Family had had an interest in the organisation from 1926 when Queen Mary became the official patron of the College of Nursing. The Royal connections continue and today we are proud that Queen Elizabeth II is our patron.



The RCN has been campaigning on terms and conditions for nurses since 1919 when it recommended a maximum working week of 48 hours. However, members objected to this and it was raised to 56 hours! At the same time a new salary scale was introduced and was used in negotiations between hospitals and nursing staff across the country. Between 1955 and 1960 nurses' wages fell to 60 per cent of the national average salary. The Royal College of Nursing began its first public campaign in support of higher pay and has been campaigning ever since. But it wasn't until 1977 that the RCN became a trade union following a unanimous vote by RCN Council in 1976.

In 1922 The College of Nursing Ltd Library was established using a £500 grant from the Carnegie Trust, a Scottish charitable organisation. The library was free to all nursing students; opened with 273 books and 12 readers. With access to 64,000 books, 2,000 e-books and 1,100 journals the RCN library is

today the largest nursing library in Europe, if not the world.

In the early days of the College different sections were introduced. The Private Nurses Section was established in 1939 to support the many nurses who were self-employed or worked for private agencies, where regulation was poor. As demand for nursing staff increased during the second world war the RCN recognised the need to train men into the role and John Williams became the first man to receive a training certificate (in industrial nursing). However, full membership of the RCN was not opened up to men until 1960 with Albery Verdun Whittamore, chief male nurse at Horton Psychiatric Hospital, becoming the first male nurse to be voted onto the College council. Student nurses, who had been affiliate members through the Student Nurses Association since 1925, were allowed into membership in 1968, and gained limited voting rights in 1979. Princess Margaret, who had been Patron of the Student Nurses Association became joint Patron of the RCN at this time. State Enrolled Nurses could join the affiliated National Association of State Enrolled Nurses (NASEN) from 1949, and from 1970 could become members of the Royal College of Nursing. Membership was opened up to Health Care Assistants in 2001, who subsequently became full members with voting rights in 2011.



Trevor Clay was appointed as the first male General Secretary of the RCN in 1982. He introduced parliamentary officers to the RCN and significantly raised the College's public profile through the media. Beverly Malone was the first black General Secretary of the RCN, appointed in 2001, having worked in a similar post in the American Nurses Association, as well as been the most senior nursing advisor to Bill Clinton.



The Royal College of Nursing's new RCN Direct service, based in Cardiff, opened on 1 March 1998 and promptly took 2000 calls during its first week. RCN Direct remains the first point of contact for RCN

members seeking help, support and advice by calling 03457 726100 or looking online www.rcn.org.uk/get-help

In 2011 the RCN entered the Times Top 100 Best Companies to Work For list at number 51. The College has appeared in the list every year since peaking, this year, at number 14.

Janet Davies was appointed into the role of Chief Executive and General Secretary in 2015, having worked as the RCN Director of Nursing and Service Delivery since 2005.



For a more detailed look at the RCN's one hundred years please see <https://edu.hstry.co/timeline/the-royal-college-of-nursing/embed> or have a look at the centenary pages at www.rcn.org.uk/centenary

Thanks to the Townswomen's Guild



We are honoured to have been given a traditional marching banner, hand sewn by members of the Townswomen's Guild to celebrate our centenary. The Guild has its roots in the women's suffrage movement and actively campaigns on a range of women's issues which are also of interest to the RCN. Janet Davies, Chief Executive and General Secretary of the RCN says: *'It means a great deal that the Townswomen's Guild has joined our centenary celebrations. The banner is not just a beautiful object for us to have, it is also a symbol of the relationship we have enjoyed with the Guild, campaigning on issues that are important to us both'*.

Celebrate with us...

During 2016 the RCN will be holding local, regional and national events to mark the occasion of the centenary and we want to invite our members to help us celebrate. The next couple of pages will provide information on these events and we very much look forward to meeting with you at one of them. We will be adding new events and activities throughout the year and to ensure you are first to hear about them you can sign up to our centenary newsletter for regular updates at www.rcn.org.uk/centenary

RCN International Centenary Conference

22—23 November 2016
QEII Centre, Broad Sanctuary, Westminster,
London, SW1P 3EE

A special conference to celebrate the progress of nursing and its impact on care. This event - the first of its kind in the RCN's history – will also consider the delivery of health care in the face of significant international challenges. Delegates will hear from a range of eminent health care leaders and key note speakers include:

- Dr Phumzile Mlambo- Ngcuka, UN Under Secretary-General and Executive Director of UN Women;
- Maureen Bisognano, former President and CEO, Institute for Health Care Improvement;
- Dr Jim Campbell, Director, Health Workforce Executive Director, Global Health Workforce Alliance;
- Dr Frances Hughes, Chief Executive Officer, International Council of Nurses;
- Susan Hamer, Director of Nursing, Learning and Organisational Development for the NIHR Clinical Research Network (NIHR CRN); and
- Matt King, patient advocate.

To book your place at this special event: www.rcn.org.uk/centenary/news-and-events/events/2016-international-centenary-conference

Please note, **early bird booking for this event closes on 1 July.**

Regional CPD Events

This year we are once again running a series of CPD events for members, supported by the RCN South West Branches. The theme for these events is 'Reflect, Celebrate & Anticipate' taking a look back at the rich history of nursing, celebrating today and anticipating what tomorrow will bring.

7 June 2016

Exeter

Independent Sector Senior Nurses

19 July 2016

Taunton

Health Care Assistants

13 Sept 2016

Gloucester

Registered Nurses

11 Oct 2016

St Austell

Registered Nurses

18 October 2016

Bournemouth

Registered Nurses

8 Nov 2016

Plymouth

Health Care Assistants

For more information, and to book a place at one of these events please go to www.rcn.org.uk/southwest/southwest-events but hurry as places are filling fast!

Centenary Service of Thanksgiving

A service of thanksgiving will take place on Thursday 12 May 2016, 18:30-19:30 (followed by refreshments) at The Mint Methodist Church, Fore Street, Exeter, EX4 3AT.

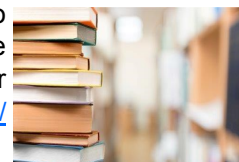


The service will be led by the Right Reverend Dame Sarah Mullally, Bishop of Crediton, and former Chief Nursing Officer for England, and will celebrate 100 years of the RCN. Everyone is welcome to attend.

To reserve your seat please email margie.wilson@rcn.org.uk or call on 01392 357048 or for more information please go to www.rcn.org.uk/news-and-events/events/nurses-day-thanksgiving-service-in-exeter We look forward to seeing you there.

Inspirational Books

We are compiling a list of 100 books that have made a difference to nursing lives. Not just the best or most popular nursing books, but the ones that have influenced nurses to make a difference to others, and to be the best that they can be. Whether it's *Shadows from the Workhouse* or *Interpersonal Relations in Nursing* we want to know what your nursing page turner is. Please leave your review at www.rcn.org.uk/centenary/projects/100-page-turners



Afternoon Tea?



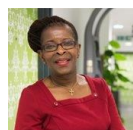
An afternoon tea party has been organised for 100 South West members to celebrate 100 years of the RCN on Wednesday 6 July 2016 at Hannah's, Howton Lane, Seale-Hayne, Newton Abbot, TQ12 6NQ. We look forward to welcoming members, past and present, young or not so young, to join us for this afternoon tea party. Places will be allocated on a first-come-first-served basis. To reserve your place please email tony.aspinall@rcn.org.uk

Exhibitions

We have a number of special exhibitions, available to view on-line. The Voice of Nursing exhibition, prepared by the RCN Library and Heritage Centre explores the changing role of the RCN from a small women's-only organisation to the voice of nursing it



has become today. The President's exhibition takes a look at the remarkable women who have served as RCN President since 1922. Starting with Sidney Browne, RCN inaugural President through to Andrea Spyropoulos, this fascinating review embodies ambition, vision and dedication to nursing. Current RCN President



Cecilia Anim says: *'It is fascinating to learn about the achievements of these remarkable women. I feel proud to be in such auspicious company'*.

If you find yourself in RCN headquarters you can view the physical exhibitions, and other items of historical interest by visiting the Library and Heritage Centre.

100 Free Memberships

This year, 100 lucky members will be drawn at random to receive a free membership for the year. Look out for an RCN envelope dropping on your doormat to see if you are a winner. Simply follow the instructions in the letter, within three months, to claim your prize which will also include a commemorative certificate and centenary goody bag. Make sure your details are up to date to be in with a chance to win! <https://my.rcn.org.uk/register>



For TextDirect: first dial 18001. Calls may be recorded. Mon-Fri 8am-9pm, Sat 8am-5pm, Sun 9am-5pm. The Royal College of Nursing acts as an Introducer Appointed Representative to the Liverpool Victoria group of companies for General Insurance. 5457-2016

100 Top Tips for Health Practitioners

Health Care Support Workers, Health Care Assistants and Assistant Practitioners have been valued members of the RCN for over 15 years. We want to celebrate and share your unique professional expertise in our centenary year. We would like your help to compile 100 top tips by HCAs for HCAs. We're looking for any advice that your colleagues might find helpful, such as how you:

- Deliver excellent patient care;
- Learn new skills to further your career;
- Take care of yourself when it gets busy at work; and
- Build great relationships with patients, carers and your colleagues.

You may become a published author! The RCN Health Practitioner Committee will produce a shortlist of submissions and bring this to Congress, where the final 100 tips will be selected. We'll put the top 100 tips into a guide, which will be sent out to all Health Practitioner members with the *Health and Care* magazine later this year. This is a great opportunity to share with others your valuable experience and must-knows. So if you have an idea, let us know by completing the form at www.rcn.org.uk/centenary/projects/100-top-tips

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