



Event Programme

ASPECTS OF AGE



Spring/Summer 2019



The Voice of Nursing: RCN Centenary Exhibition

 **Library Ground Floor**
4 January 2016 – 30 March 2019

In 1916, nursing was a fragmented profession. It struggled to come to terms with the huge increase in need that the First World War generated. Working conditions for most nurses were poor, and they were often voiceless and of low social status. To celebrate the centenary of the Royal College of Nursing, this exhibition tells the story of how this has changed, alongside wider changes in society: the changing role of women, immigration and cultural diversity, the NHS and employment rights.



Exhibitions Our exhibitions are compact and a visit lasts around 30 minutes. Why not visit before an event?

Aspects of Age

Temporary Exhibition and Event Series co-ordinated by the
RCN Older People's Forum and History of Nursing Society

 **Library Lower Ground Floor**
11 April 2019 – 30 September 2019

As life expectancy has increased, so too have our opportunities to do more for longer: today many people travel, engage in sport, find new relationships, volunteer for charities and more well into their 80s and beyond.

This exhibition and event series explores the shift from institutional to home care over two centuries of older people's nursing, from the workhouse and asylums of the Victorian era to the hospital and care home and beyond.

Technology and public health initiatives have improved the support available to older people, and changed our lives significantly. As our population ages, we ask how nursing as a profession can continue to improve the lives of those over 75?



Events

Wanted: Educated Women of Culture The Recruitment of British Nurse Superintendents to Philadelphia, 1870 – 1920 LS

RCN History of Nursing Society Lecture

Thursday 14 March 2019,
6-8pm

London

During the late nineteenth century, hospital trustees in Philadelphia actively recruited British nurse superintendents to administer their newly established hospitals and nurse training schools, in an attempt to raise the status of their institutions. The British nurses who responded varied in both the experiences they encountered and the degree to which they achieved success. Through the presentation of biographies of some of the British nurses recruited to Philadelphia, Karen Egenes describes the nurses' motivations, challenges faced, tactics employed, and legacy. The talk will be followed by a drinks reception from 8-9pm.

The Pandemic Century: Book Launch

Wednesday 3 April,
5.30-7pm

London

Join us for a talk by medical historian Mark Honigsbaum, at the launch of his new book *The Pandemic Century*. From the Spanish flu to the 1924 outbreak of pneumonic plague in Los Angeles to the 1930 'parrot fever' pandemic, through the more recent SARS, Ebola, and Zika epidemics, the last one hundred years have been marked by a succession of unanticipated pandemic alarms. The talk will be followed by a drinks reception and book signing.

Exploring Ageing in History: Exhibition Launch LS

Thursday 11 April 2019,
5.30-8pm

London

Join us for an evening of talks and activities to launch our new exhibition on the health care of older people throughout history. Experiment with the Royal College of Pathologists for Bowel Cancer Awareness Month, pimp a zimmer frame and try a virtual walk through dementia. Talks (from 6pm) include Pat Thane on getting old in English history, Dawne Garrett on older people's care today and Nola Ishmael's personal reflections on ageing.

Info
Expert

Try the
virtual walk
through
dementia



A Voice for Nursing: Tour London's Nursing History MED+ Festival, London 2019

Friday 10 May,
Tours at 11-12 and 3-4pm

London

Take a behind-the-scenes guided tour around the 1920s College of Nursing, and find out about the century of women (and some men) who shaped the profession in the UK. On the way, you'll see a Georgian townhouse, meet a fairy godmother of nursing and a group of suffragettes, and discover Queen Mary's favourite cake.

Book tour tickets at www.medlondon.org

Dying Matters and Death Doulas

Panel Discussion followed by Death Café
BSL

Thursday 16 May,
5.30-8pm

London

A panel discussion on dealing with death, with speakers from End of Life Doula UK, the British Geriatric Society, the Royal College of Pathologists and the Royal College of Nursing. To help us all be more open about the subject, the panel will be followed by a Death Café: tea, cake and conversations about death. The Death Café will be a facilitated discussion, creating a safe atmosphere to talk about death and dying. In the Death Café there are no hierarchies. We all meet simply as people who are going to die.



Advertised start times are when the doors open. Talks usually start 30 minutes later.
Check our website for the full programme

Book online at www.rcn.org.uk/whatson

Book online at www.rcn.org.uk/whatson

Events

Three Things About Ageing: Empathy, Literature and Dementia

Museum of Liverpool, Pier Head, Liverpool L3 1DG

➔ **Wednesday 22 May 2019, 6-8pm** **Liverpool**

Join author and former psychiatrist Joanna Cannon (*Three Things About Elsie*) and author and nurse Molly Case (*How to Treat People*) in conversation about literature, empathy and depictions of ageing and care in fiction.

The Rules of Health and Comfort: A History of Care at Home

Joint event with the Queen's Nursing Institute

➔ **Wednesday 17 July, 5-7pm** **Sheffield**
Carpenter Room,
Sheffield Central Library,
Surrey Street, Sheffield S1 1XZ

District and community nursing is vital for many older people who need care in their own homes. The history of district nursing in England dates back to 1859, when the Liverpool philanthropist, William Rathbone VI, re-employed Mrs Robinson, the nurse who had looked after his dying wife, and set up a trial in home nursing for the sick poor in the city. This 'experiment' led to the establishment, under Royal Charter, in 1889, of the Queen Victoria Jubilee Institute for Nurses, now the Queen's Nursing Institute. Join historian Dr Susan Cohen and Queen's nurses past and present to explore 160 years of district nursing in Yorkshire and beyond.



Insights into nursing workforce challenges: RCN Strategic Research Alliance Event

➔ **Wednesday 12 June 2019, 5-8pm** **London**

Join us for a small, discussion-focused event led by Tony Ryan, Professor in Older People, Care and the Family at the University of Sheffield. Hear about early results from University of Sheffield researchers looking at advanced level nurse practitioners, trainee nursing associates and examples of missed care. Discuss the implications of the findings and share your ideas on what future research might be needed.

Info Expert

Events

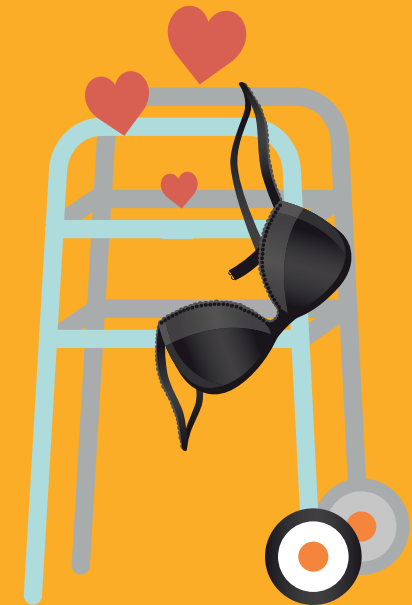
The Joy of Sex Beyond 70 LS

Joint event with the RCN Foundation

➔ **Monday 23 September 2019, 6-8pm** **London**

Alex Comfort, gerontologist and author of the 1972 bestseller 'The Joy of Sex', emphasised that growing old does not mean desire will diminish. Older age can be an opportunity for new and different intimate relationships, with sexual health advice high on the agenda. But does society still stigmatise sex in the over 70s? What barriers might older people face in continuing a romantic life? And how can nursing staff support safe sexual expression and intimacy? Join a frank and honest panel discussion where we talk sex and romance in an ageing population.

Info Expert



Open House London

➔ **Saturday 21 September, 10am-4.30pm**



RCN HQ is an innovative mix of architecture old and new. In this rare opportunity to see 'behind the scenes', tours will encompass the unique Italian Baroque painted staircase and other features from the 1700s, the 1926 purpose-built College of Nursing and later architectural solutions to the integration of these spaces. Admission by regular guided tours only.

No advance booking, queuing may be necessary.



Book online at www.rcn.org.uk/whatson

Book online at www.rcn.org.uk/whatson

ExpertTeas: Drop-in Sessions

Drop in any time between 2 and 4pm to discover more about our ExpertTeas theme for that month. Talk to experts in an informal environment and enjoy free refreshments.

Info
Expert

**Royal College of Nursing
Library and Heritage Centre**
20 Cavendish Square, London W1G 0RN
(Entrance via Henrietta Place)

- **Wednesday 1 May, 2-4pm – Are you glove aware?**
One in five nurses develop hand dermatitis, which can be prevented by proper use of gloves. Find out from infection control expert Rose Gallagher when you should and shouldn't wear gloves.
- **Wednesday 5 June, 2-4pm – Study skills**
Support for students from literature searching to dissertation writing.
- **Wednesday 4 September, 2-4pm – Fake News!**
Overwhelmed by the internet? Not sure what to trust? Discover resources that will help you get to grips with evaluating evidence.



Book online at www.rcn.org.uk/whatson

RCN Wales Events

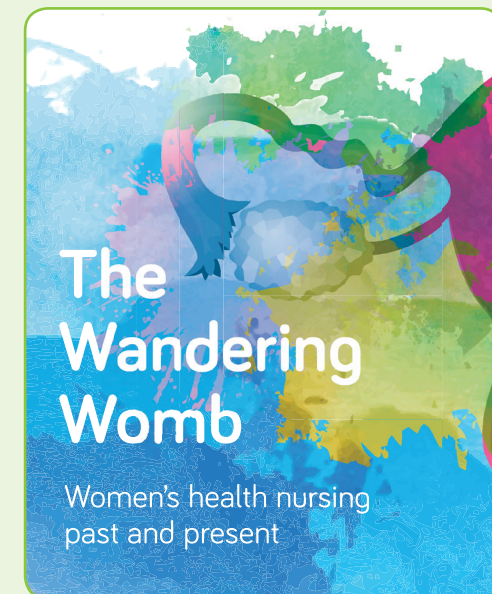
All events take place at RCN Wales, Ty Maeth, King George V Drive E, Cardiff CF14 4XZ

The Wandering Womb: Women's health nursing past and present

Pop-up banner exhibition

Friday 8 March – Friday 29 June 2019

Women have long been viewed as at the mercy of their biology. In the ancient medical world it was believed that a "wandering womb" could cause suffocation and death. Menstruation and childbearing were thought to make women weaker and less rational than men. Rising above these challenges, 100 years ago, women secured the right to vote in the UK. At the same time, nursing was formalised as a largely female profession. This exhibition addresses what has been seen as "normal" for women, past and present, and why women's health has long been considered "dirty" nursing.



The Technology of Ageing

Thursday 20 June, 5-7pm

Increased life expectancy in the modern era is certainly a positive development. Older people today are more connected, staying active for longer, and finding support in technologies from Skype to stair lifts and digital 'companions'. Join us to explore the ways in which new technology has helped us manage the ageing process, from innovations for sight or hearing loss to multi-sensory dementia rooms.

Image: Hedley Finn, The King's Fund, Wellcome Collection

Book online at www.rcn.org.uk/whatson

RCN Scotland Events

The Wandering Womb: Women's health nursing past and present

Exhibition at RCN Scotland, 42 South Oswald Road, Edinburgh EH9 2HH

8 May-30 October 2019
Open to the public
Mon, Tues, Fri 10am-4pm

Edinburgh

Women have long been viewed as at the mercy of their biology. In the ancient medical world it was believed that a "wandering womb" could cause suffocation and death. Menstruation and childbearing were thought to make women weaker and less rational than men. Rising above these challenges, 100 years ago, women secured the right to vote in the UK. At the same time, nursing was formalised as a largely female profession. This exhibition addresses what has been seen as "normal" for women, past and present, and why women's health has long been considered "dirty" nursing.

Exhibition Launch: A Woman's Disease? Gender and Gynaecology

RCN Scotland, 42 South Oswald Road, Edinburgh EH9 2HH

Wednesday 8 May 2019,
5-7pm

Edinburgh

Join us for an evening of talks and activities to launch the Women's Health exhibition. Hear more about the so-called "dirty nursing" undertaken by professionals in gynaecology today, and the history of treatments for women's cancers. Refreshments provided.

RCN Debate: My Right to Nursing, Dementia as a Health and Social Care Issue

The Tolbooth, Jail Wynd, Stirling FK8 1DE

Thursday 6 June 2019,
6-9pm

Stirling

What health care and social care would you or could you expect to be available for people living with dementia and their families? And how can access to appropriate nursing care be ensured? Join us for an evening of discussion and debate on current and future approaches to dementia care in Scotland, and the key role nursing plays in hospitals and our communities. Refreshments provided.

Menopause Café

Glasgow Women's Library, 23 Landressy St, Glasgow G40 1BP

Thursday 1 August 2019
5-7pm

Glasgow

The world's first Menopause Café was held in Perth in June 2017. A year later the Menopause Café became a registered



charity, with cafés held around the UK and beyond. Kirsty Wark, whose BBC programme

"Menopause and Me" inspired the café, is the patron. Join us for tea, cake and to talk about all things menopause.

Book online at www.rcn.org.uk/whatson

RCN Scotland Events

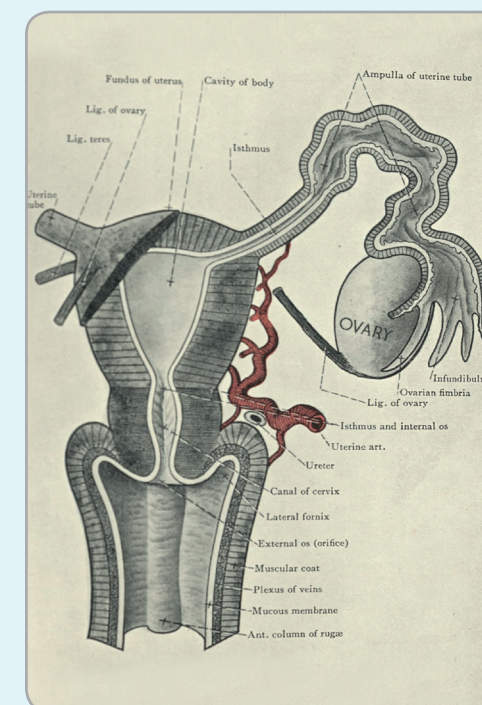
Power to the Womb'an: From period parables to menopause mysteries

Thistle Foundation, 13 Queen's Walk, Edinburgh EH16 4EA

Tuesday 8 October 2019,
2-4pm

Edinburgh

Join us for an afternoon of world café discussions on women's health, busting myths and sharing experiences on Scotland's progress to being a period positive nation.



The Wandering Womb

Book online at www.rcn.org.uk/whatson



Visitor information

Our events take place at varied locations around the UK: please check the listings for details. If not otherwise specified, events are held at the address below.

Advertised start times are when the doors open. Talks usually start 30 minutes later. Check our website for the full programme

Visit

Royal College of Nursing Library and Heritage Centre

20 Cavendish Square,
London W1G 0RN
(Entrance via Henrietta Place)

Monday - Friday: 9am-7pm
Saturday: 9am-5pm

Contact

0345 337 3368
rcn.library@rcn.org.uk
@RCNlibraries

Access

All our venues are wheelchair accessible.
Events marked **LS** are live subtitled
Events marked **BSL** have a BSL interpreter
Contact us if you have any access enquiries

Info Expert

Events marked with this symbol are attended by a Library Information Expert to answer your queries



www.rcn.org.uk/whatson

March 2019 Publication code 007 511