



## Scotland's Gardens Scheme ongoing support

Scotland's Gardens Scheme continues to support the Institute, although the garden owners now nominate a charity of their own choice to receive 60% of the funds they raise.

Do you know any garden openers who might consider opening for QNIS as their nominated charity in 2020?

If you go to visit any of the gardens in your local area please be sure to tell garden openers you are a Queen's Nurse and to thank them for contributing to the work of QNIS.



### Dates for your diary

#### Holidays

11th to 16th September 2019  
22nd to 26th June 2020  
14th to 18th September 2020

**QNIS Awards Dinner**  
28th November 2019

**QNIS Annual Conference**  
1st April 2020

**Doors Open**  
31 Castle Terrace, Edinburgh  
28th September 2019

**Inverness Tea Party**  
24th August 2019

**Stornoway Event**  
24th September 2019

**Skye Christmas Lunch**  
29th November 2019

**Annual Gathering**  
22nd June 2020

## Patients' tribute to a special nurse

Practice Nurse Sarah Everett, based at Govan Health Centre in Glasgow, recently won the RCNI's Patient Choice Award.

In 2018, under the Catalysts for Change programme, QNIS awarded a grant of £5,000 to Sarah to work with a core group of men in the practice area to set up the Govan Men's Shed.

Sarah knew many of her male patients were socially isolated and lacked access to meaningful activities. Keen to make a difference, she consulted patients including John Alexander about creating the Shed - a place where men could meet, enjoy each other's company and pursue practical interests. The project is now a charity, empowering men who are retired, unemployed or unfit for work to take control of their health.

Earlier this year, Mr Alexander nominated Sarah for the RCNI's Patient Choice Award and she made the final shortlist. After a public vote, she was announced as the winner at a ceremony in London on July 3.

Mr Alexander said: "Sarah was sensitive to our mental and physical health needs and knew there was little motivation to make healthy lifestyle choices.

"She has been the driving force and so willing to go the extra mile for men like us, dedicating hours to navigating red tape with her infectious enthusiasm. She motivates us to keep going even when dealt bitter blows."

Sarah said: 'I'm so delighted to win such a prestigious award. I didn't expect it at all. It was such an honour to be nominated by a patient. The Shed started with five patients but it quickly grew to 15 and now more than 30 attend regularly.'



## Celebrating 130 years of Queen's Nursing at the Crieff Hydro Annual Gathering



More than 70 people attended the Annual Gathering at Crieff Hydro on Monday 17th June to celebrate 130 years of Queen's Nursing in Scotland.

Queen's Nurses travelled from across Scotland to attend, many enjoying the company of their fellow Queen's Nurses on the coach journeys to Crieff.



## Message from Clare Cable

I hope this finds you all well and enjoying a bit of sunshine. 2019 marks our 130th Anniversary and we are well under way with our celebrations. I hope you are able to join us at some point this year.



So far the main events have been our conference, an Edinburgh tea party, the Gathering at Crieff, an intergenerational event at Glasgow Caledonian University and a celebratory tea in Inverurie. We have also launched our new history pages on the website telling the story of QNIS. Please do have a look.

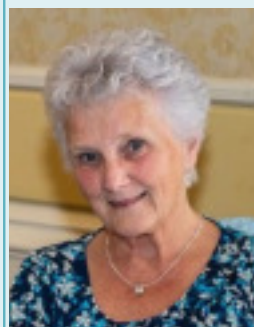
An integral part of our history is your stories. We would very much like to hear your memories of Queen's Nursing in Scotland.

At the end of April I visited Portrack House, near Dumfries, opened as part of Scotland's Gardens Scheme. Please visit the open gardens near you and tell them about the work of QNIS and just how much we appreciate their ongoing support.



## QNIS Visitors

The Queen's Nurse Visitors are a group of amazing volunteers who were themselves Queen's Nurses or district nurses. The Visitors offer fellowship and a keep-in-touch service which can be face-to-face or over the phone.



Murdina

We have two new visitors to let you know about. In the Glasgow area there will be Murdina Clark and Lorraine Haining, a recently retired new Queen's Nurse will be the visitor in Dumfries and Galloway. We also have plans to recruit a visitor for the Tayside area.

We have enclosed a leaflet with more information and the details of your local visitor. For more information about visiting or becoming a visitor please contact Castle Terrace on 0131 229 2333.



Lorraine

## Royal Garden Party

We were delighted to receive tickets again for this year's Royal Garden Party at Holyrood Palace on 3rd July. Those attending left from 31 Castle Terrace looking very elegant.



Attending on behalf of QNIS were, new QN

Visitor Lorraine Haining, new QN Lyndsey Forsyth and Fellow of QNIS Liz Murray and retired QN Ann Clark (who made her own way to Holyrood).

If you would like to be included in the draw for tickets for the 2020 event, please let Castle Terrace or your visitor know. If you have attended before, you may not apply again.

## Sad news

This year we received the news that both Irene Marquis and Ruby Matheson had died on 6th March. Irene was Miss MacLean's assistant superintendent at Castle Terrace and Ruby was one of the founder members of the Scottish Association of District Nursing Sisters and a Queen's Nurse Visitor. We also learned in January that the last male Queen's Nurse, John Groat, passed away on Boxing Day 2018. Full tributes will be in the winter newsletter.

## 130 years of Queen's Nursing in Scotland in 2019

### We need you ....

Thank you to everyone who has already sent us photographs and artefacts. These are very much appreciated.

With this newsletter we have included a form for you to send us a memory of your time as a Queen's Nurse. We really want to hear your story.

What you think of as just doing your job is exactly the sort of thing that other people are curious about.

Who or what has stuck in your memory? What is the one thing about your nursing career that you will never forget?

## Doors Open Day - Edinburgh 2019



31 Castle Terrace will be opening its doors to the general public on Saturday 28th September for the first time to mark 130 years of Queen's Nursing in Scotland.

Please put the date in your diaries as you, your families and friends are all most welcome to come and join us.

We will have an exhibition in the boardroom and staff and some volunteers will be on hand to tell visitors about our history, our beautiful listed building and most importantly about the important role nurses play in our communities across Scotland.

## Pauline receives RCN Award of Merit

Pauline McIntyre, Queen's Nurses Candidate for 2019, has been honoured with a prestigious Royal College of Nursing Award of Merit.

Pauline, who works as Deputy Director of Care at the Veterans' charity Erskine, was recognised for the exceptional contribution in her role as RCN Steward. She received her award at the opening ceremony of the 2019 RCN Congress in Liverpool.



## Names added to Celebration Wall

We are delighted to have added Miss Lamont to the Celebration wall this year. She was joined by Irene Marquis and Mr and Mrs Groat - married Queen's Nurses.

Any Queen's Nurse can have their name inscribed.



## NHS Retirement Fellowship

Have you heard about the NHS retirement fellowship which offers benefits to former NHS staff, including discounts on holidays and travel insurance. If you would like to find out more they have a website where you can join as a member.

<https://nhsrf.org.uk/>

## Keeping in touch

Do you have a friend who is a Queen's Nurse who doesn't get mailings from us? This might be because they have moved house and we don't have their current address or our records are incomplete. Please ask them to get in touch with us so we can add them to the database.

## Queen's Nurse Tartan available to buy

We have a small amount of Queen's Nurse tartan available to buy.



The Harris Tweed fabric costs £20 per half metre (including postage and packing) and is 150cm wide (ie in old money roughly 60 inches by 19.5inches).

Half a metre would easily make a cushion or three fronts of cushions with something else on the back.