

# HomeVisit

News for supporters of the QNI

The charity dedicated to improving patient care by supporting nurses working in the community



## The National Garden Scheme's Great British Garden Party

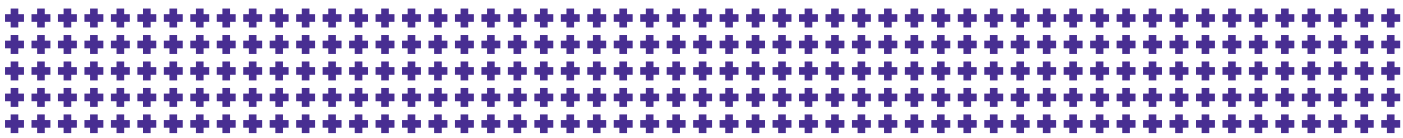
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## QNI welcomes new Chief Operating Officer to the QNI



We were delighted to welcome a new member of staff, Nicholas Bull, who joined the QNI in May 2022 as Chief Operating Officer.

Nicholas has worked in recent years in the non-profit sector as a senior manager and practicing lawyer.

He has a passion for working with membership focussed organisations to develop long term strategic goals alongside supporting transformation projects. He has a particular focus on the role and delivery of effective underpinning digital, financial, governance and people strategies. Previous roles have included working at the RSA (Royal Society of Arts, Manufacturers and Commerce) in various roles the last being its Director of Corporate Affairs and Operations Director at All Saints, Peckham a faith-based community in South London.

Prior to moving to the non-profit sector, he worked in litigation for ten years as a barrister specialising in large scale fraud prosecution.

As well as his legal qualifications he holds an MSc in Charity Accounting and Financial Management, an ICEAW Diploma in Charity Accounting and a BCS Practitioner Certificate in Data Protection.

## QNI Head of Communications raises funds for humanitarian relief in Ukraine



QNI Head of Communications, Matthew Bradby,

held a plant sale on 14th May to raise funds for humanitarian relief in Ukraine.

Matthew said, 'I'd grown a lot of plants over the spring, a lot more than I had space for, so I had the idea to sell them and raise money for the Ukraine relief effort. I'm lucky to have a greenhouse, which is great for growing things like tomatoes, courgettes and other plants that need a bit of extra warmth. I advertised the sale, a friend supplied a Ukraine flag and a neighbour baked a tray of currant buns.

The morning of the plant sale the weather was fantastic, but I was worried I'd grown far too much!

Luckily my fears were unjustified – I'd only just finished setting up when friends and neighbours started to appear, some of them carrying bags and even pulling shopping trolleys. And the plants began to sell! People were extremely generous too, knowing it was going to a good cause. By the end of the morning, I'd sold nearly everything and including online donations we raised over £400. It was an incredibly rewarding thing to do and I hope to do it again.'

Dr Crystal Oldman CBE, QNI Chief Executive, said, 'We're very proud of Matthew - it's such a lovely thing to do and to such a deserving cause. Some of the QNI staff have also bought plants and we look forward to growing them, knowing that we have contributed a little to helping the people of Ukraine.'

### Donations:

- British-Ukrainian Aid, £200
- International Council of Nurses Humanitarian Fund, £100
- Poland Welcomes (a small charity for refugees in Poland), £100.



## The QNI celebrates Platinum Jubilee



The QNI joined in the celebrations of Her Majesty the Queen's Platinum Jubilee on 2 June 2022.

The Council of the Institute presented the Gold Badge to Her Majesty in recognition and appreciation of the 20 years she has been Patron of the charity which bears her name. The Gold Badge – which is the Institute's highest honour – was also presented to Queen Mary, the Institute's third Patron and is now in the Royal Collection.

Dr Crystal Oldman CBE, the QNI's Chief Executive said, 'We wished to mark with respect and admiration Her Majesty's Platinum Jubilee this year and to warmly congratulate her on seventy years on the throne.'

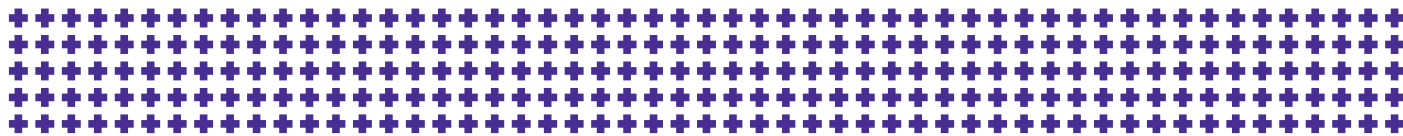


During the twenty years of her patronage, the Institute has benefited enormously from Her Majesty's support. The charity has grown and developed continuously, enabling it to expand its mission of improving healthcare for people in the home and community, through supporting the nurses who carry out vital care for individuals and families.

**Top photo:** HM The Queen during the Platinum Jubilee festivities; **left:** the official photograph of HM The Queen's Platinum Jubilee; **right:** the Gold Badge.

As Sovereign, and as Patron of the QNI, she has been a role model to the generations of Queen's Nurses who have delivered expert healthcare to people of all ages, in cities, towns and villages in every part of the United Kingdom, in her name.'

*Both photos of HM The Queen courtesy of Jacob King/PA Wire/PA Images, reproduced with permission.*



## A Queen's Nurse for Every Decade

As part of our Platinum Jubilee celebrations we created a series called, 'A Queen's Nurse for Every Decade' which celebrates Her Majesty's Platinum Jubilee featuring reminiscences from Queen's Nurses who started their nurse training during one of the decades of Her Majesty's reign, 1952 – 2022. Here they are on the following pages, we hope you enjoy reading them as much as we did.



### Community Nurse details

Name: Delia Edith Hudson (nee Bowskill)  
Nurse title: District Nurse Midwife  
Location: Lancashire

#### 1. When and where did you start nursing in the community?

I started cadet nurse training in 1954 then went on to qualify as a State Registered Nurse. In 1962 I became a Queen's Nurse then did midwifery training and in 1964 became a practising QN midwife in rural area of Clitheroe, Lancashire.

#### 2. What memories do you have of HM The Queen during this time period?

I was still a schoolgirl when the Queen came to the throne and as we did not have a TV (nor did many people at that time!), I did not see the televised coronation, which was hugely disappointing. Whilst undertaking my cadet nurse training at Accrington Victoria Hospital in 1953 the Queen and Prince Philip were touring the north of England and there was great excitement when we heard they would be visiting our hospital. We cadets were at the bottom of the hospital hierarchy, so were surprised to find we had been chosen to form a guard of honour for the Queen's visit. We were told we had to wear white gloves and were somewhat dismayed to hear we had to buy these ourselves – they cost 10s 8d which for cadets was nearly a week's wages! On the day we were all very excited - the Queen looked so pretty and she took the time to shake hands with

each of the cadets, and Prince Philip was very tall and extremely handsome - all the cadets fell in love with him!

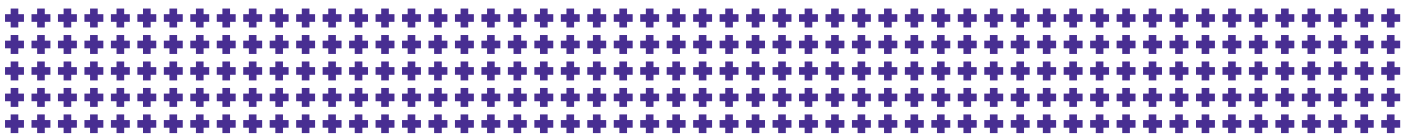
#### 3. What has been your proudest nursing moment so far?

My proudest nursing moment was when I delivered my first home delivery on my own and the mother happened to be a girl I had gone to school with, and her husband had also been at my school. I'm glad to say that all went very well! My second proudest moment was in 1987 when I was given my Queen's long service award by the Queen Mother at St James's Palace. She was dressed in emerald green and I was dressed in blue civvies, as at the time I was a Chief Nurse for Monmouthshire so did not wear a uniform. The Queen Mother said she knew the area well because of the racing at Chepstow (!) – she was charming, well-informed about every nurse receiving an award and made us all feel very comfortable.

#### 4. Any tips for aspiring community nurses?

Do not assume anything about your patient or their circumstances. Put yourself in your patient's shoes and treat your patient as an individual with immense respect and dignity. "SMILE" - you might be the only person your patient sees that day, so they will welcome a warm smile. Be prepared for absolutely anything because you never know what you are going to find going in to see a patient

Be kind and caring – no-one wants to need nursing! Finally, be prepared because you are a community nurse – in other words a 'Very Important Person'.



### Community Nurse details

Name: Patsy Stewart, Queen's Nurse  
Nurse title: Nurse Practitioner in Primary Care  
Location: London

#### 1. When and where did you start nursing in the community?

I started Community Nursing in February 1991 in Lambeth South London.

#### 2. What memories do you have of HM The Queen during this time period?

In the 1960's the Queen came to visit the Westminster Hospital and chatted with the Nurses on each of the floors. No photos taken and a respected distance observed. We had learnt to curtsy in case needed! The occasion reminded me of 1952 when the headmistress of my village school announced " The King Is dead. Long live the Queen" and here she was. Move forward to 2000 when the Queen reopened Dulwich Picture Gallery. Her timings were exact. She toured the new extension then planted a tree and afterwards chatted to guests in the marquee before the speeches and her departure. Not a foot put wrong on either occasion. I remembered her coronation in 1953 and I wondered since then how many trees have been planted and visits done either in this country or around the world, all to the timing of a clock?

Most years I visit Buckingham Palace to view the rooms, exhibitions and gardens. I particularly love the royal outfits from her wedding and coronation with exquisite embroidery and styles showing her minute waist. The royal women had dresses more elaborate to reflect their station! Afterward I would have coffee and cakes baked in the royal kitchen and thank her for devotion to duty, leadership by example, vision, hard work (today 40 hours a week) commitment, sense of duty, curiosity, respect for others and her embracing of change and of course for being The Patron of

The Queen's Nursing Institute. Well done Your Majesty.

#### 3. What has been your proudest nursing moment so far?

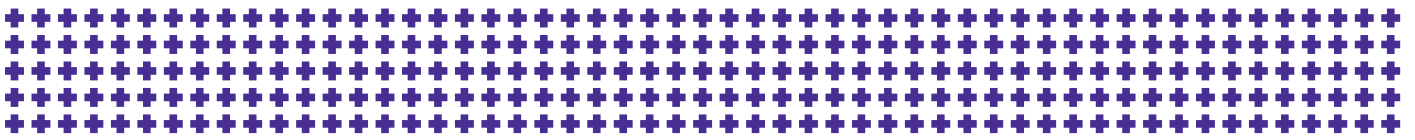
This was saving the life of a woman who had delivered a stillborn son. I was working in Biafra Nigeria for Save The Children. I was asked to go with a guide to the village to attend this woman who was losing consciousness. I gathered equipment and followed him up the hill in the rain to her mud hut. She was cold to touch and barely conscious and severely dehydrated. I had recently qualified as a midwife so gave her an injection to stop her bleeding and set up a saline drip quietly wondering what the sister tutor would think as I struggled to attach the drip to the wall with tape! I signalled to her husband that I would return. At base I had, with other volunteers blood taken and cross matched with my patient. When I returned she looked somewhat better in response to my intervention. I set up my blood for infusion and returned to our house. As night fell, armed with a torch, my colleague nurses set up the second blood transfusion. By morning she was much improved and was left in the hands of her family and the community midwife.

Later she came to see me to thank me. It was lovely to meet her and I have often hoped she was able to have another baby.

#### 4. Any tips for aspiring community nurses?

Community care can be given in many settings. Research this by attending a job fair for nurses and signing up for sessions on community nursing to inform your decision or chat to nurses already in the community. Learn more about yourself, personal strengths, job preferences, motivation and priorities in your life and commitment to lifelong learning.

Look carefully at each job description. Refresh your CV and have it proof read. Think of an informal visit. Prepare for the interview. Ask for what support is offered for training and clinical supervision. Ask about pay and conditions. Ask for feedback if unsuccessful to make changes for the future.



## Community Nurse details

Name: Agnes Fanning  
Nurse title: Independent Community Nursing Health Consultant  
Location: Buckinghamshire

### 1. When and where did you start nursing in the community?

I qualified as a Registered Nurse in 1977 and I began nursing in the community as a Staff Nurse in 1985.

I undertook my District Nursing training in 1987. I had found my niche; District Nursing was the best job I had ever had. I never took for granted the privilege it was to care for patients and their families in their own home environment knowing that I was making a difference and enabling them to remain in their familiar surroundings.

### 2. What memories do you have of HM The Queen during this time period?

My one favourite memory of HM the Queen is her Silver Jubilee in 1977 when there were great celebrations across the UK to recognise her 25 years as Queen. It was the year I qualified and a year before I got married. My fiancée John (now husband) and myself went up to London on a sunny day in June to join in the celebrations. I recall John carrying me on his shoulders (I was a lot slimmer in those days!) so that I could see the Royal Procession along the Mall. The Queen and Prince Philip were in the Gold State Coach and the Queen wore a pink outfit. The atmosphere was amazing, and I was buzzing with excitement at seeing the Queen, but poor John did not see anything.

### 3. What has been your proudest nursing moment so far?

It is difficult to identify one specific moment where I could say 'this is my proudest nursing moment' as there have been so many special

times during my nursing career. However, just after I qualified in 1977, I recall an 89-year-old patient writing a poem for me.

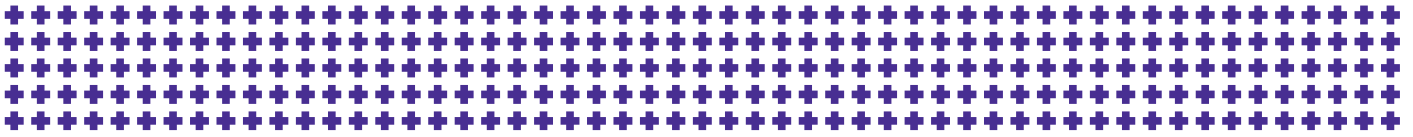
*'In friendships name to you dear nurse I've watched you with your smile, your fair hair, blue eyes. Just a touch of the hand, a word of cheer. When the heart grows sad and weary to me it's a gift from God that no earthly ties could sever'.*  
This poem is so special to me as it reminds me why I became a nurse. Yes, ongoing education and the use of evidence-based practice is necessary to work safely and effectively but it is also important to remember the human factors. Working as a District Nurse has brought with it many proud moments knowing that I, and the team I was working with, had enabled a patient to remain at home surrounded by family and loved ones, particularly those patients requiring end of life care and I would anticipate that most District Nurses would concur with this.

Being awarded the title 'Queen's Nurse' was a very proud day for me too. I had been working in academia for many years so when past students have told me that 'I became a District Nurse because of you' - it makes me proud knowing I am passing on a legacy for District Nursing.

### 4. Any tips for aspiring community nurses?

I would advise any aspiring community nurse whether trained in child, mental health, learning disability or adult nursing to spend time working with a community nursing team before furthering their education in their field specific area of Specialist Community Nursing.

Community nursing gives the opportunity to truly advocate for patients whilst also promoting independence and autonomy. Get involved with the local PCN or ICS so that you can influence policy – be heard, you can make a difference.



### **Community Nurse details**

Name: Carol Webley-Brown, Queen's Nurse

Nurse title: Mental Health Staff Nurse

Location: London

#### **1. When and where did you start nursing in the community?**

In 2007, I worked as a community service neighbourhood manager in Lambeth responsible for sixty-six members of staff in two General Practices in Clapham (London) and then as a General Practice nurse in Lewisham (London).

#### **2. What memories do you have of HM The Queen during this time period?**

I love weddings and I have enjoyed watching all the royal weddings on television but the most memorable was Princess Diana and Charles' because, on the ward we had cake and so many treats for patients and staff.

As nurses we had to wear our uniform, but we were all encouraged to wear our badges and our nurses' buckles. I had an increasing waistline and had to go to the sewing room and get elastic stitched into my navy-blue belt to allow to stretch which was a good thing as we had so much to eat that day.

It was a hot day, and we were all given the best cup of tea ever, ice-cream, cheese, and biscuits. We were allowed to watch television whilst on duty. It was amazing how much the patients supported the work that day as everything seemed to be done in record time.

I watched the Queen; she was so proud

and happy surrounded by the family. She is remarkable, a strong character. A role model for all.

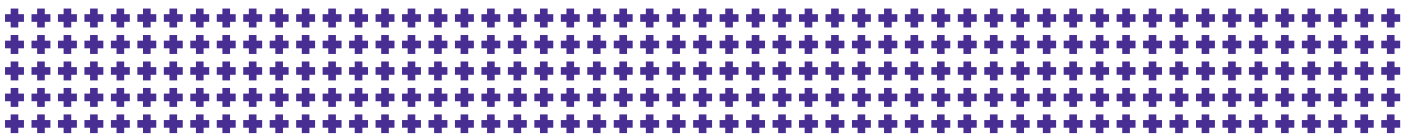
#### **3. What has been your proudest nursing moment so far?**

My proudest moment after gaining the top clinical grade I as an Accident and Emergency Adult Care Senior Nurse Manager was to then get a Band 8b as a General Manager with a nursing background in Lambeth, after teaching mental health nursing for eight years and coming back to the National Health Service from education.

It was my proudest moment as I felt the National Health Service opened its arms and welcomed me back and I felt that I had truly broken through the "glass ceiling" as a Black Woman, a Black Community Nurse, and a nurse in London.

#### **4. Any tips for aspiring community nurses?**

As a General Practice Nurse (GPN), I have worked for 14 practices on my own as the sole GPN but I have never felt alone, community nurses really do know how to embrace caring for each other, communicating with each other, through peer reviews ensure competence, show compassion to each other, courage and a commitment to their patients. Look at all we have achieved together as a family. We know how to care in the community, as a family of Queen's Nurses we have always done and gone the extra mile.



### **Community Nurse details**

Name: Candice Pellett OBE, Queen’s Nurse  
Nurse title: District Nurse  
Location: East Midlands

#### **1. When and where did you start nursing in the community?**

I worked as a Nursing Auxiliary in the community from 1987-1992. I started nurse training in 1992 as a mature student – my first career was in banking. I qualified as a RN (Adult) in February 1995. I worked on an oncology and haematology ward in the hospital where I did my nurse training until I secured a Community Staff Nurse post in a District Nursing team in September 1995 in Bourne, Lincolnshire. I qualified as a District Nurse (SPQ DN) in 1999 with a BSc (Hons) and went back to the District Nursing team that I started working with in 1995.

#### **2. What memories do you have of HM The Queen during this time period?**

I remember the 1990’s being a hard decade for HM The Queen particularly in 1997 with the death of Diana, Princess of Wales. It really affected a lot of patients that our District Nursing team were visiting at the time. Many visits were taking much longer than usual because people were grieving and wanted the community nurse to stay and chat with them. Every person visited was elderly, housebound and often lived alone. I remember lots of tears and cups of tea as we supported them through the shock and disbelief that they were experiencing after hearing the sad news. Each one sympathised with HM The Queen and the Royal Family. One elderly man used to work for the Royal Household in his younger days and always had photos and memorabilia of The Queen displayed in his home and he used to enjoy reminiscing about his work when the community nurse visited him.

#### **3. What has been your proudest nursing moment so far?**

I received the OBE from HM The Queen at an Investiture in Buckingham Palace in 2014 for ‘Services to Nursing and Healthcare.’ She asked questions about my career in nursing, working as a nurse in an urban and rural area and also asked about palliative and end of life care that the district nursing team delivered to people who wished to die at home.

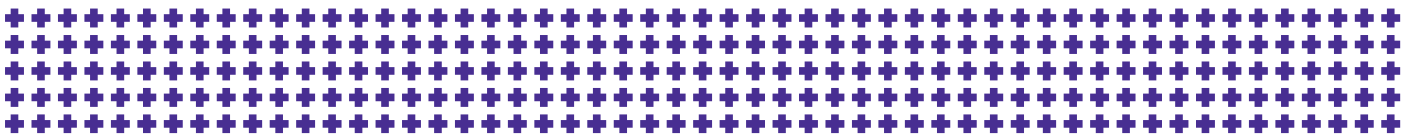
An equally proud moment in my career was receiving the Queen’s Nurse title in 2007. I was in the first cohort with twelve other nurses to receive this at a ceremony in London. It meant so much to me because I was supported by two patients during the application process of which one had been visited by the district nursing team intermittently since the late 1990’s. They were both thrilled when they heard that my application had been successful and we had enjoyable times doing media interviews together for the press and radio to talk about the Queen’s Nurse title and community nursing.

#### **4. Any tips for aspiring community nurses?**

I have spent my entire nursing career working in the community and would absolutely recommend it whether they have years of nursing experience or are newly qualified. The majority of healthcare is delivered to people in the community where they live with the focus on keeping people out of hospital, and it is a privilege to deliver this care in people’s homes and residential homes and on occasions, supporting staff who work in nursing homes.

My tip would be to organise an insight visit with a community team as it would be an opportunity to ask questions about the role, preceptorship, future learning etc. Community nursing is a challenging job, every day is different and an insight visit will give a small window of opportunity to see the skilled work that is undertaken daily.





### Community Nurse details

Name: Sharel Cole, Queen’s Nurse  
Nurse title: Advanced Clinical Practitioner (Nurse) –  
Community Frailty Team  
Location: Kent

#### 1. When and where did you start nursing in the community?

I started as a Band 5 Community Staff Nurse, as a newly qualified RGN in November 2004 with Wandsworth Primary Care Trust working with in the District Nursing Service.

#### 2. What memories do you have of HM The Queen during this time period?

Her Majesty The Queen is very special to me. I grew up in Trinidad and Tobago, having been part of the Commonwealth we have always felt a bond with HM The Queen as she was our Head of State until we became a Republic in 1976. I have been lucky to see the Her Majesty approximately 5 times in my life. They have been very special moments in my life!

1st:1985 She is an amazing, impressive, and powerful lady....I remember when she visited Trinidad in 1985, I was only 5 years old and what excitement there was ....I remember joining the crowds to get a glimpse of THE QUEEN. You are truly inspirational! God Save the Queen.

2nd: 2002 St George’s University of London 250 years anniversary

3rd: 2011 William and Catherine’s Wedding

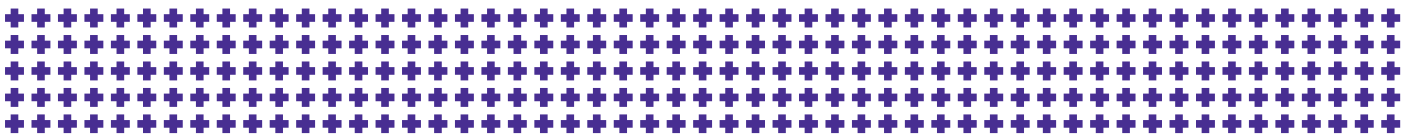
#### 3. What has been your proudest nursing moment so far?

Co-ordinating a person’s end of life care wishes at home is a huge privilege. I was contacted by

a GP to ask if I could liaise with the acute hospital to co-ordinate a discharge as a 97 year old man wished to be home if he was dying. I had never met the gentleman before. It was during the pandemic. I contacted the acute hospital; spoke to the nurse in charge and a doctor explaining the patient’s wishes and the family’s concerns as his wife was also starting treatment for oesophageal cancer. They asked the Consultant to ring me but he was not impressed. He asserted his experience as a consultant for 15 years. I explained that the nurses suggested he was being moved to a side room as he may be aspirating and his family were concerned that he was deteriorating and we would like to support an end of life care discharge to support his wishes. I was very disheartened. Two days later, an OT informed me he would be discharged later that day. I visited the first thing the next morning. The patient was awake but was very poorly. With my PPE on, he held on to my hand strongly and said, ‘Please don’t send me back to hospital.’ I wished him all the best. He died the following morning....co-ordinating care, equipment, medications, advance care planning is a special skill community nurses and palliative care nurses have!

#### 4. Any tips for aspiring community nurses?

Find out what matters most to your patients, know them as a person, discuss their future wishes, follow your gut instinct when you feel someone is unwell! Never hesitate to ask for support or advice from other members of the Multi Disciplinary Team! We are always learning and we must be committed to doing our best! Be PROUD to be a NURSE!



### **Community Nurse details**

Name: Reuben Collings, Queen's Nurse  
Nurse title: Specialist Health Team Manager and Clinical Lead for Learning Disabilities,  
Location: Wiltshire

#### **1. When and where did you start nursing in the community?**

I moved straight into the community following a destination placement as a student nurse with the community nursing team. I started work in a small care home as a Deputy Manager supporting individuals with a Learning Disability and have worked in the community ever since.

#### **2. What memories do you have of HM The Queen during this time period?**

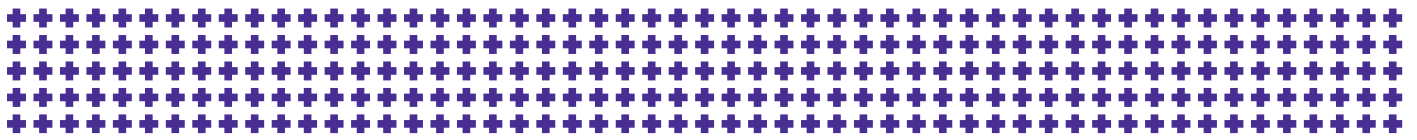
One of my favourite memories of HM The Queen, was her cameo appearance in the London 2012 Olympics. Her Majesty and Daniel Craig as James Bond filmed a spectacular sketch, where of course she insisted on a speaking role. Mr. Bond escorted Her Majesty out of the palace with her two corgis, getting into a helicopter. The whole scene culminates in Her Majesty jumping out of the helicopter supported by a Union Flag parachute before making her official entrance into the Olympic stadium. To me this really demonstrated her sense of humour and fun.

#### **3. What has been your proudest nursing moment so far?**

My proudest moment is working as a Clinical Nurse Manager for the COVID-19 vaccination programme. The sheer scale and size of the operation, if I stopped to think about it at the time was daunting, and to be honest still terrifies me a little on reflection. Having teams of professionals and volunteers who are ready to give up their spare time to keep the nation safe and work all hours of the day to ensure everyone receives their vaccination has been the biggest encouragement I needed in my career. I am so proud to have led a team who have delivered such a successful programme with compassion and care.

#### **4. Any tips for aspiring community nurses?**

Do it! Community nursing is so varied, the breadth and wealth of experience you can get is comparable if not better than that you would get in an acute hospital. You will quickly learn the tools of the jobs, to become an autonomous practitioner.



## Call for Action to Support Community Nurses Facing Rising Fuel Bills

The QNI has called on the government for more action to support community nurses who are facing steeply rising fuel bills to reach their patients.

The QNI is responding to concerns by nurses expressed in meetings and on social media that they often wait weeks for reimbursement from employers and often this does not cover the real cost of running a vehicle. Many community nurses are absolutely dependent on using a car to deliver care, thereby supporting people to live at home and avoid unnecessary hospital admissions.

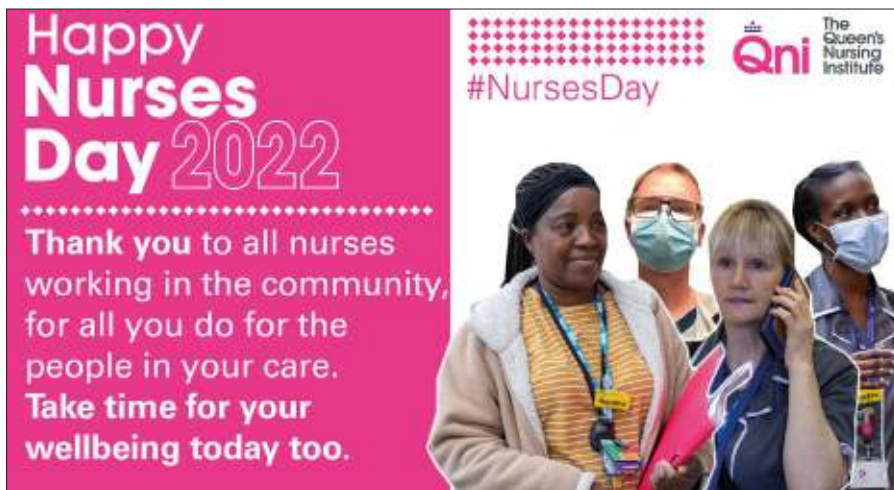
Dr Crystal Oldman CBE, the QNI’s chief executive has written to Sajid Javid, Secretary of State for Health and Social Care, asking for a co-ordinated national response to the growing problem (letter below). In the letter, Dr Oldman states:

‘If the demand to deliver more care to people at home cannot be met, this becomes a patient safety issue and inevitably leads to greater demands on Ambulance services and Emergency Departments... the majority of people who are supported to live at home by community nurses have multiple and complex long-term conditions that require regular assessment and safety-critical interventions... End of life care also forms a core element of the District Nursing service and if not available at home, the default will be to access paramedic and emergency hospital services.’

In May 2022, the QNI introduced a new single payment grant scheme to support nurses facing financial difficulty due to fuel bills. The response to this from community nurses was unprecedented, as reported in Nursing Standard. The QNI is currently processing applications received and is closed to further applications at the present time.

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## Celebrating International Nurses Day 2022



people of the world celebrate nurses and thank them for their skill and compassion in supporting health and wellbeing everywhere. Over the past two years nurses have faced challenges beyond any in living memory.

This year it is also important that nurses reflect and take time to care for themselves and to safeguard their own physical, mental and emotional health.

We joined in celebrating International Nurses’ Day on May 12th – the anniversary of the birth of Florence Nightingale.

Dr Crystal Oldman CBE, Chief Executive, The QNI, said, ‘On International Nurses’ Day, the

The QNI is there for all nurses in the community and social care - we offer a listening service for any nurse who wants to talk about work or life challenges, and financial assistance for any nurse who finds themselves in need.’



## HM The Queen's private garden at Frogmore opening for the National Garden Scheme



disappointment. Tickets are £10 each. (There may be some tickets available on the day – cash only – but availability is not guaranteed). For full information about the garden including tickets, location, directions and facilities, please read: <https://findagarden.ngs.org.uk/garden/3034/frogmore-house-garden>

### Accessibility

The garden is very large (approximately 40 acres) and is situated within Windsor Great Park. Some parking is available, and a mobility vehicle is available to take people to the garden gate. However, please note there is no mobility assistance within the garden itself, and the facilities and refreshment tent are a considerable distance from the garden gate.

You are welcome to bring your own refreshments or picnic (though no metal knives for security reasons). There is a refreshment tent with teas and a selection of cakes, but this is cash only. We also advise stout footwear and appropriate clothing depending on the weather forecast.

### Please let us know if you are coming

If you do plan to attend, please let us know by email at [aga.kusmierz.@qni.org.uk](mailto:aga.kusmierz.@qni.org.uk) so that we can keep you updated about plans for the day.

While QNI staff members will be attending, please note that this is not a QNI event and the QNI is not responsible for any aspect of the event organisation. If you have any queries, we will do our best to answer them. We look forward to seeing you on 30th August.

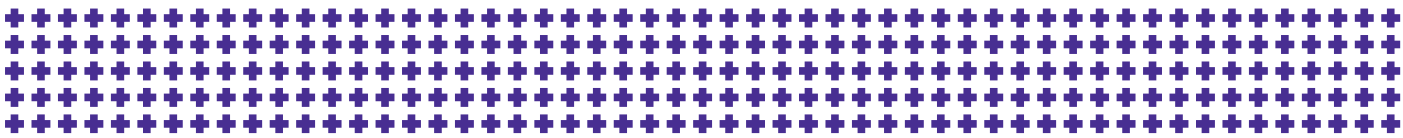
We are excited to announce that the Queen's private garden at Frogmore, Windsor, will open for the National Garden Scheme on Tuesday 30th August 2022.

In previous years, Queen's Nurses have gathered at Frogmore open days, and it has become something of a tradition. We would be delighted if you were able to join us this year. We plan to take a group photograph of all Queen's Nurses who attend, near the tree we purchased for Her Majesty the Queen in 2020.

### Tickets

Admission tickets should be purchased online in advance from the National Garden Scheme website and you can also buy tickets for friends and family. Please book early to avoid possible

To read some Frequently Asked Questions about Frogmore, go to: <https://qni.org.uk/news-and-events/news/hm-the-queens-private-garden-at-frogmore-opening-for-the-national-garden-scheme/>



## The QNI marks two years of telephone listening service for community nurses



The QNI celebrated the 2nd anniversary of our telephone listening service, TalkToUs. TalkToUs was set up by the QNI to offer emotional support by phone to registered nurses working in the community, primary and social care. The QNI's trained listeners are all Queen's Nurses who are available to speak to nurses about any aspect of their work or personal life, in complete confidence.

Thanks to a generous grant in 2020 of almost £49K from Covid-19 Healthcare Support Appeal (CHSA) – a charity set up by the RCN Foundation to support health and care staff around the UK

who have been affected by the pandemic – the QNI was able to extend its reach to help as many nurses working in community settings as possible. We have also supported nurses working in the hospital – we would never turn any nurses away.

Dr Crystal Oldman CBE, the QNI's Chief Executive said, 'Concerns about the mental and emotional health of nurses coping with the pandemic was the reason we created TalkToUs. It has proved to be a lifeline for many nurses who have benefited from a confidential and anonymous call with a trained listener who is a nurse, understands the context in which they are working and can also signpost to other services where appropriate.

Suzanne Rich, the QNI's TalkToUs Project Officer said, 'We are delighted to be able to offer this vital service to community nurses and will continue to offer them a safe place to be listened to and supported without judgement and with total confidentiality. We want all community nurses to know we are there for them.'

To find out more, or to book your confidential free call, go to: <https://www.qni.org.uk/help-for-nurses/talktous/>

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## The QNI publishes Impact Report for 2021

The QNI published a new impact report for 2021, 'How we helped', illustrating how the charity continued to adapt during the pandemic to provide support to community nurses and the people, families and communities they serve.

Whilst the vaccine rollout was successful, it left many with the symptoms of Long Covid that are only just beginning to be recognised. As a way to help with this, the QNI extended membership of its Long Covid Nurse Expert group, providing a community of practice for nurses supporting people of all ages experiencing Long Covid, in every setting in the community. We also established an Infection Prevention and Control

(IPC) Champions Network for nurses working in adult social care, in addition to the continuing work of the highly valued Care Home Nurse network, now in its third year of operation.

Landmark events included the QNI Annual Conference which was once again hosted online and was attended by over 3000 delegates over the five-day event, our biggest audience ever. The Awards Ceremony, also online, was the largest the QNI has ever held and was also very well received.

To read the Impact Report, go to: <https://qni.org.uk/news-and-events/news/qni-publishes-impact-report-for-2021/>



## QNI Chair of Council, Professor John Unsworth Awarded OBE



QNI Chair of Council, Professor John Unsworth, has been awarded an OBE for services to community nursing and community nurse education in the Queen's Birthday Honours.

John Unsworth is the Deputy Faculty Pro Vice Chancellor at Northumbria University. Prior to this, John was the Head of Learning and Teaching, University of Sunderland, Head of Academic Development at the Higher Education Academy and as Director of Nursing Programmes at Northumbria University. He is an experienced NHS manager having been a Nurse Director in a rural Care Trust in Northern England prior to taking up posts in Higher Education. He has experience of workforce redesign in relation to developing the community nurses' role around admission avoidance. John is also an International Council of Nurses (ICN) Global Nursing Leadership Scholar 2020.

Dr Crystal Oldman CBE, QNI's Chief Executive, said, 'I am absolutely delighted to see Professor John Unsworth recognised for his outstanding work in supporting community nursing and nurse education. The QNI is fortunate to have Professor Unsworth as our Chair of Trustees, where he provides excellent leadership in the governance and strategic direction of the charity. For almost a decade he has also chaired all the QNI education and practice advisory groups, overseeing the development of standards to support a range of post-registration community

nursing education programmes. His exceptional commitment to the highest standards of nursing care in the community is evident and his work at the QNI is both entirely voluntary and delivered alongside a very senior role in Higher Education, which makes it even more extraordinary.'

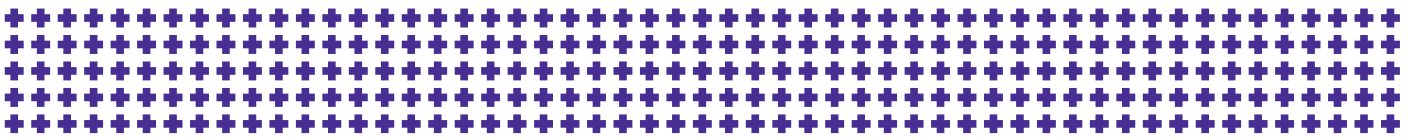
William Rathbone OBE, QNI Council Member and direct descendant of the founder of district nursing said, 'As a trustee and as Chairman of Council, John Unsworth has joined the group of outstanding leaders with which the Queen's Nursing Institute has been blessed in recent years. He richly deserves the award of an OBE.'

Rosalynde Lowe CBE, QNI Council Member and QNI Fellow said, 'This honour is so well deserved and recognises all the excellent work John has done with the QNI. His huge contribution and leadership have been significant factors in propelling the Institute to its high profile position, supporting all community nurses in the valuable work they do.'

Professor John Unsworth OBE said, 'I am absolutely delighted to be recognised in the Queen's Birthday Honours. Throughout my career I have worked as part of some amazing teams and the team at the Queen's Nursing Institute does amazing work for the profession day in day out. I am proud to be part of that team alongside staff and trustees.'

John has extensive experience of developing nursing, medical and higher education internationally having worked to develop teachers and practice in China, Thailand, Vietnam, Ghana, Bahrain, Hungary, Ukraine and Grenada (West Indies).

John completed his specialist practitioner qualification in district nursing in 1997. He has a PhD from Robert Gordon University which specifically examined the influence of health care organisations on innovation and development. John is an alumni of the QNI Innovation and Creative Practice Awards and is a Queen's Nurse.



## Queen's Nurse Sharon Aldridge-Bent awarded MBE



leadership programmes designed specifically for community nurses.

Dr Crystal Oldman CBE, the QNI's Chief Executive said, 'Congratulations to Sharon on receiving this very well-deserved honour. Sharon has made an enormous contribution to community nursing through her career and continues to do so at the QNI. She has an enviable track record of community nursing practice and care for people in the community. She also does so much to inspire and encourage the nursing leaders of today and tomorrow through the QNI's leadership programmes, enabling nurses in all community specialisms to reach their potential and improve care in the services they lead and manage.'

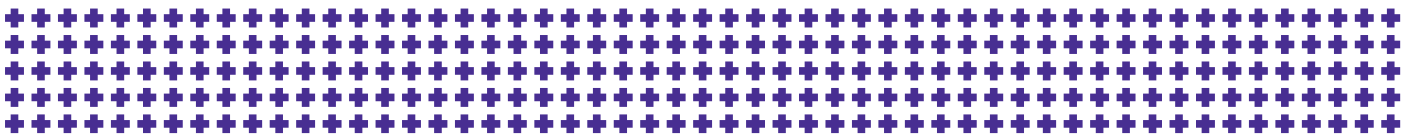
Sharon Aldridge-Bent, MBE said, 'I am delighted and stunned to have received this honour from the Queen, particularly in her Jubilee year. I would like to thank all the amazing community nurses I have worked with and also my colleagues at the QNI for their support and encouragement over many years.'

Queen's Nurse Sharon Aldridge-Bent has been awarded an MBE for services to community nursing in the Queen's Birthday Honours.

Sharon Aldridge-Bent is Director of Nursing Programmes (Leadership) at the Queen's Nursing Institute. She originally joined the QNI in 2016 as a Programme Manager and undertook a range of projects for the charity, supporting its strategic priorities and developing the knowledge base in key areas of community nursing education and practice and developing leadership programmes. She was promoted to Director of Nursing Programmes (Leadership) in 2020 and continues to lead on all the leadership programmes that the QNI develops. Under her guidance, the charity has become nationally recognised for its innovative and transformative

Sharon has a clinical background in district nursing, specialist nursing including Macmillan nursing. She worked as a senior lecturer in a university for twelve years teaching Community Health Care Nursing and Specialist Practitioner Qualification for District Nurses and also nurse education. She was one of the authors of the original QNI resource 'Transition to Community Nursing' along with several other resources and became a Queen's Nurse in 2013.

Sharon is passionate about 'care closer to home' and has a particular interest in end of life and palliative care and has been a Trustee for her local Hospice. She is a Magistrate at West London Magistrates court where she has served for over twenty-one years and now sits as a Chair.



## A Tribute to Sylvia Frances Skerritt, 1932 - 2022



Sylvia, known as Skerry in nursing circles, and I were married in 1958 and our only child Matthew was born two years later. Sylvia was employed in secretarial work prior to this. In 1969, when Matthew became older, Sylvia was persuaded to train as a SEN on a part-time basis at

In the following years Sylvia wished to widen her knowledge in other aspects of nursing. Sylvia enjoyed private work through agencies, clinic nursing, and for a short period as a clinic nurse at Selfridges in London at weekends – her final period in hospital was working with intensive care of the newly born. Sylvia also gained a certificate in aromatherapy and holistic treatment.

Sylvia only retired at the age of 70, working as a relief nurse at various school sanitoriums for the last few years. After retiring Sylvia was always looking for ways she could help other people, and later became very frustrated when she became unable to do so.

Kettering General Hospital.

After Sylvia successfully completed her course, and after a further period at Kettering, she applied to join the local District Nursing Group – Sylvia thoroughly enjoyed this work and it fitted in with home life - I was farming at that period in our lives.

After both of us were free we lived in various part of the country, until we finally settled here in Stratford-upon-Avon ten years ago. Five years ago Sylvia showed signs of the onset of Alzheimer’s, but we managed to care for her at home until autumn of last year, when Sylvia had to go into a care home. The last time Sylvia’s sister and I saw her she was in a deep sleep and finally passed peacefully away on 27th January, 2022.

Tragically at the age of 14 Matthew died in an accident. After a short period of leave, and with the encouragement and understanding from her colleagues, Sylvie returned to her District Group for a further period. This helped Sylvia and me through the early stages of losing our son.

This wonderful and beautiful lady would have been 90 years old in August.

John E. Skerritt, 15th May 2022

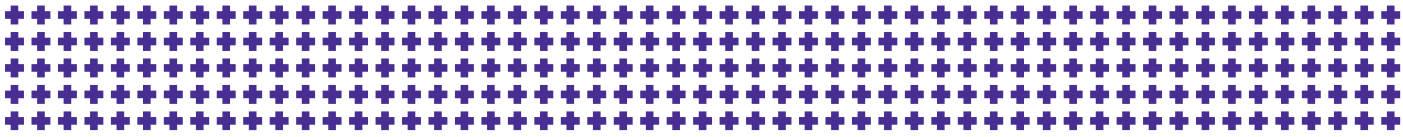
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## A Poem About Nursing, by Joy Naylor, QN

I would like to share with you a poem I wrote pre pandemic. I began my Nursing career as a pre-Nursing student in 1975 am still in post, and remain as passionate about Nursing now as I was then.  
'Taking the time to listen and care .  
Helping those who need you to know you are there.  
Providing healthcare from cradle to grave.  
Encouraging all to engage and be brave.  
Being a voice for those who cannot find the words to speak.

Passionate and dedicated every day of the week.  
Supporting your colleagues who are people too.  
Professional pride in the work that we do.  
Drained and hardworking in difficult times.  
Goodwill prevails in the mountains we climb.  
In a heartbeat the reward of a smile  
From a patient you have made a difference to makes it all worthwhile.  
Nursing and shaping the health of the nation  
Is not just a job it’s a privilege and a lifetime vocation.'





# My Career as a Queen’s Nurse, Jennifer Bourne QN



I am writing to inform you that I have made the decision to retire from nursing and therefore to relinquish my title of Queen’s Nurse. I feel very

proud to have had this title and for such a long, fulfilling and varied nursing career.

I remember when I went for my interview to start nurse training, I was asked why I wanted to become a nurse. My mum was a ward sister and all I had ever wanted to do was be like her and help people. I had no idea where my career would take me in the future. My journey as a nurse started and my career has been varied, working in hospital and then as a General Practice Nurse in Cornwall and London.

I feel privileged to have spent the last 20 years of my career working in a very specialist field, caring for and supporting women who had Female Genital Mutilation (FGM). Following the sudden death of my first husband, a GP, in 1993, I moved to London and began working with asylum seekers and refugees. This work led to setting up a service in 1999 within Waltham Forest PCT, to meet the health needs of women from varied backgrounds who had experienced FGM.

In 2003/4 our clinic won a QNI Innovative and Creative Practice Award for the Care of Asylum Seekers and Refugees (supported by the QNI and the King’s Fund).

As part of my role as specialist nurse for FGM I attended the European Parliament twice to share our work with the EU Network Against FGM. I visited Somaliland with others from the UK to see the work being done to stop FGM. In 2001, I went New York with a UK delegation to attend the United Nations Commission on the Status of Women.

I was very proud to become a Queen’s Nurse in 2010. The QNI is a wonderful organisation promoting the work of all community nurses, supporting and encouraging nurses in their work. In 2014, I began work at the Department of Health and NHS England on the National FGM Prevention Programme. As part of the team I was able to work on the development and implementation of national policies in connection with FGM and take part in many workshops and conferences around the country. In 2022, FGM still remains a risk for so many girls and women around the world, including the UK.

I visited Kenya in 2018 and again 2019 with a group of professionals working on safeguarding and FGM. We spent time with a charity called the Divinity Foundation, who work with local Masai people to support, change and to stop FGM and child marriage. The charity has a home for girls rescued from abusive situations and they provide them with education from primary through to university level. I feel very honoured to have been able to support that organisation. In 2019, my 16-year-old granddaughter came with me on the trip. I know she gained enormously as a person from that visit.

If someone had told me at the beginning of my nursing career what I would be doing years later, I would not have believed them. Through my career I have met so many wonderful professionals from the UK and around the world. I feel so grateful for all I have been able to achieve. I went into nursing to make a difference and care for people. I sincerely hope I have been able to achieve this.

Another of my granddaughters is now in her second year at Plymouth University studying adult nursing. My nursing career lasted over 50 years and my mother worked for 54 years. We are very proud to have three generations of nurses in the family.

I would like to thank all of you at the QNI for all your support and encouragement during my nursing career.



## '91 Year of Goodness and Mercy', book by QN Rachel Aina



**Top left:** Photo of Rachel taken in 1955, Preliminary Training School Newcastle General Hospital.  
**Top right:** Photo taken on 29 May 2022 with Chi Onwurah MP welcoming Rachel to Newcastle and being presented with a copy of her book. (L-R Daughter Seye, Rachel, Chi Onwurah MP).  
**Bottom left:** the book, '91 years of Goodness and Mercy'; **Bottom right:** Photo taken on 1 May at Rachel's book launch. (L-R Grandson Koyejo, Rachel and her Daughter Seye)

Queen's Nurse Rachel Aina - known as Mama Seye - was interviewed (remotely) by her daughter Seye, during the lockdown of 2021 and the book, '91 Years of Goodness and Mercy' is the result of those interviews.

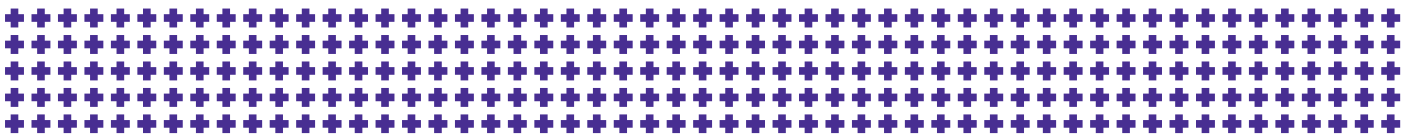
At age 91, she gives a clear account of her early school days in Nigeria, family life, how she met and married her childhood sweetheart and her life in the Methodist Church. This book gives an insight into what it was like to be a young nurse in training at Newcastle General Hospital and on qualifying she worked as a District Nurse in Islington. She shared stories of her life in both the UK and Nigeria, including some traumatic experiences.

After living in the UK for 21 years, she returned with her family to live in Lagos, Nigeria.

She is a devout Christian and the title of the book is inspired by Psalm 23:6 "Surely goodness and mercy shall follow me all the days of my life: and I will dwell in the house of the Lord forever."

Her discipline and hard work even in retirement have kept her in good health. She is loved and widely respected by friends and family who contributed to this book with tributes for her 90th Birthday.

Priced at £7.99 and available on amazon.



# The National Garden Scheme's Great British Garden Party



for Hospice UK, Carers Trust, Parkinson's UK and The Queen's Nursing Institute this shortfall continues to have a major impact on these charities, who continue to need our support more than ever.

George Plumptre, the National Garden Scheme's Chief Executive said, 'We're inviting everyone, it doesn't matter whether your garden is large or small, tidy or untidy – it's a place for enjoyment. This celebratory event gives us all an opportunity to share our gardens whilst raising funds for vital nursing and health charities.

The Great British Garden Party was born out of the National Garden Scheme's rich heritage and inspired by the desperate need to make up the shortfall in funding that many of the National Garden Scheme's beneficiaries – including Macmillan Cancer Care, Marie Curie and the Queen's Nursing Institute – experienced during the Pandemic, when their funding streams all but dried up.

Your garden party could be afternoon tea and cakes, prosecco by candlelight, a coffee morning and book swap or even a plant and produce sale by the front gates – the choice is yours and everyone can get involved.'

Join our national fundraising campaign and host your own Great British Garden Party in 2022.

As the single largest charitable funder of Marie Curie's work, the longest standing partner of Macmillan Cancer Support and a key funder

To find out more:  
<https://ngs.org.uk/gardenparty/>

## More news from the National Garden Scheme

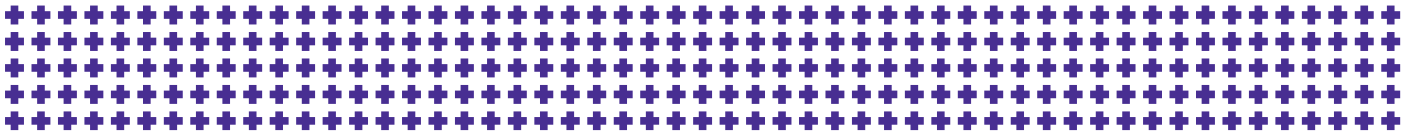


Emma Bridgewater is continuing its support of the National Garden Scheme's work during the

summer with a special promotion on their Roses 1/2 Pint Mug. So whether you're a rose grower or Emma Bridgewater collector, or both, here's a wonderful opportunity to bring roses to your table and support our work!

For every Roses 1/2 Pint Mug sold from their online shop in June and July, Emma Bridgewater will donate £5 to the National Garden Scheme, while stocks last! This wonderful donation will help support some of the best-loved nursing and health charities in the UK, such as the Queen's Nursing Institute, which are at the heart of all we do.

To find out more:  
<https://ngs.org.uk/emma-bridgewater-roses-mug-to-support-our-work-this-summer/>



## Happy 90th Birthday to Zena Edmund-Charles MBE, QN



Happy 90th Birthday to Queen's Nurse Zena Edmund-Charles MBE! Zena wanted to be nurse since she was 5 years old. She trained as a midwife in Kingston, Jamaica and practiced as a community midwife there before coming to England in 1956 to pursue her career. After some ten years of community midwifery, she moved over to district nursing in the Essex Health Authority.

'Although the monthly wage was £10 and the hours worked weekly were 48 and very hard, I thank God I did my training in those days, because all to do with nursing was perfect, and everyone concerned was interested in 100% proper care and attention for whoever was in need of help. There was love and dedication from all, or most of us, who entered the field of caring, be it medical or nursing. I am proud to be a part of those days.'

Zena was awarded the MBE in 1996 for services to community nursing.

Zena's story was featured on our sister site, [www.qniheritage.org.uk](http://www.qniheritage.org.uk), to read it in full, go to: <https://qniheritage.org.uk/stories/zena-edmund-charles-mbe-nee-josephs/>

## Happy 99th Birthday to Jean Beckett, QN



Happy belated 99th Birthday to Queen's Nurse Jean Beckett!

The tshirt that Jean is wearing says:

'99 years of being AWESOME  
1923  
Limited Edition'

## Feedback

We would love to know what you like (or would like less of!) about the newsletter, and if you would like to send in any reminiscences, we would be delighted to feature them. Please email us at [suzanne.rich@qni.org.uk](mailto:suzanne.rich@qni.org.uk), or write to Suzanne Rich, QNI, 1A Henrietta Place, London W1G 0LZ.

## Address changed?

If you have recently changed address, please let us know either by emailing us at [mail@qni.org.uk](mailto:mail@qni.org.uk).

## QNI News as it happens - online



'Like us' on Facebook:  
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