

HomeVisit

News for supporters of the QNI

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



2/QNI featured in BBC's Antiques Roadshow

3/ Digital Technology Still Failing Community Nursing Teams

3/ QNI Launches New Annual Award for Executive Community Nurse Leaders

4/ National Network for ICB Chief Nurses Announced

5/ Professional bodies seek justice for healthcare workers at Covid-19 Inquiry

6/ Outstanding Service Award for Inspiring District Nurse

QNI featured on the BBC's Antiques Roadshow



Seacole – contemporaries of Florence Nightingale.

Dr Crystal Oldman CBE was interviewed about the history of the Queen's Nursing Institute and its founder William Rathbone VI.

Here is some of the feedback we have received since the episode aired:

'I have enjoyed a very special weekend with the family; showered with flowers, a wonderful lemon birthday cake and amongst other very useful gifts, a hot water bottle!

I enjoyed the Antiques Road Show on Sunday evening too, I felt proud to be part of such a fine tradition. With best wishes to you all.
Dr Margaret Damant'

'We were watching The Antique Roadshow and suddenly there you were Crystal! I just wanted to say how impressed we were and you looked great. I also learnt a lot!' Jeannie and Nigel Goodeve-Docker

'It was an absolute delight to see Crystal interviewed on the nursing special of AR, which I only managed to catch up with viewing last night. What a wonderful opportunity to remind people of the enormous contribution of the district nurse to the community, as well as highlighting the QNI.' Susan Cohen

'I've just watched the antiques roadshow which I thought was excellent! A shame Bill wasn't here to witness it as he would have loved it.' Julian Rathbone

The episode is available to watch on BBC iplayer until January 2024: <https://www.bbc.co.uk/iplayer/episode/m001jp3g/antiques-roadshow-nursing-special>

In February 2023, the Antiques Roadshow team held a special episode about nurses, looking at how the profession has changed from the 19th century to the present day.

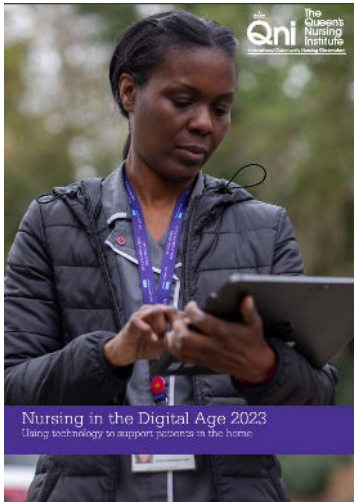
Filmed on location at the historic St Thomas' and St Bartholomew's hospitals in London, the programme featured fascinating objects that provide insight into the history of nursing and healthcare, from medals awarded for bravery to early uniforms, cartoons and medical equipment.

Fiona Bruce met comedian Jo Brand, a former psychiatric nurse, and heard about her experience working in emergency mental health clinics, as well as lighter moments performing in hospital pantos.

The episode also included inspiring stories from the Windrush generation of nurses who came from overseas to work in the NHS, and the careers of Betsi Cadwaladr and Mary



Digital Technology Still Failing Community Nursing Teams



The QNI has published the results of a new survey of digital technology in community nursing. The 'Nursing in the Digital Age' report (2023) is based on an online survey completed by almost 1200 practitioners during 2022.

The survey results show that digital technology is being used creatively for a wide range of work and its use is firmly embedded across community nursing practice. Technology influences how, when and where nurses interact with patients and deliver their care. Despite this, many nurses report that the application of digital technology in practice is poor and many feel that it is not saving them time, when time is at a premium.

The survey responses were compared to the previous survey of digital technology carried out by the QNI in 2018, which enabled some trends to be identified. Examples include:

- In 2018, around 85% of respondents reported issues with mobile connectivity. In 2022 this figure was around 87%.
- In 2018, 32.7% reported problems with lack of compatibility between different computer systems. In 2022 the figure had risen to 43.1%.
- In 2018, 29.5% reported problems with device battery life, but in 2022 the figure was almost 53%.

Overall, the community nursing workforce has a high level of digital literacy – poor user experience appears to be around design and function, rather than a lack of computer literacy or enthusiasm.

Read the report in full here: <https://qni.org.uk/news-and-events/news/digital-technology-still-failing-community-nursing-teams/>

QNI Launches New Annual Award for Executive Community Nurse Leaders

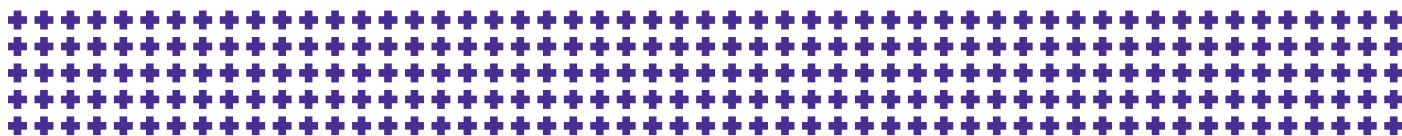
The new award, the William Rathbone X Award, honours the contribution of the QNI Council member who was a direct descendant of the founder of District Nursing (see Obituary on page 9).

William Rathbone X (the tenth) served as a Council member of the Queen's Nursing Institute from 1974 until his death in 2022. His lifelong commitment to nursing, and to the charity founded by William Rathbone VI and Florence Nightingale, is celebrated by this new award.

The full name of the Award is the William Rathbone X Annual Award for Excellence in the Executive Nurse Leadership of Community Nursing Services and it has a monetary value of £500.

Dr Crystal Oldman CBE, QNI's Chief Executive said, 'The Award serves to recognise excellence in the strategic leadership of nursing care in the community. Coordinating and supporting the work of large teams within the community setting is imperative for positive health outcomes for people in need. The Award will raise the profile of executive nurse leaders and their vital role within healthcare provider organisations. I am delighted that working with William Rathbone's family we have been able to create a fitting memorial to his life and many years of service to the QNI and community nursing. The impact of this award will I hope be felt for many years to come.'

Read more about the new Award here: <https://qni.org.uk/news-and-events/news/qni-launches-new-annual-award-for-executive-community-nurse-leaders/>



National Network for ICB Chief Nurses announced



The NHS Confederation and the QNI have announced the creation of a new national Network for Chief Nurses of Integrated Care Boards (ICBs) in England.

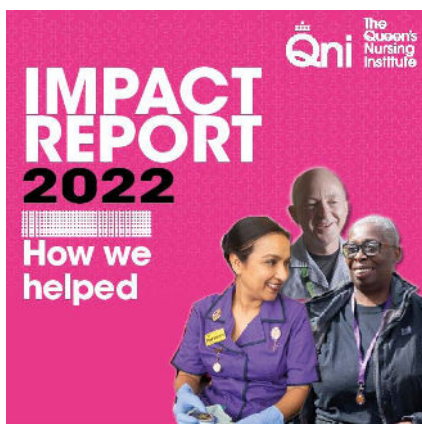
The new Chief Nurse Network reflects an agreement to work together more closely on areas of common interest around the development of Integrated Care Systems (ICSs) and the integration agenda. The two organisations will work together to maximise their collective impact to benefit policy and practice, and thereby care on an individual and population basis. Each organisation brings

significant capability, expertise and stakeholder support to this formal partnership.

Dr Crystal Oldman CBE, QNI Chief Executive said, 'The two organisations have a shared ambition to support the development of clinical leadership within integrated care systems, and to support the objectives behind integrating care, improving population health and tackling inequalities. This direction of travel aligns with the overall aim, purpose and values of the QNI and I am very much looking forward to modelling a partnership way of working with the NHS Confederation.'

For more information, visit: <https://qni.org.uk/explore-qni/icb-chief-nurse-network/>

QNI publishes Impact Report for 2022



The QNI published a new impact report for 2022, 'How we helped', illustrating how the charity continued to adapt during 2022 to provide support to community

nurses and the people, families and communities they serve.

Dr Crystal Oldman CBE, QNI Chief Executive said, 'The nursing profession has faced huge demands during 2022, including workforce pressures that have persisted even as the Covid pandemic has weakened its grip. Our work throughout 2022 demonstrates the flexible and responsive nature of the QNI, adapting our resources to deliver our key objectives, supporting nurses working in all community settings in every way we can.'

We have continued to champion the role of nurses working in the community, in primary care

and social care, and worked to raise their profile with commissioners, policy makers, media and the public. Community nurses are vital if health services are to manage the increasingly complex needs of the communities served.'

We also supported a growing number of nurses with financial assistance and continued our very successful listening service, TalkToUs, staffed by trained Queen's Nurses. Landmark events included the QNI Annual Conference which was once again hosted online and was attended by over 1500 delegates over the five-day event. A new platform, VFairs, was introduced to enhance attendee engagement and experience with over 95% feeding back positively. The Awards Ceremony – held face to face for the first time since the pandemic – was attended by 700 guests and split into two ceremonies, one in the afternoon and one in the evening.

The QNI also produced a version of the document with a Welsh foreword.

Read the Impact Report here: <https://qni.org.uk/news-and-events/news/qni-publishes-impact-report-for-2022/>



Professional bodies seek justice for healthcare workers at Covid-19 Inquiry

The COVID-19 Airborne Transmission Alliance (CATA), which comprises a group of leading healthcare professional bodies and experts representing 64,000 healthcare workers, has been granted core participant status in Module 3 of the UK Covid-19 Inquiry.

The QNI, as a key member of CATA, will therefore be able to directly represent the views of nurses working in many fields of practice in the community who were directly affected by the lack of regard to their protection by the then UK government, the guidance it issued, as well as wider systemic failures to consider the impact of the pandemic for nurses working in community settings. This included (but was not limited to) the failure to support nurses working in care homes caring for patients discharged from hospital with Covid-19, and managing infection control more generally in care home environments; adult and children’s community nurses who became two of the few frontline home visiting services that continued to operate with limited supplies of PPE (Personal Protective Equipment).

CATA was formed as a response to the UK Covid-19 inquiry by the COVID Airborne Protection Alliance (CAPA). CAPA itself was originally known as the Aerosol Generating Procedures Alliance (AGPA) and formed in August 2020, due to concerns organisations and individuals had on then UK Government policy. AGPA changed its name to CAPA in September 2021.

The coalition has campaigned relentlessly to protect healthcare workers and their patients from both catching and transmitting the virus. The lack of acceptance of airborne COVID-19 transmission by the Government has led to dangerous policies, decisions and practices that deprived healthcare workers of the correct Respiratory Protective Equipment (RPE) and put them and their patients at risk of illness and death.

CATA will seek to ensure that its knowledge of the existing and developing scientific evidence

base for the aerosol transmission of COVID-19, its understanding of the legal framework, and the lived experiences of its members, are made available to the Inquiry. In addition, it seeks to also address wider concerns about the effective management and impact of respiratory risks in healthcare across acute and community settings through the pandemic.

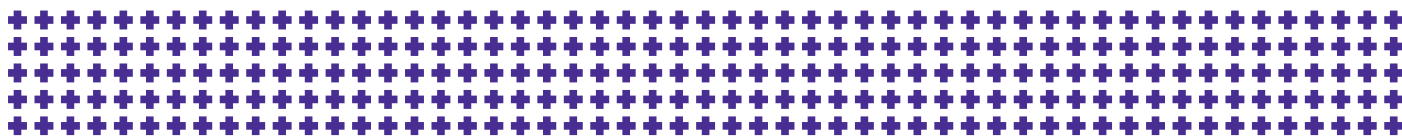
As core participants, CATA has appointed Saunders Law to represent it at the Inquiry.

Dr Crystal Oldman CBE, QNI Chief Executive said, ‘The QNI is a committed member of CATA is looking forward, through CATA, to being a direct voice for the community nurses the QNI represents. So often during the pandemic it was community nurses working on the frontline in care homes, GP surgeries, community adult and children’s nursing services who continued to deliver complex nursing care in non-clinical environments 24 hours a day, but who were often overlooked by the UK government at the time.’

Crystal Oldman CBE, QNI Chief Executive We are looking forward to supporting the 4 nation Inquiry as a core participant in Module 3. We will be highlighting our core concerns around the failure to recognise the airborne route and its proper mitigation across all healthcare settings.

Cyrlia Knight, Partner at Saunders Law and Head of Public Inquiries said, ‘Saunders Law is pleased to be supporting both CATA and the Covid Inquiry through our involvement representing CATA as a core participant. We are committed to ensuring that the Inquiry appreciates and adequately investigates CATA’ core concern about the fundamental importance of Covid 19 being transmitted by an airborne route, and the implications that this has had, or should have had, in the UK’s response to the pandemic.’

Read more here: <https://qni.org.uk/news-and-events/news/covid-19-airborne-transmission-alliance-to-seek-justice-for-health-workers-at-uk-covid-inquiry/>



Outstanding Service Award for Inspiring District Nurse



David Pugh, a Queen's Nurse and a senior nurse at Sirona care & health, has been presented with the Queen Elizabeth the Queen Mother Award for Outstanding Service by the Queen's Nursing Institute (QNI).

David, Sirona's Assistant Locality Manager for South Gloucestershire, was presented with the award – after being nominated by his colleagues – by the QNI's Chief Executive, Dr Crystal Oldman CBE.

The award is given to community nurses who provide exceptional care to their patients and demonstrate a continuing passion and enthusiasm for nursing. It is not a reward for length of service, but an acknowledgment that a nurse makes an exceptional individual contribution to patient care and the nursing profession.

Dr Crystal Oldman said, 'David's nursing career is an inspiration to many, and his collaborative and collegiate approach is warmly appreciated by all. His work in leading the National District Nursing Network (NDNN) over more than a decade has made a huge impact in the profession. He has grown the network from a handful of member organisations to almost 100 and the profile and strength of the NDNN in influencing nursing

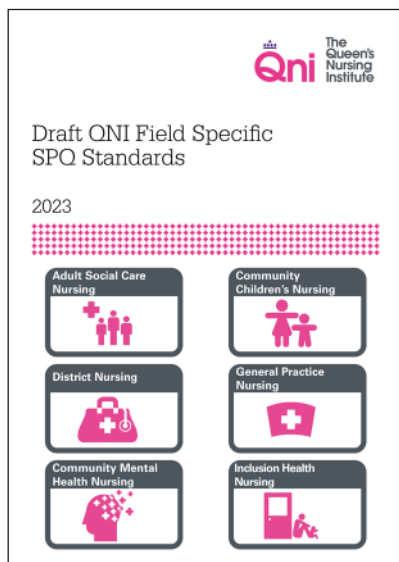
policy has grown year on year. The sharing and learning the network has enabled, under David's leadership, a nationwide impact on the improvement of nursing care in the community. The majority of this work is done in David's own time on top of a very busy senior role. The Outstanding Service Award was originally created in the name of the Queen Mother, who was Patron of the QNI from 1953-2002. The late Queen Elizabeth II, also our Patron, agreed the Award could be offered in perpetuity.'

David Pugh said, 'I am absolutely honoured and humbled to have received this award. It means a lot to me, both personally and professionally. But I feel I'm accepting the award on behalf of my nursing colleagues at Sirona. Our nurses do an absolutely amazing job every day of the year, so I'm very proud and very humbled.'

Carrie Wedgwood, Sirona's Associate Locality Director for South Gloucestershire said, 'David totally deserves this amazing award – he is passionate about the nursing profession and his role in promoting it. He has done so much to raise the profile of district nursing. "He was so humble in being given such a great honour, which is typical of David – he is one of the kindest, most authentic people I know and he totally embodies the values which are at the heart of everything we do at Sirona. He cares so much about his team, his colleagues, and people in our care.

I have only known David for a few years, but in that time, he has shown incredible compassion, resilience and strength. He is a total asset to the leadership team in South Gloucestershire, to Sirona, and to the nursing profession nationally. I would personally like to send him a massive congratulations on being awarded such an accolade, as I am sure would everyone who knows him and has worked with him - which was reflected by the huge number of people who joined us to see his award presented. Well done David – we are so proud of you!'

QNI publishes new resource for nurses supporting those with Long Covid in the Community



The QNI published draft Standards for six specialisms in community nursing and these were made available for public consultation.

The Field Specific Standards are designed to underpin and support Specialist Practitioner

- General Practice Nursing
- Inclusion Health Nursing

The Standards were available for consultation until 7th March 2023 and we are now in the process of editing our responses.

The documents also outline the endorsement process for Higher Education Institutions wishing to formally adopt the QNI Standards.

The QNI worked with representatives from health and social care organisations from the four countries of the UK to develop the Standards. These representatives include national organisations, academics, managers, clinicians, front line staff, and service users/patients/experts by experience/carers/families. A further three Field Specific Standards will be published later this year.

Qualifications offered by Higher Education Institutions in the UK. The six draft Standards published this week apply to education and practice in:

- Adult Social Care Nursing
- Community Children's Nursing
- Community Mental Health Nursing
- District Nursing

To read the drafts and background information:
<https://qni.org.uk/nursing-in-the-community/standards/consultation-on-qni-field-specific-standards/>

Community Children's Nurse Network Reaches New Milestone

Community Children's Nurses (CCNs) provide vital care to babies, children and young people with some of the most complex healthcare needs in the community.

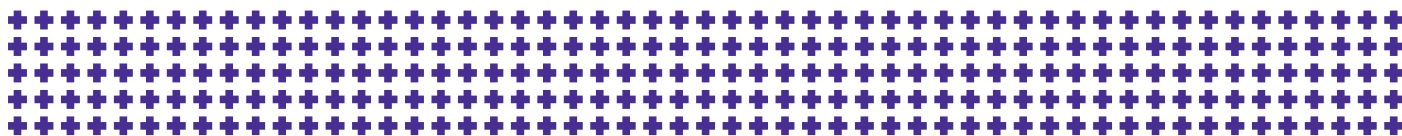
During the pandemic, CCNs in the UK came together to create a new national network to share knowledge and good practice. In February 2022, The QNI offered to provide a home for the network, with dedicated support provided by Rebecca Daniels, working part time for the charity.

The network, which has now been supported by the QNI for a year, aims to connect community children's practitioners from across the UK, to raise the profile of the specialism and awareness

of the complex care they deliver, and improve care through sharing knowledge.

Dr Crystal Oldman CBE, the QNI's Chief Executive said, 'The CCN network is going from strength to strength, and I encourage all CCNs to join. Under Rebecca's leadership, the QNI is developing a resource 'Transition to the Community Children's Nursing Service' which will support nurses new to the CCN service, whether newly qualified or new to community services.'

To find out more about the network, please go to: <https://qni.org.uk/nursing-in-the-community/uk-community-childrens-nurses-network/>



William Rathbone OBE, QNI Trustee and Descendant of the Founder of District Nursing



The Council and Staff of the Queen's Nursing Institute were deeply saddened to hear of the recent death of longstanding Council member Mr William Rathbone.

William Rathbone OBE was a member of the Council of the Queen's Nursing Institute from 1974 until his death on 31st December 2022. As a great-great-grandson of the founder of District Nursing, William Rathbone VI, he continued a long family tradition of philanthropy and public service of international renown. His name was familiar to community nurses throughout the United Kingdom and abroad.

William Rathbone served on the Remuneration Committee and was also a member of the Finance and General Purposes Committee for many years. He attended most QNI Awards Ceremonies and public events, and as such was a very visible connection with the proud history and tradition of community nursing in the UK.

Professor John Unsworth OBE, Chair of Council, said, 'William Rathbone continued to guide the organisation for more than 48 years, transforming it from an organisation close to closure to the

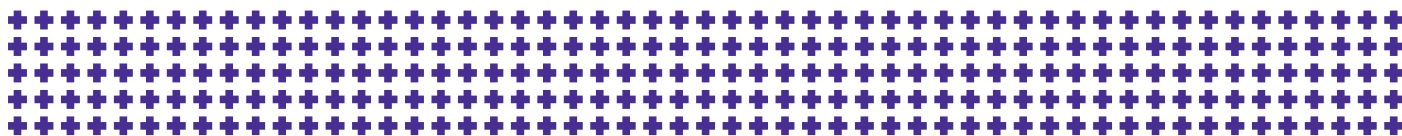
successful professional body it is today. Bill was the fifth member of his family to serve on the Institute's Council from its inception and the Rathbones are the only founding family still contributing to the organisation that William Rathbone VI founded in 1887. Bill's passing is a huge loss to the Institute, and I will personally miss his wise counsel, friendship, and vast knowledge of the QNI.'

William Rathbone X – the X denoting the fact that he was the tenth member of his family to bear the name – was born in Liverpool in May 1936. Following National Service in the Royal Artillery, he went up to Christ Church, Oxford where he read philosophy, politics and economics. He had a successful career in business, working at Ocean Group plc, a multinational shipping company, for 29 years. He then became Chief Executive of RUKBA, now Independent Age, a national charity helping older people in need, leading the organisation for 12 years.

Following his retirement in 2001, William Rathbone devoted himself to his passion for the voluntary sector, being closely involved with seven charities. In 2009 he was awarded the Gold Badge of the Queen's Nursing Institute, its highest award, and in 2012 he was made an OBE for his charitable services.

Dr Crystal Oldman CBE, Chief Executive, said, 'I would like to pay tribute to William Rathbone and the superb and enduring support he gave to the QNI throughout his life. His understanding and commitment to the mission and purpose the QNI was absolute, and his wisdom and sound judgement as a trustee was of immense value to all of us.'

The Rathbone family's involvement with the QNI continues through Mr Nick Addyman, the son-in-law of William Rathbone, who has served as a trustee since 2017.



Pauline Ling (nee Kirby) 28/8/35 - 23/2/2022



In 1953, when the National Health service was just 5 years old, Pauline had done a pre-nursing course in her home town of Doncaster and started the three-year nurse training at St

Lukes Hospital in Bradford. That is where I met her, and we became life-long friends. Together we became midwives – undertaking Part 1 in Bradford and part 2 in Chatham, Kent.

We then chose Exeter to do the four-month training course to become Queen's District Nurses. We were most excited to be offered motor bikes as transport rather than the bicycles we had used for midwifery! We also learnt to drive so we could use cars. We worked as Queen's Nurses for the contract year in Exeter, then moved to Plymstock in Devon to share a house from which we worked as District nurse midwives. Although happy with our work, we decided that it would be exciting to travel abroad.

In January 1961 we flew to Australia to work for the Victorian Bush Nursing Association. Life was great, and after working in three Bush Hospitals, Pauline went to New Zealand as a midwife in Christchurch, then we both nursed in a Maori village hospital at Te Puia Springs, where the staff and patients often sang and danced or played their guitars making a memorably happy atmosphere.

Pauline returned to England and worked as a District Nurse in Bath. When I returned a year later we moved to a flat in Harrogate and worked as private midwives. The weather was cold and miserable and we got itchy feet and a yen for a warmer climate.

So, in October 1966 we arrived by plane in Zambia for a three-year contract as nurse midwives. The first eighteen months was in the bush of Kasama in an overcrowded hospital nursing all sorts of conditions from leprosy and malaria to complicated midwifery, snake bites, malnutrition and lots more in between. We also worked in Lusaka hospital more overcrowding and difficult conditions.

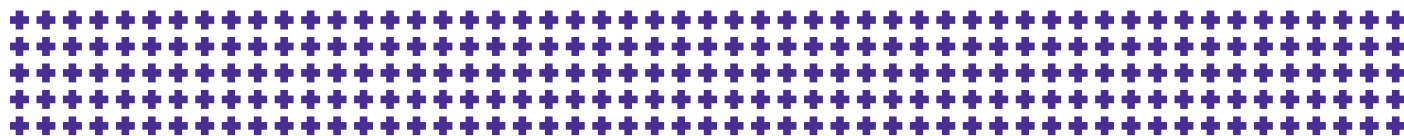
Pauline met and became engaged to Colin Ling, who had been working in Zambia since 1960. Pauline and Colin returned to England for their marriage, then went to live in Bedfordshire, Buckinghamshire, Kent, and finally Harrogate. Pauline always continued to find nursing jobs wherever she lived, Woburn Sands, Leighton Buzzard, Aylesbury and Sidcup. As well as midwife and nurse she became a diabetic specialist nurse and a convener for the Royal College of Nursing.

In 1972 Pauline was hoping to become pregnant before getting much older. She accompanied me to visit Harry Edwards, a Spiritual Healer in Surrey, in the hopes that he may heal my deafness. The deafness was not healed, but Pauline said she had felt a great peace at the healing sanctuary and was delighted to report that within two months of that visit she became pregnant with James! Fourteen months later Edmund was born, and Pauline was thrilled to have her little family. Pauline proved to be a wonderful wife and mother, as well as continuing to work in various nursing jobs until retirement, when she joined the NHS retirement Fellowship in Harrogate.

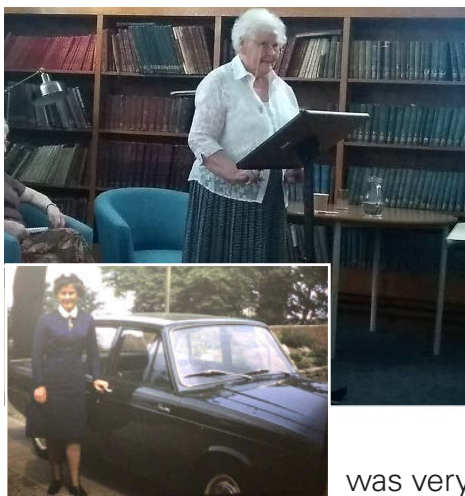
Following her bowel cancer diagnosis in August 2021, Pauline remained positive and was thankful for all the friendships and experiences of her life. She declined quite rapidly and died peacefully in the local hospice.

Pauline is sadly missed by her family, friends and myself. She was a credit to the nursing profession and she especially loved her work as a Queen's Nurse.

Margaret Hockney



Janet McGurk, 6/1/29 - 18/1/2023



Janet was born in Wickersley, on the outskirts of Rotherham, the youngest daughter of Amy and Ross Coy with an older brother and sister, to whom she

was very attached, remaining so until their

deaths. Janet married Frank in 1950, a loving husband for nearly 45 years, and they had two daughters, Lorna and Helen.

Janet was very caring, social and organised, following her sister (a member of the Queen Alexandra's Royal Army Nursing Corps in World War 2) into the nursing profession, becoming a state registered nurse. Janet trained at the Royal Hospital in Sheffield - starting on 18th January, 1947, just as the NHS was about to begin. Janet worked at the Jessop hospital in Sheffield, then trained as a district nurse, later becoming a Queen's Nurse.

Representing the Queen's Nurses in Sheffield, Janet attended meetings in London on a regular basis. Janet loved her vocation as a district nurse and relished its variety and challenges – it even made her learn to drive and pass her test the first time. A long career on district followed, and Janet was very proud when she was presented to Princess Margaret. Janet led the community nursing service in Sheffield, making use of her organisation skills and ability to help and care for not only her patients, but also her colleagues – caring for others was an important part of her. However, she did like to have things done correctly!

Janet and her husband had an active social life together, and anniversaries and birthdays were always celebrated – she was a good cook just like her mother. Janet enjoyed going on holiday,

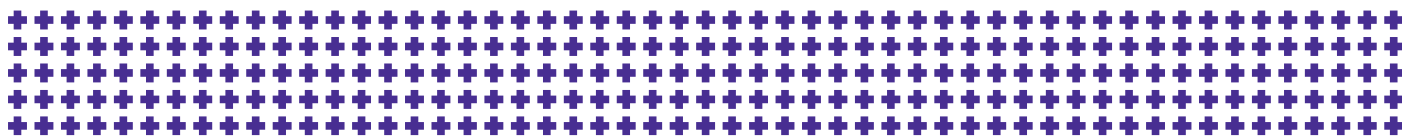
partly because it meant no washing-up! In the mid 70's Janet and Frank began to explore further afield - the Dordogne became a favourite, New York via QE2 and Concorde.

When Janet moved to Dore she joined the Dore Ladies Committee, the Mother's Union, the Townswoman's Guild, her local church and the Dore Ladies Coffee Club. Janet was a member of the Sheffield Queen's Nurses group, which started in 1986, organising their meetings, keeping in touch with members, as well as notifying the QNI Head Office of any changes. In 2019 Janet spoke about her nursing experiences at a book launch of a history of district nursing. Janet explained that she went into district nursing because she had a young family, but wanted to come back to nursing – she had always wondered what happened to patients when they left hospital and "went through the door".

Janet's team started the first nurse night service - one of her nurses was driving so slowly looking for an address she was approached by a policeman who thought she was kerbcrawling! When she explained what she was doing the police provided her with a police escort to her destination. Janet also talked about how District Nurses had to take their own saucepans with them – some of their patients wanted to use the saucepans to boil their vegetables in after being used to boil syringes! The night nurse team had messages relayed via the ambulance service, and Janet recalled a GP who charged patients sixpence if he had to make a phone call on their behalf!

Janet embraced technology in the 21st century and learned how to use her laptop – enabling her to order her shopping online, zoom with her family during the pandemic and use email. Janet had a "love-hate" relationship with her mobile phone – it made her very cross when the machines would not behave as she wished!

Throughout her life Janet was a social, friendly and caring person – her life was truly one that should be celebrated and remembered with joy.



‘From Bedpans to Boardroom’ by Queen’s Nurse Amanda Jayne Sumner



The first comprehensive history of nursing and midwifery in the Isle of Man has been published.

‘From Bedpans to Boardroom – a quirky history of nursing and midwifery in the Isle of Man’ charts the development

of both professions from humble handmaids and assistants to the executive-level decision makers of today.

The book tells the story of nursing in the Island in all its forms, highlighting the diverse experiences of nurses and midwives through the ages and in different places – from nursing in the community and schools through hospital and mental health nursing to the challenges of the Covid-19 pandemic and the creation of Manx Care.

‘From Bedpans to Boardroom’ brings together for the first time a wealth of fascinating photographs, recollections, reports and anecdotes from past and present.

Author and Queen’s Nurse Amanda Jayne Sumner has made a lifelong career in nursing. Her long-held ambition to share the ups and downs of the profession and the remarkable progress of nursing and midwifery over the years has produced a definitive historical account. It is also a fond salute to generations of ordinary men and women who do extraordinary daily work.

Amanda said: ‘The pandemic highlighted the

role of nurses as never before. It made me all the more determined to explore every facet of the profession. The more I researched, the more I discovered – some of it sobering, some of it hair-raising, much of it uplifting, but all of it true!’

She added: ‘Nursing for me has been endlessly challenging and varied. The book is not only about the Island’s nurses and midwives - it’s also about leaders, politicians, trade unionists, philanthropists and even a few mavericks, whose actions and decisions have shaped our most valued public service. They make this a very human story which I hope will appeal to everyone.’

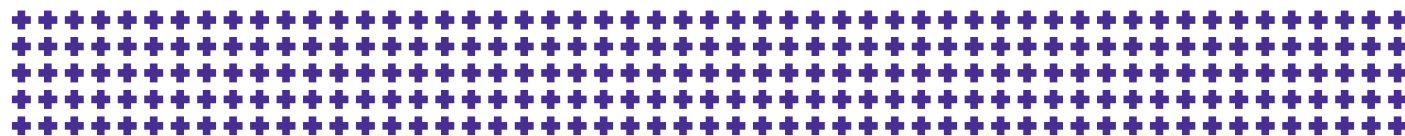
The book describes the transformation in the qualification and status of nurses and midwives from bedside carers to the highly qualified practitioners of today.

The book includes chapters on nursing during wartime, the opening of the Island’s first maternity facility, birth of the National Health Service, the development of specialist teams and nurse-led services, and there is a chapter dedicated to the Island’s response to the Coronavirus pandemic.

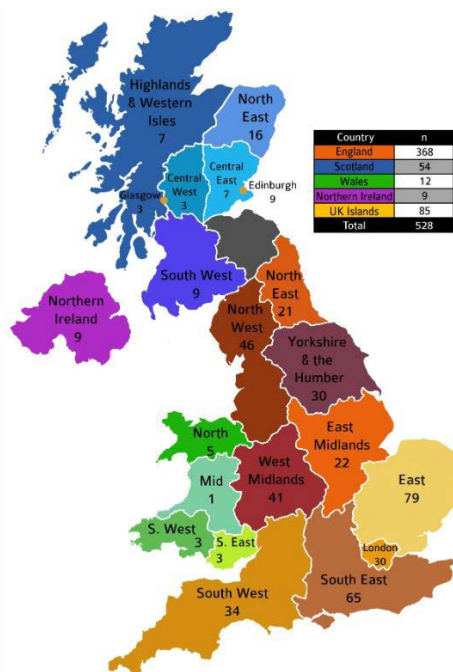
From Bedpans to Boardroom is available on Amazon, priced £24.99.

About the author

Amanda Jayne Sumner began her nursing career in Wigan in 1990. She worked in general surgical and medical wards before moving to the Island in 1995. After spending time working in care of the elderly, she joined the healthcare team at the prison where she became Lead Nurse in 2013. Amanda is currently the Care, Quality and Safety Coordinator for Community Health Services where she oversees clinical governance for community nursing, therapies, podiatry, and the diabetes and endocrinology department.



Creating a Space for Community Research



Sparked from a desire to encourage more nurses to engage in community research, the QNI Community Nursing Research Forum was created in February 2023.

Crucially, the Forum is open to all nurses interested in community research, no matter what their area of interest, speciality or level of experience.

A year on, the Forum continues to develop and now has over 500 members. This overwhelming amount of interest and engagement has been very energising and has encouraged us to build a range of stimulating and useful resources based on members' requests and development needs. There is clearly a real appetite for engaging with research within community nursing and we want to support members in developing their skillsets, networks and research interests.

Giving nurses the opportunity to engage in research may not seem like a priority in such uncertain times, especially when much of the workforce is understaffed and can feel demoralised. However, we believe that research can be a chance to recharge and stimulates new perspectives. Conducting and engaging in research requires many different skills and abilities and can give nurses some respite from

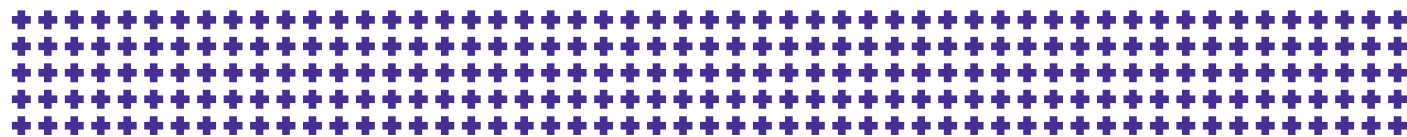
the demands of clinical practice. It also allows nurses to communicate and collaborate closely with like-minded peers involved in research, something that can be limited when working in community settings.

Our webpage is a great starting place for those new to the Forum. Members and guests can navigate through many interesting and helpful resources, with pages dedicated to funding and training opportunities, profiles of Forum members, and our mentorship scheme. The Forum also holds regular events, notably our Research Masterclasses and webinars. Our first Masterclass took place in December 2022; aimed at research beginners, it focused on highlighting the value of research for patients and community nursing. Presented by Professor Alison Leary MBE, the Masterclass looked at the QNI's International Community Nursing Observatory's (ICNO) work of using evidence to influence community nursing and care. Alison stressed the importance of engaging with research at all levels, from nurses to policy makers, in order to improve services and affect change.

Our January Masterclass was delivered by Dr Jenni Burt who asked all the attendees to become 'Sherlock-esque detectives' when critically appraising qualitative research papers. Jenni encouraged attendees to look around a paper and ask themselves important questions like how many citations does it have, and are the claims within it supported by sufficient evidence? Both Masterclasses had over 140 attendees, and the summaries and recordings of the sessions are available on our webpage, along with the details of future Masterclasses.

Along with the Masterclasses, we are also hosting webinars in May. The theme of the webinar in May session is titled 'Working with underserved communities'. Both webinars will feature a host of diverse, inspiring speakers and include Q&As.

Find out more here: <https://qni.org.uk/nursing-in-the-community/community-nursing-research-forum/>



Queen's Nurses included in the Queen's Birthday Honours



the King on 14th March. Yemisi Osho tweeted she was 'honoured and humbled' and 'dedicated this honour to her nursing family.' Sharon Aldridge-Bent tweeted 'Two #extraordinaryQNs awarded on the same day...' 'Honoured by the Queen, awarded by the King... all in the name of community nursing'.

Queen's Nurse Steph Lawrence was presented with her MBE at Windsor Castle by The Princess Royal on 8th March. Steph said: 'I attended the investiture for presentation of my MBE awarded in the Queen's platinum jubilee honours for services to District

Nursing. It was such an amazing honour but also very poignant as just days before I found out about the MBE, my lovely mum had died suddenly. So very bittersweet but I know she will have been watching with pride on the day.'

Professor John Unsworth, Chair of the QNI's Council and a Queen's Nurse, was presented with his OBE from His Majesty's Lord Lieutenant for Tyne and Wear, Lucy Winskell OBE, with Cllr Dot Burnett, Mayor of Gateshead, on 5th December.

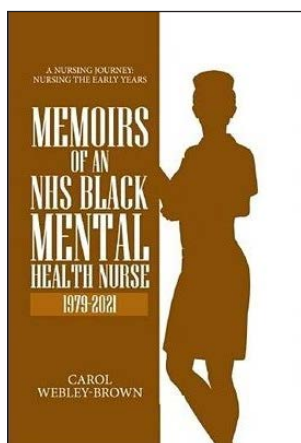


Above left: Yemisi Osho (left) and Sharon Aldridge-Bent (right);
Above right: Steph Lawrence;
Left: John Unsworth

The staff and Council of the QNI would like to congratulate the Queen's Nurses who were included in the late Queen's Birthday Honours, which have now been presented. They have made the whole profession proud and are fabulous ambassadors for community nursing.

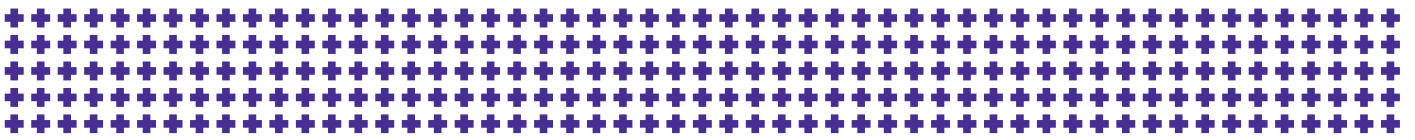
Queen's Nurses Sharon Aldridge-Bent and Yemisi Osho were presented with their MBE medals at Buckingham Palace by His Majesty

Queen's Nurse Carol Webley-Brown writes memoir



Queen's Nurse Carol Webley-Brown has written a memoir of her experiences in the NHS from 1979 - 2021. In her book, 'Memoirs of an NHS Black Mental Health Nurse' she shares an overview of her life, in psychiatric training and care as well as accident and emergency nursing, teaching in universities, general practice nursing, caring for her terminally ill husband and volunteering in Ghana.

Through her story, Webley-Brown seeks to break down the walls of racism and raise the profile of Black nurses. Copies will be available to buy soon.



Everybody's got a story, Audrey Devere-Adamah QN



What does Black History Month mean? Why devote a whole month to celebrate a race? What is the importance?

Well, everybody has a story, and yes, I mean everybody, that is all humans from all races and all backgrounds have their own stories.

Not history but stories, and I guess for a black person, the journey, no matter the background, be it African, Caribbean, mixed or however one chooses to identify, the journey from childhood to adulthood has had its moments and times of emotional roller-coaster and this brings its meaning to celebrating Black History Month.

Growing up and fitting in

As black people, at birth, our physical features are very different; the colour of our skin is quite fair, so one is never quite sure what shade of black one will be and that is the beginning of our beauty; our hair which is mostly tight soft curls is another beautiful feature. As growth comes with changes, so changes come with the tone of

our skin and the structure of the hair. I learnt the tone of our skin can actually be identified by the tip of the ear from birth, and experience has proved it is true. Isn't that beautiful?

As for those wonderful, tight, soft, easy to comb curls, they become full, coarse, frizzy and hard to manage. Combing your hair brings tears and for girls, having it in braids is the easiest way to manage it: that also brought moments of torture as a child so for most girls as soon as one can, we go on the journey of relaxing our hair to make it straight, soft, and manageable. Well, there is half the explanation! The other half is for us to fit into society because unspoken words, though sometimes spoken cruelly, bring the feeling of not belonging. Straight fine hair was more befitting it seems. There is, however, a shift now and most people are accepting of who they are and their physical self.

There is nothing wrong with how one chooses to fit into society, whatever makes you comfortable, do it but know conforming to society is not about looks, background or even culture. It is about respecting and loving yourself and in doing so, making it easy to do same to others irrespective of status and vice versa.

Growing up through teenage years through to adulthood, proving oneself becomes a priority. Through schooling years to working life, succeeding in academics, achieving professional success, it always seems like one has to work harder, as though one is never enough.

Black parents often tell their children to work harder because of their colour. Why? Being black is seen as inferior and one always has to prove oneself. I never understood that until discrimination and racism faced me at work.



Overcoming Racism

I was apparently “achieving too much,” “I was liked too much by my staff and commissioners” and there was “no understanding why” – now that story is for another day but I will say this: the situation and behaviour of one person made me lose my self-confidence to the point of wanting to leave the profession I had loved for 30 years.

One person was about to change my life! Change what my ancestors and most in society (including myself) were striving to achieve. Discrimination and a racist attack by my white manager (I have been told to call it out) in another organisation brought me that low; but there is always a silver lining – many call it resilience but whatever it was, I persevered and applied for a Fellowship scheme. It was to be a way of leaving that toxic environment but also ending my 30-year nursing career on my terms.

That secondment was here in NHS England. My new (white) manager treated me with such respect, valued me as a team member, supported me and changed my perspective to the point where I believed in myself and the system again. All she did was treat me as a colleague. No prejudice – that’s all it took for me to believe again that I was enough. With confidence I stayed in nursing and I am still here – part of my story.

I am Enough

Guess what, I am enough and so are you. We are enough because this planet we live on called Earth is for all of us – I have the right to be here and so do you and I mean every one of you from every race and every colour, we are all enough.

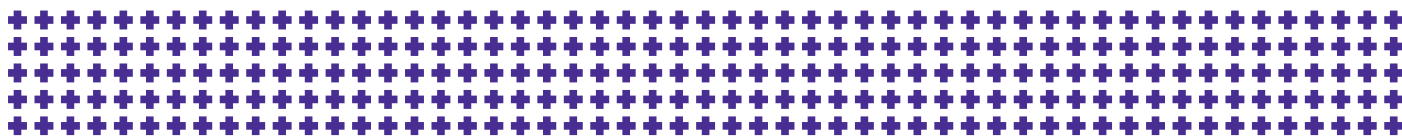
As people of African, Afro-Caribbean or African-American descent, our ancestors laid the foundation earlier on for us – from Rosa Parkes, Martin Luther King, to Mary Seacole and other nursing pioneers.

Through their actions (silently or through speeches) they were heard. It was not through a battle but sheer bravery to bring understanding that equality and diversity is a dish that should be served to all because it is deserved by all – this year’s theme for Black History Month summarises it succinctly: ‘time for action...’

As black people, we have come a long way and awareness though growing slow, is travelling alongside, we all just need to be a part of it. The journey is sometimes not easy but we persevere, our perseverance should never be as ‘victims’ finding their way but as those who walk on equal terms as we find understanding and acceptance together as colleagues.

It is great to see networks in the workplace mirroring some of what is in the black communities to bring more awareness and celebrate allyship, networks with so many people who want to understand and those who do understand. Those who choose this path are rising to bring change and it is beautiful to see the journey of change.

The journey is still long but I have faith, I have hope and I believe that working together as a team, trusting each other to achieve and celebrating our successes together is what will give this journey pace and bring a meaningful end to our story.



New feature - QNI staff interviews

We thought we would alternate this back page between a Pet's Corner which is always popular and a new feature: short interviews with QNI staff. First up is the communications team. Matthew Bradby, Head of Communications, Hanna Mountford, Digital Project Manager and Joanna Sagnella, Publications Manager.



Above left: Matthew; middle: Joanna; right: Hanna.

1. Where is your dream holiday and why?

Matthew: A tropical beach/jungle holiday, somewhere with lots of wildlife and perhaps some ancient ruins.

Hanna: South Georgia Island which is sometimes called 'an Antarctic oasis' because of the huge numbers of penguins and seals that breed there, and Rio De Janeiro with its unique landscape, beaches, rainforest, scenic views and carnivals.

Joanna: Japan. Ever since my Dad came back

from Japan on a business trip when I was about 12, I've wanted to visit Tokyo and Kyoto, during Hanami, the cherry blossom festival.

2. Favourite food?

Matthew: Mexican - beans, chilli peppers, tortillas, tomato salsa - no meat though because I'm vegetarian.

Hanna: My favourite food is sushi and draniki - national dish of my homeland, Belarus - potato and onion pancakes, crispy outside and soft inside, served with sour cream, mmmm, delicious!

Joanna: Italian (pasta!) or Malaysian food (noodles!).

3. What do you do to relax?

Matthew: Gardening - I never regret going out into the garden and the endless little jobs to do there, even when the squirrels are making a mess of things.

Hanna: The best way for me to relax is to delve into a story, whether a book or a film and live through the characters in it, or listen to my favourite music.

Joanna: I read. I could very happily spend a whole Sunday afternoon just reading. I sometimes manage to persuade my children (11 and 14) to join me - my dog always does.

'Easyfundraising' for the QNI

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The cost is covered by the brand you're shopping from. If you would like to find out more and consider choosing the QNI as your chosen charity, please go to: <https://www.easyfundraising.org.uk/>

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, or write to Suzanne Rich, QNI, 1A Henrietta Place, London W1G 0LZ.

Please note: if you have recently changed address, please let us know by emailing us at mail@qni.org.uk.

QNI News as it happens - online



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