

OUTER SW LONDON RCN BRANCH NEWSLETTER



TIME TO CHALLENGE THE POLITICIANS

The RCN recently held its pre-election hustings, where the Conservatives, Labour and Liberal Democrats all committed to supporting the priorities in [the RCN's election manifesto, Nursing Counts](#), but fiercely debated future funding and unsocial hours payments.

The debate was attended by Conservative minister Dr Dan Poulter MP, Liberal Democrat Minister Norman Lamb MP and Labour's shadow health secretary Andy Burnham MP. Branch chair Mike Smith was also in attendance. Questions were asked by RCN members from across the country.



Cross-party support

While there was cross-party support for the RCN's manifesto, and for an NHS which was free at the point of delivery, there was less agreement on other areas, including unsocial hour payments and future funding commitments. In a robust discussion for the payments nurses get for working unsocial hours, currently under scrutiny as part of the debate on seven day working in the NHS, Andy Burnham committed not to

attack the current unsocial payments for nurses.

Norman Lamb recognised the importance of paying staff fairly while stopping short of a full commitment,



and Dr Dan Poulter spoke of the need to improve patient care at nights and weekends and pledged not to cut nurses' pay further.

Future funding of the health service

In discussions about the future funding of the health service, Norman Lamb committed to providing the £8bn required to fill the funding gap identified by head of NHS England Simon Stevens, and repeatedly called on his opponents to do the same.

In heated exchanges, Andy Burnham questioned the money committed by Norman Lamb, and pledged instead to commit to full integration to prevent the money going solely to acute trusts and bypassing other important sectors. Dr Dan Poulter said that his party would give the NHS the money it needs, and had a track record of backing the health service in tough times.

Integration was an area of more harmony between the parties, with all agreeing on its vital importance. In his closing remarks, Dr Dan Poulter committed to further investment in preventative care, and finding greater efficiencies through procurement and technology. Dr Peter Carter, Chief Executive & General Secretary of the RCN said:

"I would like to thank all three candidates for taking part in this important debate.

"Nurses will be pleased to see all three candidates committing to the principles of the RCN's manifesto of improving patient care, valuing the nursing profession and investing in the health service.

Dr Carter added: "What really counts, however, is action. Whoever forms the next Government must live up to its promises and absolutely must take swift action to ensure the health service is sustainable for future generations.





BRANCH WELCOMES NURSE OF THE YEAR

The Branch were delighted to welcome the current Nursing Standard Nurse of the Year Sarah Lewis (below left) to our last Branch meeting at Epsom. Sarah, who is a Clinical Nurse Specialist in Pain Management gave us an overview of her work at Headley Court Defence Medical Rehabilitation Centre, looking after severely injured and traumatised military personnel.

She spoke of her work introducing a nurse-led bespoke pain management service which aims to deliver effective pain management and to facilitate rehabilitation in order to achieve optimal health and fitness within the Services or transition to civilian life.

The service uses the latest innovations in medicines, bio mechanics and a joined up framework which helps many service men and women come to terms with their injuries and start to adjust to their new circumstances.

TRUST SAYS FAREWELL TO CHIEF NURSE

After working for over twenty years at Epsom and St Helier Hospital Chief Nurse Pippa Hart (below right) has stood down. From April she will be working for the Trust

Development Agency overseeing hospitals across the south of England and offering her expertise and support using her broad nursing knowledge and experience to support other Chief Nurses.

Branch chair Mike Smith said "We will sorely miss Pippa; she understood nursing, was highly credible not only amongst our nursing staff but with other medical professions and the directors. She spoke up for patients and nursing. With her ITU background, managerial roles and by keeping up her teaching on advanced trauma courses she fulfilled her role and more". The Branch wish her the very best in her new role.

CROYDON UPDATE

RCN Steward at Croydon Hospital, Selvon Armon, told the Branch that he has been placed on a secondment to help recruit more nurses for the Trust. Whilst many employers are searching abroad Selvon will be exploring different avenues to meet the nursing shortage that affects most Trusts around the country. Currently London has a 14% vacancy factor for qualified nurses, or put another way over 8,000 nurses, so inventive ways to recruit need to be found.



BRANCH PROMOTES HEALTHY NEW YEAR



In January & February the Branch helped lead two successful Trust health and wellbeing days which were a great opportunity to say thank you to staff and volunteers for all their hard work and to encourage staff to lead healthy lifestyles.

In our biggest ever well-being event some three hundred staff visited the twenty plus stalls and health stations. Nurses manning the four human MOT stations were able to offer glucose and cholesterol readings along with blood pressure checks and general healthy lifestyle advice.

Amongst the stall holders staff and volunteers were able to see the new Trust 'Vital Signs' free App in operation, which is full of advice and information about healthy living, Trust well-being services such as occupational health, counselling and various other staff benefits.

For staff with back problems and musculo-skeletal problems, back care specialist nurse Sandra O'Connor was kept busy and nearby teams from Nescot College Osteopathy department were offering amazing discounts for treatments and advice to those who visited their stall.

For the more active, local gyms offered staff discounts for membership; local allotment association 'Ecolocal' demonstrated the health and environmental benefits of growing your own. Both the Surrey and Sutton with Merton smoking cessation teams received numerous visits where lung capacity and nicotine tests were on offer.

Also on offer was a chance to check your BMI and weight on a specially hired machine. We were joined by an eye specialist and diabetic nurses, other staff who specialise in mental health, chaplaincy and library services and teams from the Trust nurseries and Improving working lives (IWL), whilst MITIE cooked up tasty pasta and promoted healthy drinks and snacks.

Two staff even walked away with a new Kindle Fire which was the prize for visiting at least three stalls on the day.

NEW NMC CODE: WHAT NURSING STAFF NEED TO KNOW

Are you a nurse or midwife registered with the Nursing and Midwifery Council (NMC)? If so, last month you should have received through your letterbox a 20-page document that is critically important to you and your patients: the NMC's new code, or, to give it its full title, The Code: Professional Standards of Practice and

Behaviour for Nurses and Midwives.

As of 31 March, you are bound by the standards laid out in this slim publication. It replaces the old code of practice and includes several significant changes. It's important because others can judge you by it – and ignorance of its content is no defence. But as Jackie Smith, the NMC's Chief Executive, explains, the code should not be regarded punitively. "It should be seen as a positive opportunity to promote your professionalism" The redrafted version has, she says, been well received. The RCN called it "a more positive document relevant to modern-day nursing" and said many of the concerns raised by members during the consultation had been taken on board.

So what's different about the new code?

It's built around four principles:

- prioritising people
- practising effectively
- preserving safety
- promoting professionalism and trust.

You can download yours here <http://www.nmc-uk.org/The-Code>





Celebrating Nurses, Midwives and Support Workers Week 2015

on 12 May

1.30pm - 4.30pm

Lecture Theatre & Conference Room 1
PGMC, Epsom Hospital



10th Anniversary Programme

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| 10am - 1pm | Complimentary Therapists around the Epsom site |
| 1.30pm | Refreshments, Exhibition viewing, Nursing posters |
| 2.00pm | NMC Presentation - Preparing for Revalidation |
| 2.45pm | Midwife Presentation by Consultant Midwife Marion Louki 'Birth and Beyond' |
| 3.15pm | Innovations & Technologies - Vital Signs App and Vital Pack demonstration - Matron Fiona Harmer |
| 3.45pm | Chief Nurse - Nursing achievements and reflection on year |
| 4.00pm | Nurse, Midwife and Support worker of the Year presentations - Chief Executive Daniel Elkeles |

Free event, all staff welcome. For more information contact RCN representative and Charge Nurse michael.smith@esth.nhs.uk
Mobile 07930 410 386

LONDON REGIONAL REPS UPDATE

After elections for the RCN national committees we have a new team of representatives. For Learning Reps Karen Sanders, for Stewards Branch chair Mike Smith was elected. For health and safety reps nobody stood initially but Carl Adams has now stood and we expect him to be accepted shortly. All three reps attended the recent National Activists conference in Birmingham.

**CONGRESS 2015 IN BOURNEMOUTH**

RCN Congress is where RCN members meet to learn, develop and share nursing practice. It is also where members inform the RCN agenda and influence nursing and health policy through debate.

This year Congress is being held in Bournemouth 21-25 June 2015.

The Branch will be sending at least six people to Congress this year and you could be there too. The Branch is supporting some members to attend even if for just one day as

Bournemouth is within commutable distance of London. If you want to go but need a bit of financial support get in touch with Mike Smith, Branch chair, contact details page 6. For full details of Congress click on the link <https://www.rcn.org.uk/newsevents/congress/2015>



Under the title of Workforce planning Item 21 on the agenda is the Resolution

“That this meeting of RCN Congress calls on governments within the UK to change their lackadaisical approach to nursing workforce planning.” This item although submitted by the UK Stewards Committee was written by our own Branch chair. So we will be at the microphone at least once.

ON THE MOVE

Our General Secretary and CEO Dr Peter Carter is standing down at the end of July.

A recruitment process has already begun.

**FAIR PAY CAMPAIGN**

Over the past five years nursing staff have cared for record numbers of patients through the most disruptive reorganisation in NHS history and in the face of huge workforce cuts.

Nurses and healthcare assistants work long and stressful days with very few taking their breaks and most having to work far beyond their contracted hours without recompense.

At selected trusts/hospitals in the English regions and Northern Ireland, RCN members will now be claiming for the actual hours they work, and seeking to have their contractual rights met. In London this is at Central London Community Healthcare NHS Trust. To find out more click here <http://whatif.rcn.org.uk/index.php/pages/whatifyougetwhatyoureowed>

Here to Help Useful Names + Numbers

The Branch is run by volunteer local nurses and the current branch team are:

Chair - Mike Smith (07930 410386)
Secretary – Lynette Drakes (Day Case Unit Epsom)
Treasurer – Gerry Cotter (01372 735279)
Recruitment - Joan Chappell
Learning & Development
Sheila Gooljar

Local RCN Stewards

Mike Smith (ESH)* 07930 410386
Gerry Cotter (ESH) (01372 735279)
David Simpson (Independent Sector)
Selven Armon (CUH)
GayAnn Arthur (St Helier A&E)

Health & Safety reps

Sheila Gooljar (Independent sector)
Mike Smith (ESH) David Simpson (Independent Sector)

Learning Reps

Debbie Broom (ESH)

Full time officers include Paula Delaney & Julie Mulvey based in London Regional Office covering Merton & Sutton, Croydon & SW London

RCN Council Members for London

Ian Norris, Peter Walsh
Regional Board Member
Selven Armon

*CUH - Croydon University Hospital
*ESH - Epsom and St Helier
*Community CCG's - covering Merton & Sutton, Surrey Downs

RCN London Region

5th Floor, 20 Cavendish Square
London W1G 0RN
Tel. 0345 458 6968

Director of London Region

Mr Bernell Bussue

Raising concerns, raising standards (Whistleblowing) helpline for RCN members: 0345 772 6300

RCN Member Support Services on 0345 408 4391.

The service offers guidance on benefit entitlement, money advice, counselling and careers.

RCN Foundation - bursaries, project grants and help for times of need or hardship - go to www.rcnfoundation.org.uk

0207 647 3645

We welcome feedback from local members and the contribution of short articles for this quarterly newsletter. Please contact Mike Smith, Branch chair on his e-mail address michael.smith@esth.nhs.uk

2015 Branch meeting dates

May 12th Nurses Day Epsom 2 - 5pm
June 21st - 24th Congress & AGM Bournemouth
July 7th Croydon Hospital 7pm Meal & Speaker
15th September Branch AGM St Helier Hospital 7pm - 8.30pm
November 16th St Helier 6.30pm Branch Social and Branch meeting

Last Writes

