In the **Winter eNews 2015** edition you will find:
- Commentary on public health cuts and student bursaries
- Council Election results for 2015
- Nursing Times North West award winners
- Christmas Quiz!

**Message from Estephanie Dunn**

In her regular column, Regional Director for the North West, Estephanie Dunn talks about public health cuts and student bursaries.

[@Estephanie_RCN](https://www.twitter.com/Estefdunncn)

“Nurses working in some of our most deprived and vulnerable areas will be horrified to hear that the Department of Health has decided to impose equal cuts of 6.2% on all local authority health budgets.

Cutting public health budgets – which are intended to prevent health problems before they start – is ludicrously short-sighted. There is barely a person in the UK who is not affected by public health services, covering everything from obesity to tobacco and sexual health to alcohol.

People living in deprived communities are more likely to suffer ill health, much of it caused by poor diets, smoking and alcohol. Ultimately, neglecting these people and choosing not to invest in prevention will affect the wider NHS, the economy and the nation as a whole.”
Applying these cuts in such a way leaves deprived areas facing a double burden and is simply going to add to the score of human misery and inequality.

Not only will people face preventable poor health because help and advice is not available, but families and communities are likely to be plunged into a spiral of health deprivation, which becomes almost impossible to break.

Huge advances were made in public health in the 19th and 20th centuries, but a lack of investment risks undoing that work in the 21st. The current government has been expressing very laudable intentions in terms of prevention and public health but the finances are going in a completely different direction.

This was a moment when bold action could and should have been taken. Time will tell how serious the consequences of not doing so will be.”

“The Government’s decision to replace nursing students’ bursaries with loans is extremely disappointing. Those who made this decision simply don’t understand that nursing is not like other degrees.

They don’t understand that 50% of your course time is dedicated to unpaid clinical practice, caring for real people and their families. They haven’t grasped that your academic year is longer, which means there are fewer opportunities to earn money between terms.

Saddling you with a student loan – when many of you already have one from a previous degree – will put huge financial pressures on all future nurses. It is unfair and unconsidered.

I want to let you know that the RCN fought incredibly hard to save bursaries, but the Government pressed ahead, without consultation.

Now the decision has been made, it’s the RCN’s job to tell the Government, loud and clear, what this means for nursing.

I understand this will cause anger, and that is reflected in the comments we have received on social media. We want to capture this feeling and send a clear message to the Government.

So please tell us how important your student bursary is here. We will use the evidence you give us in our negotiations with Government.”

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**Council election results**

There were two seats available for election in the North West region and the results were as follows:-

Dave Dawes got 906 votes and was elected for a four year term of office and Janet Marsden received 712 votes and was elected for a two year term of office.

You can read the independent scrutineer’s report here. Additionally, you can read the full Council results here.
Professional guidance from the RCN

The RCN regularly produces publications outlining the latest advice, guidance and research relevant to nursing. These are available on our website and are free to download from [www.rcn.org.uk/publications](http://www.rcn.org.uk/publications).

Here is a selection of our most recent publications (all pdf documents)

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<tr>
<td><strong>NMC revalidation: next steps</strong></td>
<td>This publication provides an update from the RCN on NMC revalidation and answers a number of frequently asked questions.</td>
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<tr>
<td><strong>This is defence nursing</strong></td>
<td>This defence nursing special edition is a collection of articles demonstrating the breadth and depth of defence nursing, affording insights into operational nursing care.</td>
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<td><strong>Defence nurses’ experiences from Iraq and Afghanistan</strong></td>
<td>Following 13 years of continuous UK operations in Afghanistan and Iraq, the RCN Defence Nursing Forum has collected oral histories from some of the nurses and health care assistants who were deployed in support of these operations. This short booklet aims to provide supplementary information on the project which can be used as a resource and further background to the oral histories project itself.</td>
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<tr>
<td><strong>Welcome to the RCN of the United Kingdom</strong></td>
<td>An introduction to the world’s largest professional body and trade union for nursing staff and further information on our policy and international work.</td>
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<td><strong>Role of the Designated Nurse for Looked After Children and Named Nurse for Looked After Children in England</strong></td>
<td>This position statement by the Royal College Nursing aims to clarify the roles and responsibilities of the Designated Nurse for Looked After Children and the Named Nurse for Looked After Children.</td>
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Nursing Times Awards: North West Winners

Category: Nursing in the Community
Winner: Manchester Leg Circulation Service, AAA-community vascular nurse saving lives in the community

Category: Respiratory Nursing
Winner: University Hospital of South Manchester Foundation Trust, severe asthma patient education programme

Category: Rising star
Winner: Helen Calveley Wirral Community Trust
Manchester Devolution Update

RCN regional director Estephanie Dunn attended the House of Commons Communities and Local Government Select Committee evidence session on devolution in Manchester.

A number of key stakeholders gave evidence to the Committee including Greater Manchester interim Mayor, Tony Lloyd, along with Joe Anderson, Mayor of Liverpool and the leaders of Stockport, Tameside and Wakefield Councils.

During the special session, the RCN raised questions about nursing and public engagement in the devolution process as well as funding.

Separately, Estephanie held a detailed and positive discussion with a member of the Devolution Project Board to negotiate the RCN contribution to the strategic work-plan. This involves the RCN accessing the detailed work plans and opportunities to influence from a professional and employment relations perspective.

Janine Dyson has been appointed as the national lead for devolution and integration.

She has been working at the RCN for 11 years, previously as a senior officer prior to this year-long secondment.

Janine, who is based in the North West, said:

“I have a particular interest in policy, policy analysis and policy development. I see the role as Lead for Devolution and Integration as a really exciting opportunity to influence the devolution agenda and ensure the voice of nursing is not lost.

“I will be working closely with the offices and reps across England to ensure that patient care is paramount in this seismic shift in healthcare and the changes are not driven by finance at the cost of health.”
The Wigan Evening Post and the Oldham Evening Chronicle reported on the public health cuts including the joint letter signed by the RCN to chancellor George Osborne warning of the impact of planned cuts to public health. Estephanie Dunn, Regional Director of RCN North West, said: “These plan will disproportionately hit poorer communities that experience difficult accessing mainstream services and will make health inequalities worse.”

http://www.wigantoday.net/news/local/cutbacks-fear-for-nurses-1-7552745

BBC Radio Lancashire reported on the NHS England cap on agency payments. A cap on spending on NHS agency staff came into force in England, to save £1bn over the next three years. By April, NHS trusts will not be able to pay agency staff, such as doctors and nurses, more than 55% more for a shift than a permanent member of staff. Agency spending is one of the biggest costs to NHS trusts and is putting increasing pressure on the health service's finances.

The Lancashire Telegraph, Bolton News and Wigan Evening Post reported on how new parents are ‘afraid’ to seek help. This included coverage of the RCN survey, which revealed that new parents are too afraid to seek help to cope with feelings of depression and anxiety. A poll of 2,000 new mothers and fathers found that 41 per cent experienced anxiety, depression or another mental health issue during or after the pregnancy of their first child. Some 53 per cent of new mothers suffered depression or anxiety, while 27 per cent of new fathers said they had similar feelings. But fewer than half (46 per cent) of new parents considered seeking professional help.

It is beginning to look a lot like Christmas so here is a short quiz for you to enjoy with a cuppa on your break. (Answers on the last page of the eNews – no peaking!)

1. International Nurses Day is held on May 12, the anniversary of the birth of which famous nurse?
2. In which TV show did Lynda Baron play Nurse Gladys Emmanuel?
3. Which Oscar winning actress played the title role in the 2000 film "Nurse Betty"?
4. In which year did Bugs Bunny first ask Elmer Fudd "What's Up Doc"?
5. Which famous singer used the pseudonym Dr Winston O'Boogie on a number of recordings?
6. Which Doctor did the author Hugh Lofting write about in a series of children’s books?
7. Which Italian motorcycle racer is nicknamed "The Doctor"?
8. What is the first name of Sherlock Holmes' sidekick Doctor Watson?
9. In which continent did Henry Stanley meet David Livingstone, leading to the famous quote "Dr. Livingstone I presume"?
10. In the TV show "Doctor Who" what do the letters stand for in "TARDIS"?
11. Which plant did the Celt's refer to as 'all healer'?
12. Why were Joseph and the expectant Mary on the road to Bethleham in the first place?
13. Nurses played an integral role during WW1 and will have been away from home at Christmas. What song was heard on both sides of the trenches on Christmas Eve 1914?
14. Which record could be heard across wards on Christmas day as the No.1 in 1975 and 1991?
RCN North West Conference 2015

The North West regional board conference was held to celebrate nursing innovation.

More than 60 attendees enjoyed the RCN ‘Making a Mark’ event at Birchwood Park with speakers including Andrea Spyropoulos, past RCN president and clinical strategist at Alder Hey Hospital and Alan Finnegan, who told his story about being a military nurse and what it means to him to be an RCN fellow.

Workshops also took place in the afternoon including cross sector working for older people and working with students as educational partners.

Calling all nurses, past, present and future: We need you!

The Royal College of Nursing needs its member’s support to celebrate a centenary of nursing next year.

We want to talk to a variety of nurses to put a special publication together that will mark the 100 year anniversary.

We would like to hear from past, present and future nurses through the generations to see how the profession has changed and developed across the North West.

So if you would like to share your story of nursing or know of any one that would please do get in touch. If you would like to find out more you can contact the Regional Office by emailing kirsty.day@rcn.org.uk.

100 years of the RCN – how students can get involved

Nationally, the RCN will be marking 100 years since its inception with a year-long celebration and is inviting students to take part in a range of activities.

This includes a photography competition in collaboration with the Royal Photographic Society (RPS). Click here for more information.

Nursing Counts

The RCN has launched a campaign called Nursing Counts to highlight how poorly nursing staff are rewarded for their work. The campaign is calling on the Government to offer a pay deal for nursing staff that reflects the value of the work they do. Click here for more information.
RCN events

On Monday, January 4, a free training session on NMC Revalidation and the new NMC Code will be held between 2pm and 4pm, in Warrington.

The session, which will be presented by senior RCN officer, Ian Fletcher, will be held at 5 Boroughs NHS Partnership Trust, Meeting Room at Wakefield House, Guardian Street WA5 1UD.

It will cover what NMC Revalidation means and what the implications are for nurses and managers, as well as how does the NMC Code affect you and how you prepare for revalidation now.

Places will be given on a first come first served basis so book early to avoid disappointment – preferences are given to RCN members. To book your place contact RCN event registration on 02920 546 460.

On Tuesday, January 12, the Manchester branch of the RCN will be hosting two revalidation session, between 10am and 1pm or 2pm and 4pm. Lunch will be provided between 1pm and 2pm.

It will be held at King’s House Conference, King’s Church, Sidney Street, Manchester, M1 7HB.

To book a place call 02920 546 460 or email eventsreg@rcn.org.uk

RCN branch meetings

Greater Liverpool & Knowlsey Branch Meetings for 2016

On January 20, between 4.30pm and 6pm, with a legal update from Ferguson Doyle. Seminar Room 2, Whiston Hospital, Warrington Road, Prescot, L35 5DR.

On April 20, between 4.30pm and 6pm. (Topic to be confirmed) Kensington Neighbourhood Health Centre, 155 – 157 Edge Lane, Liverpool, L7 2PF.

On July 20, between 4.30pm and 6pm, with Matthew Harris on equality and diversity. Gamble Seminar Room, St Helens Hospital, Marshalls Cross Road, St Helens, WA9 3DA.

On October 12, between 4.30pm and 6pm. (Topic to be confirmed) Kensington Neighbourhood Health Centre, 155 – 157 Edge Lane, Liverpool, L7 2PF.

For more information on any of the meetings please contact Richard Holtby (Branch Secretary) at richard.holtby@sthk.nhs.uk