Outer South West London RCN Branch AGM meeting

Tuesday 20th September 2016

Post Graduate Medical Centre, Croydon University Hospital, CR7 7YE
7pm–9pm
Branch News and AGM followed by Guest Speaker

Dr Zahra Chambers (Pfizer)

Stroke Prevention in Nonvalvular Atrial Fibrillation + Thromboembolism treatment

This meeting can be used as evidence for nurse revalidation

A free curry meal will be available at the evening, but to help us with catering we would appreciate you make contact with Mike on email below to say you are coming. For more details email michael.smith@esth.nhs.uk or phone on 07930 410386

Branch Celebrates Another Busy Year at AGM

Over 20 members and guests attended the recent Branch AGM. Pfizer kindly sponsored the curry meal organised by Croydon members and Dr Zahra Chambers from Pfizer spoke about Stroke prevention and new treatments available.

Mike Smith was re-elected Branch chair unopposed, along with Gerry Cotter as Treasurer. Lynette Drakes was thanked for her contribution as Branch secretary and two people stood for the now vacant position. Ajay Boodhoo from Croydon University Hospital was duly elected.

The Branches finances were discussed and found to be in a favourable position. Most of the local Activists, Stewards, Health and Safety and Learning reps were re-accredited and several members present expressed an interest in becoming more active in their local workplaces.

The next Branch event will be a joint SW London Branches free Autumn of Learning Event being held at Sutton Hospital on 25th November. Full details can be found on page 4

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Sad Farewell to Andy

It was with great sadness that our branch learnt of the untimely death of Andy Shum, Branch chair for our neighbouring Inner SW London Branch. Andy was a loyal RCN Activist for many years and worked tirelessly for nurses and nursing around his patch of London. He was always enthusiastic, smiling and prolific on social media raising the nursing profile on the political agenda. He also helped our Branch with study days and Congress activities. Andy, you will be sorely missed by all those that knew you. Rest in peace.

Helen rises to the Challenge!

Helen tells the Branch of her remarkable fundraising journey in September.

I am proud to have just completed the West Highlands Way Challenge for the RCN Foundation.

The Foundation provides support for Nurses, Midwives and Healthcare Assistants in hardship, through project and bursary schemes that improves care all over UK. The Challenge consisted of a 5 day, 96 mile (154.5 km) hike through varied and demanding Scottish terrain, reaching heights of 1304 metres.

However prepared the 20 plus team were, the blisters, sore muscles, and emotional strain meant digging very deep both physically and mentally. For some the ‘Devils staircase’, Military road and constant unrelenting hills were brutal and challenged completion of our walk. We were however all nurses, and as such supported, encouraged, lent practical and emotional support to one another and in the end this enabled us to complete the challenge. We were also committed to our sponsors, family, friends, colleagues and fellow nurses to raise money for the RCN Foundation.

It was a privilege to be amongst policy makers, movers and shakers and hardworking nurses from diverse areas and backgrounds - I became aware that one voice seemed to resonate, made up of compassion, integrity, grit and determination and care...oh and just the right amount of warped humour too I might add.

All these people shared in giving up their own holiday time to camp in the wet, basic, and sometimes midge populated conditions to try and make a difference for nurses. I am Left feeling overwhelmed, sore but inspired and proud to be part of the nursing community.

Helen Kerslake
(Helen is an RCN Steward in training and works as a Registered Nurse at Epsom & St Helier NHS Trust)
Local News in Brief - Branch chair, Mike Smith attended the London RCN Board meeting during the summer to make sure our representatives know the challenges members in London are facing including falling pay, expensive travel and staff shortages.

Paediatric CNS Chris Bowyer, guest speaker at our RCN 100 Centenary event has just fully retired after an amazing 52 years of working in the NHS and mostly at Epsom Hospital. We wish Chris well in her retirement.

Local health reforms A new NHS Improvement model of care called a "sustainability transformation plan" (STP’s) has divided England into 44 areas in five year forward development plans. Our Branch catchment is principally covered by the SW London plan. In forming their footprints, local areas will have taken the following factors into account:

* Geography (including patient flow, travels links and how people use services);
* Scale (the ability to generate solutions which will deliver sustainable, transformed health and care which is clinically and financially sound);
* Fit with footprints of existing change programmes and relationships;

SW London has a footprint covering 1.5 million people and is currently run by 6 Clinical commissioning groups (CCG’s). On their website it says 'We are developing a five year plan which will: use our money and staff differently to build services around the needs of patients, invest in more and better services in local communities to improve outcomes for patients, proactive, preventative care, invest in our estates to bring them up to scratch, try to bring all services up to the standard of the best. This will tackle our four biggest challenges – money, workforce, estates and consistent quality of care – and deliver proactive, preventative care'. To find out more visit swlccgs.nhs.uk Surrey CCG covers some of ESTH Trust.

The London Assembly has put a motion forward to stop proposals to replace NHS bursaries with student loans. Online petition for government debate is available to sign.

99 Indian and around 60 Philippino nurses are set to join Epsom & St Helier Hospital after an overseas recruitment drive.

The RCN have just submitted evidence to the pay review body for the 2017 pay round stating that 1% pay increases are not fair and unsustainable, given the nursing shortages, Brexit, inflation, Bursaries, Ageing workforce.
Autumn of Learning Event - Joint free study day with Inner SW London Branch - Malvern Centre, Sutton Hospital, Cotswold Road, SM2 5NF
Friday 25th November

Theme for the day:
Developing knowledge and skills for improved nursing practice

Timetable for the Day

09.30 – 10.00 Coffee and Registration
10.00 – 10.15 Introductions and Housekeeping – Mike Smith, Branch Chair.
Message and welcome from Cynthia Davis, RCN London Board Chair and Council member
10.15 – 11.00 Session 1 Managing Chronic Pain – Heather Hawksley,
Lead Nurse for Chronic Pain, Epsom & St Helier University Hospital NHS Trust
11.00 – 11.30 Session 2 RCN benefits of membership – things you may not know –
Alison Telfer/Bernell Bussue, RCN London Regional Director
11.30 – 11.45 Comfort break and cold drinks
11.45 – 12.30 Session 3 Managing Medicine Allergies and other common types of Allergies
Amena Warner – Head of Clinical Services at Allergy UK
12.30 – 13.30 Free Lunch and Exhibition viewing
13.30 – 14.00 Session 4 Insights into Managing the Nursing Team and beyond in a busy hospital setting
Charlotte Hall – Director of Nursing, Epsom & St Helier University Hospital NHS Trust
14.00 – 14.45 Session 5 Modern Approaches to Sickle Cell Management and Treatments
Carey Johnson, Sickle Cell Clinical Nurse Specialist, East London NHS Foundation Trust
14.45 – 15.00 Comfort break
15.00 – 15.30 Session 6 Neurological Care – improving nursing practice
Ajay Boodhoo, Lead neurology nurse specialist, Croydon University Hospital Trust
15.30 – 15.40 Closing remarks Cynthia and Mike, certificate of attendance and evaluations sheets

To book your free place use the link https://www.eventbrite.co.uk/e/rcn-london-autumn-of-learning-2016-sutton-hospital-tickets-27983645838

Free parking and refreshments available through the day courtesy of Liverpool Victoria & ESTH Trust
RCN Resources, Library & Freebies
Learning and Development opportunities
Storm Troopers
from a galaxy far far away paid a lightening visit to surprised ED staff at St Helier recently. The Troopers had been visiting children in Queen Mary’s wards but strenuously denied reports they had stopped off to clear waiting rooms to stop 4 hour breaches (without too much reliance on the Force!)

Worth a Visit - Mary Seacole Statue
On 30 June, a new statue honouring Mary Seacole was unveiled in the garden of St Thomas’ Hospital, London, directly opposite the Houses of Parliament. RCN London Regional Director Bernell Bussue said: “The Mary Seacole statue at St Thomas’ Hospital is a fitting tribute to an important figure in nursing. The statue has been supported by RCN members from across the country and we are pleased to have been able to play our part in delivering this new London landmark. Mary Seacole is a symbol of nursing diversity throughout history and an inspirational figure for nurses from all backgrounds today. This monument overlooking the Thames means her memory will live on for generations to come.”

Eating smarter comes to St Helier
RCN Branch chair Mike Smith was part of a health and well-being team at Epsom & St Helier Hospitals that has recruited a local fruit and vegetable stall holder to sell fresh produce outside the main entrance at St Helier Hospital. The stall has not only served staff but also visitors and even local residents with a healthy alternative to sugar and potato snacks. Business has been brisk and it is hoped that the stall will eventually move from two to five days a week. Plans for one at Epsom Hospital are also in progress.
Here to Help ~ Useful Names + Numbers

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

Chair & Publicity lead - Mike Smith (07930 410386)
Secretary – Ajay Boodhoo - Neurology Nurse Specialist, CUH  
Treasurer – Gerry Cotter (01372 735279)
Recruitment - Joan Chappell
Learning & Development - Sheila Gooljar (2nd photo down)

Local RCN Stewards

Mike Smith (ESH)* 07930 410386   Gerry Cotter (ESH) (01372 735279)
David Simpson (Independent Sector)   Selven Armon (CUH in red uniform)

Health & Safety Reps

Sheila Gooljar (Independent sector)   Mike Smith (ESH in bottom photo)

Learning Reps

Ajay Boodhoo (CUH)

Full time officers

Paula Delaney, Judith Janes, Trish Davis & Julie Mulvey based in London Regional Office covering Merton & Sutton, Croydon & SW London

RCN Council Members for London   Cynthia Davis, Dr Matthew Hodson
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   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

Branch meeting dates for 2016:

Friday 25 November, Autumn of Learning - Joint Branch Event, Sutton Hospital
Friday 27th January - Health and Well-being event, St Helier Restaurant 11.30-2.30pm

2017 Programme coming soon

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