40 years a rep: RCN’s longest-serving activist rewarded

RCN Northern region Council member and Chair of the Northern region board Gordon Lees was honoured with an award of merit at this year’s RCN centenary dinner in London in November.

“We are delighted that Gordon has been recognised for his outstanding contribution to the RCN,” said Glenn Turp, RCN Northern regional director. “He has spent the last 40 years supporting members, serving on committees, and breathing life into the RCN in our region and beyond. This award of merit is a very fitting recognition of his remarkable achievements.”

Responding to the 104 likes, 47 comments and 11 shares that the news of his award received on the RCN Northern region’s Facebook page, Gordon said: “To be recognised in this way is an overwhelming experience. I’ve still got work to do though. There’s life and fight in the old dog yet.”

Be funded to attend RCN Congress 2017 in Liverpool

Would you like to be funded to attend RCN Congress next year between 13 and 17 May in Liverpool? You can apply for a chance to attend the College’s biggest event on behalf of your local branch as a voting member.

Expenses covered include travel, some meals and accommodation. Experience five days of lively debates and learning events alongside a huge exhibition. To be in with a chance of representing your branch, apply online by 13 January. Do ensure you have checked how you will secure the time off with your employer. Find out more about the application and selection process.
RCN president returns to Northern region

After enjoying her walk to the Angel of the North from Sunderland back in September as part of #RCNWalk100, RCN president Cecilia Anim has been back to the region twice, most recently to visit South Tees University Hospitals NHS Foundation Trust, where she held a good Q&A session looking at nurse education and training cuts and discussed the nursing associate role. Cecilia said that nursing associates should and must not replace registered nurses. She also urged nurses to have their say about the changes happening: “The RCN is its members,” she said.

Pay campaign materials available to download or send off for

On our Nursing Counts pay campaign website you can download or send off for a range of postcards and posters to highlight our cause. Help ensure the facts are impossible to miss! You can also download a Twibbon for your social media profiles, sign Danielle Tiplady’s petition to get nursing pay debated in parliament, and calculate how much your pay has fallen in real terms since 2010.

Don’t just get mad – join our pay campaign now! www.nursingcounts.org.uk

Nurse staffing levels matter – fact

A landmark study by RCN Fellow Professor Alison Leary shows that the number and type of nurses - such as registered nurses or healthcare support workers - has a direct effect on safety outcomes such as falls and the management of symptoms like nausea and vomiting. Meanwhile, the British Medical Journal published a paper by RCN members Professor Anne Marie Rafferty and Jane Ball demonstrating the link between the proportion of registered nurses and patient mortality in a number of countries. This research reinforces the stark fact that for patient care to be safe, and high quality, you need the right number of registered nurses. Substituting registered nurses with support staff quite simply puts patient care and patients’ lives at risk.
The RCN Awards 2017 are now open for nominations

Do you know someone who is deserving of recognition for their tireless service to patients, the public, or RCN members?

If so, you could give them a boost by nominating them for an RCN award.

Nominations are invited across the following four categories:

- **RCN Fellowship and Honorary Fellowship** – recognising individuals who have made an impact on the nursing profession
- **RCN Award of Merit** – acknowledging outstanding voluntary service to the RCN
- **RCN Representative of the Year** – rewarding accredited RCN representatives who have gone the extra mile
- **RCN Student Information Officer of the Year** – a brand new award for 2017, celebrating the commitment of SIOs to nurses of the future

For presentations to be made at Congress 2017 in Liverpool, nominations for the Fellowships and Award of Merit should be submitted by **24 January 2017**.

The deadline for Representative/Student Information Officer of the Year nominations is a little later on **28 February 2017**.

**RCNi 2017 awards also open for nominations**

The RCNi 2017 awards (RCNi was formerly the RCN Publishing Company) are open for entries until 6 January. This year RCNi is keen to have a representative spread across all of the UK’s regions, so there has never been a better time to enter yourself, your team, or to nominate a colleague.

Individuals and teams can put themselves forward for one of a wide variety of categories or can be nominated by anyone who knows their work. Entries are welcomed from both the NHS and independent sector. The closing date for nominations is **Friday 6 January 2017**.

Five finalists for each category will be shortlisted and invited to the prestigious awards ceremony where the winners will be announced. The awards ceremony will be held on Friday 5 May 2017 at the Westminster Park Plaza, London.

One of the category winners will win the overall award and become the RCN Nurse of the Year 2017. The entry form is online at [www.nurseawards.co.uk](http://www.nurseawards.co.uk)
Becoming a rep can benefit your career: Kevin Morley’s story

Kevin is an assistant practitioner in the Community Nursing District Matrons’ Team at County Durham and Darlington NHS Foundation Trust

“A few years ago I witnessed our local RCN rep Michael Appleby deal with problem really well. The thorough and fair way he followed procedure to get to the bottom of the matter inspired me to become a rep. I chose to become a steward, so that I could represent people going through difficulties.

Some people think it’s all us and them with management, but actually you can work together and use your organisation’s policies to get the outcome you’re hoping for.

I’d recommend being a rep. I like a challenge and I’ve never been a quitter, so being an RCN steward suits me down to the ground. It’s really good for your CV - when you go for interviews they can see you’ve taken on an extra role.

I’ve recently taken a promotion and now work as a band four in the community nursing district matron’s team. I work in the community and in nursing homes, avoiding hospital admissions where possible.

My colleagues are undergoing revalidation and I’ve provided support for them, which I’m really proud of. My team have been very supportive of me taking time out to support my first client. I’ve also had excellent mentorship from my RCN officer. We meet regularly and she recently attended a meeting with me and my client.

Being a rep has definitely made me more self-confident; I’m stronger within myself. The training and experience has given me better knowledge and skills to achieve my goals.

Just after taking on the rep role my partner ended up on ITU, which was very frightening. It was a life-changing experience; I learnt a lot, and it has made me even more determined than ever to go for it and get the most out of life.”

If you are interested in discussing what’s involved in being an RCN representative, you can contact the Northern regional office directly via northern.region@rcn.org.uk or by phone on 0191 511 5801.
Darlington innovation highly commended at HSJ awards

A slide sheet invented by RCN member Diane Hindson has been highly commended at the Health Service Journal Awards. The versal slide sheet makes it easier and safer for staff to move patients. Diane developed her idea with the help of her team and the backing of her trust, who are very supportive of innovations.

“It’s been fantastic really, it started off as such a simple idea to reduce friction and it’s done really well,” said Diane, pictured with the back care team who helped take her idea forward.

“The whole idea was to benefit patients and staff, looking after their musculoskeletal health. It’s simplified things tremendously; we’ve been using it in the trust since February and it’s the only slide sheet we use now. It’s multidirectional and one size fits all, so it’s hard to get it wrong. The trust has been really supportive. My manager is an innovation scout, and we’ve worked with a company to develop the sheet so it’s now available outside of the trust. We launched the product nationally in September at the national Back Exchange Conference and there was a lot of interest there.”

Diane’s invention also came third at the 13th Bright Ideas in Health Awards and was highly commended at the 2016 RCNi Awards 2016.


RCN Money Talk

RCN Money Talk, the personal finance newsletter for RCN members published by Lighthouse Financial Advice, is available to download.

The newsletter includes articles on:

- Time to get to grips with your finances?
- Lifetime ISA set to boost savings for the under 40s
- Five pension mistakes you can’t afford to make
- Dispelling the myths about annuities.
NEW RCN PUBLICATIONS

All these publications are available to download at www.rcn.org.uk/publications

**Rapid evidence review of infusion therapy standards: a summary**

This summary report highlights the key areas from the rapid review of evidence undertaken to support the development of updated RCN Standards for Infusion Therapy. The evidence review was a collaborative project, managed and conducted by the RCN Research and Innovation (Evidence), library and professional practice teams, as well as an RCN contractor (Bazian).

**Standards for infusion therapy**

This updated edition includes sections which reflect changes in the delivery or commissioning of care since this guidance was last published in 2010. This edition features dedicated sections on patient safety and quality and on patient experiences and infusion therapy. There is also a new section on service development, reflecting the role of commissioning in IV therapy and the continued development of outpatient/home parenteral antimicrobial therapy (OPHAT) services.

**Peer Support newsletter winter 2016 issue**

The Peer Support Service brings together RCN members affected by injury, ill health or disability to share experiences and knowledge. There is also a [Peer Support closed Facebook group](#) you can ask for join.

**Nursing staff using personal mobile phones for work purposes**

This updated publication focuses on the RCN's position on nursing staff using their own mobile phone for work-related purposes, drawing attention to issues such as: employer's policy; security and confidentiality of patient information; staff safety; and cost implications.

**Valuing older workers**

A 10-step action plan for working in partnership to create a learning culture that supports staff who work later in life.

**The RCN’s Working Longer Project**

Working in partnership to create a culture that supports staff to work later in life.
For a full list of Northern region events and venue details, visit www.rcn.org.uk/northern/northern-events.

All meetings take place at the RCN Northern region office, Second floor, Avalon House, Sunderland Enterprise Park, Sunderland SR5 3XJ unless otherwise stated. Please email northern.region@rcn.org.uk to book your place.

11 January 2017, 10:00 am – 1:00 pm
Multicultural nurses' group revalidation workshop - All RCN Northern region members are welcome to attend. Please contact janet.maclean@rcn.org.uk to register your attendance.

14 February 2017, 10:00 am – 12:00 pm
Northumberland, Tyne and Wear branch meeting - If you are interested in attending, please email colette.ross@rcn.org.uk

15 February 2017, 9:30 am – 11:30 am
County Durham and Darlington branch meeting - if you are interested in attending, please email angela.merry@rcn.org.uk.

15 February 2017, 2:00 pm – 4:00 pm
Tees Valley branch meeting - if you are interested in attending, please email angela.merry@rcn.org.uk.

16 February 2017, 12:30 pm– 2:30 pm
Cumbria branch meeting (Newton Rigg College, Penrith, Cumbria CA11 0AH) - if you are interested in attending, please email colette.ross@rcn.org.uk.

1 March 2017, 1:00 – 4:00 pm
Independent sector nurses' network meeting - all RCN Northern region members who work in the independent sector are welcome to attend this meeting.

15 March 2017, 11:15 am – 3:00 pm
Northern region board meeting open session – you are invited to sit in on the open session if you wish to. Lunch will be provided. If you are interested in attending, email northern.region@rcn.org.uk

23 March 2017, 10:00 – 1:00 pm
Multicultural nurses' group meeting - all RCN Northern region members are welcome to attend the multicultural nurses' group. Please contact janet.maclean@rcn.org.uk to register your attendance.