

OUTER SW LONDON RCN BRANCH NEWSLETTER

Summer Bumper Special - Congress, Nurse's Day & More!

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Hello and welcome to the Summer edition of the Branch newsletter. A lot has been happening over the last few months within the Outer SW London area. Above you can see over 50 nurses, midwives and HCA's joined together to celebrate our Nurses day event in partnership with Epsom & St Helier NHS Trust. You can read more about what happened on pages 3 and 4.



In June the 10 London Branches joined together for a London reception at Congress down in sunny Bournemouth (above picture). Senior politicians from the London Assembly joined with us and spoke eloquently about health issues in the capital. Around 200 London reps and members attended the reception whilst 15 local members managed to attend Congress at some point during the week. Branch chair Mike spoke to two items and other members also spoke up for nurses and nursing.



The RCN Foundation

The RCN Foundation is an independent charity, supporting the nursing community to improve the health and well-being of the public.

They offer financial support and career development opportunities to UK nurses, midwives, health care assistants and nursing students.

Project Grants

Since its inception in 2010, the Foundation has funded some amazing projects. These have looked at a range of areas including patient care and staff development in relation to dementia and an international workshop looking at developing a paediatric oncology nursing curriculum in low and middle-income countries. The Foundation also contributed to the refurbishment of the Royal College of Nursing Library and Heritage Centre.

Bursary Schemes

Our scholarships and bursaries fund a wide variety of learning, development and research opportunities, providing the support individuals need to make a difference to quality patient care.

Hardship Funding

Through our Benevolent Funds, we provide vital support to help members of the nursing team get their lives and careers back on track in times of need.

Croydon Branch meeting

Around twenty five Branch members attended the July meeting held at Croydon University Hospital. Our main speaker was Christopher Wingrove from the RCN Foundation which supports nurses, midwives, students and HCAs through education grants, bursary schemes and help in times of financial difficulty. Chris outlined some real life stories where nurses had been helped to overcome some very challenging situations. To find out more visit www.rcnfoundation.org.uk/home



Branch Chair Mike Smith took members through local RCN news.

There is a new Chief Nurse Epsom & St Helier - Charlotte Hall. She has previously worked at the West Mid hospital and before that at John Radcliffe Oxford, the Royal Free, the Homerton, Hammersmith Hospital and the Royal Wolverhampton hospital. She is also a qualified midwife.

The Branch continues to grow as does London membership - now over 55,000 London members with over 3000 working locally to us.

We are looking at putting on a free study day in the Autumn - possibly at St George's Tooting - more details when available.

Challenges locally - nursing shortages - 14% vacancy factor qualified nurses across London.

Unsocial hours will be used as a bargaining tool in this years pay negotiations by the government which could see nurses lose up to 25% of salary in some cases.

The successful meeting concluded with a shared curry meal.





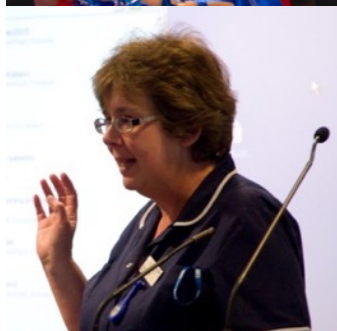
Nurses Day Special

Local Branch members put together an afternoon

of rewards, learning and celebration for the 2015 Nurse's day

annual event at Epsom Hospital.

There were also complimentary therapies freely available and 140 cakes were distributed around Trust clinical sites.



Are you ready for revalidation?

The RCN has produced information to help you renew your registration from 2016. Click on <http://www.rcn.org.uk/development/practice/revalidation> or at the NMC <http://www.nmc.org.uk/standards/revalidation>

RCNi

RCNi provides information and inspiration for all of the nursing team
Free daily news, opinions, clinical updates and more for nurses and midwives at



rcni.com

Nursing Standard go to <http://journals.rcni.com/>

The health service's finest: Distinguished staff awarded at International Nurses' Day celebration

Across the world, Florence Nightingale's birthday is recognised as International Nurses' Day and Trust staff took time to recognise and celebrate the excellent work nurses and midwives do day in, day out.

The Nurse of the Year awards ceremony was held at Epsom Hospital in partnership with the Royal College of Nursing (RCN) to honour international Nurses' Day and highlight the sometimes unnoticed day-to-day efforts of nursing staff.

Carole Webster, Interim Chief Nurse, said: "I firmly believe, and I'm sure that most people would agree with me, that nursing is a profession to be extremely proud of. We are fortunate at the trust to work alongside some truly fantastic nurses, midwives and nursing support staff.

Mike Smith, an emergency nurse practitioner at Epsom Hospital and the trust's RCN representative who helped organise the annual event, said he was proud of the day's proceedings:

"This is the tenth year that the trust has organised a Nurses' Day celebration, and the enthusiasm from our staff is continuing to grow. We had over 35 nominations this year, which says something about the positive appreciation that our staff have towards one another."

The winner of the Nurse of the Year award was Lydia Baker; a midwife and team leader in St Helier's maternity department who was nominated by three colleagues including consultant midwife Marion Louki who commended Lydia's work:

"I have been particularly impressed by Lydia's commitment to caring for our women who have lost their baby. At such an emotional time in a family's life, Lydia provides practical support but with sensitivity, empathy and courage. Lydia has absolutely gone the extra mile, taking time to visit some patients at home, offering real compassion and continuity which will not have gone unnoticed. Runner up was Oncology Nurse manager Hilary Hollis who was highly commended by her staff.

Suzanne White, a maternity key worker who specialises in breast feeding, was awarded the Support Worker of the Year. Her nominator Sister Gerry Cotter said:

"Suzanne will always work towards achieving the trust values, by putting each patient first by her caring, respectful, and patient manner, and she always takes opportunities to improve and encourage excellence. Suzanne always does her best to encourage and support mothers with their feeding choices, giving them valuable advice and encouragement."

The trust's Friends and Family Award went to Lucille Higgins who works as a staff nurse in the assisted conception unit at St Helier. In the first three months of 2015, she received over sixty positive feedback comments from her patients in the national Friends and Family Test initiative.

There were several special guests also in attendance at the event, including guest speaker Bernell Bussue, Director for Royal College of Nursing (RCN) London, and Trust chief executive Daniel Elkeles.

Congress reviewed by Branch first time attendees



Junior Sister Jenny Broom

I attended Royal College of nursing Congress 2015 for the first time and enjoyed every minute. It was great to hear other nurse's views on issues in all aspects of nursing and watch how a plan of action was made to

improve the working environment. The part I enjoyed most was the debates on issues this is because they came from the healthcare professionals on the wards and other areas of nursing and were relevant to everyone not just one branch of nursing. Members were allowed to have their say on how they felt and what was important to them. Also every member that spoke was listened to no matter how long or short their statement was. This made me realise that there are people as passionate about nursing as me and that many areas have the same struggles to provide good quality care.

At first I was not sure what the RCN really did apart from providing study aids when I was a student but attending the Congress changed my whole perception. It enables members to learn new skills and develop. The Congress also allowed me to meet with many companies that come to promote new products that could improve the service which I was able to bring back to my ward to improve patient care. Most importantly members come together to discuss issues that are affecting their ability to provide a good service and develop policies. I was amazed to learn so much from attending Congress and that although I was

new to Congress I was never made to feel like an outsider I was part of the team. With this in mind I am looking at participating in more branch meetings as I feel this will benefit not only my own development but will also enable me to educate my colleagues in any new protocols and policies as they come out.

Shevon Dalena is a local community nurse for clients with learning disabilities.

My time as a 'newbie' at Congress was an inspirational and uplifting experience to be part of the wider nursing team. The debates covered a range of topics from 'covert

filming' to 'LGBT mental health'. Those who were brave enough to speak at the mic passionately spoke about what they believed in and those who were listening did so with respect.



One of the debates spoke about the 'four branches of nursing' which highlights how multi-disciplinary training leads to improved patient care and equips the nurse in their future career. Something which I feel is vital to the development of a nurse.

The thing that surprised me the most was the passion that oozed in the room, the wealth of knowledge and how every nurse and health care assistant has a vital role to play in the patient experience. It has definitely inspired me to be more active locally for the RCN as I want the voice of Learning Disability Nursing heard!



Croydon News

Croydon University Hospital has just received word that they have received funding of £21.5million for a spanking new Emergency Department, set to be built over the next eighteen months. Like all A&E departments there has been a significant increase in activity and this rebuild gives the Trust the opportunity to rethink how best to meet that demand.

Deputy Director of Nursing at Croydon and RCN member Mike Hayward told the Branch that the Trust was recently inspected by the CQC and received a positive report as they seek to drive up quality through recruitment and improving ward skill mix. Like many other London Trusts Croydon Sister has had to recruit from abroad. Local steward Selven Armon has actively helped recruit sixty new nurses in recent months to the Trust. impaired vision

Mike Hayward told the Branch that one effective way they had found to recruit and retain nurses was by listening to 'Life Stories' Listening into action, so that staff are involved in the decision making process.

Outer SW London RCN Branch

next meeting

Tuesday 15th September, 7-9 pm

@ Post Graduate Centre, St Helier Hospital

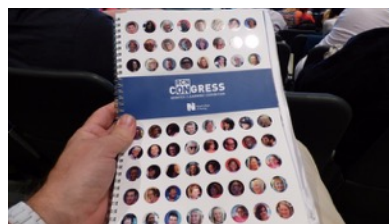
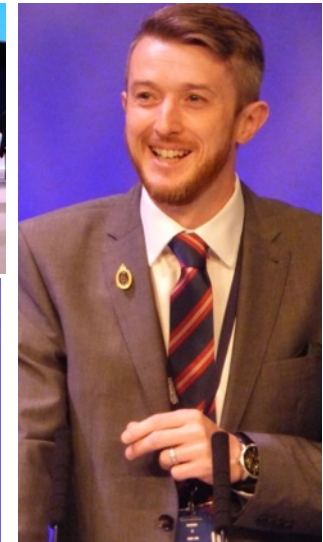
Annual General Meeting +

**Guest speakers Sister Hannah Coleman
& Alyson Bunn, Eye specialists**

'Caring for sight impaired patients'

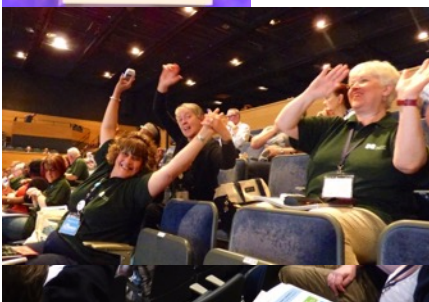
Free refreshments will be available during meeting





RCN Congress Bournemouth

At least fifteen Branch members attended Congress with two members speaking at debates and several attending for the first time - read their story on page 5



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

2015 Branch meeting dates

15th September Branch AGM St Helier Hospital, PGMC 7pm - 9pm + Caring for sight impaired patients

16th November St Helier 6.30pm Branch Social event

Last Writes



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