

Message from Clare

This time last year we were watching the news and the attention brought to nursing by the global pandemic. At QNIS we were working out how best to support community nurses facing the huge challenges of COVID-19. A year on and we are seeing significant burnout and exhaustion. The vaccination rollout is well underway but the pressure on our health and care services is even greater as we work with Scottish Government to remobilise, recover and redesign services going forward.



However there is hope and good news, the Queen's Nurse programme has continued online and we are planning to revitalise programmes which had to pause as well as exciting new ventures which you will read about. We have started making plans for some staff to return to the office at Castle Terrace later in the year. We have learned a great deal through working virtually and the future will certainly build on that learning, with more online gatherings when that helps minimise unnecessary travel.

On the 12th May we celebrated International Nurses Day. To mark the day, I was invited to speak at the Care Inspectorate's online celebration event by their Chief Nurse Dr Jane Douglas, Queen's Nurse from the 2019 cohort. I was also delighted to support the Scottish Poetry Library in their launch of the pocket poetry anthology *To Mind Your Life* which you can read more about on page 2. Following a very different Queen's Nurse programme in 2020 due to the pandemic I am pleased to say that we have been able to share the profiles of the 2020 Queen's Nurses on our website.

We continue to face challenging times, as a Queen's Nurse community we are encouraging one another to take good care of our own wellbeing (advice I am sure you would be giving). To take time to eat well, get fresh air and pay attention to the joys of nature around us. I hope you are able to do the same.

Welcome back Karrie

May saw the return to the (virtual) office for Karrie Gillett after a year-long maternity leave following the birth of baby Heidi. Karrie, who you may have met at previous Annual Gatherings, is the Media and External Relations Manager at QNIS.

She returns on a part-time basis, working Monday to Wednesday.



Introducing Lisa Lyte

QNIS is delighted to be welcoming new member of staff Lisa Lyte to the team. Originally from London, Lisa recently returned to Scotland after 10 years living in Sydney, Australia.

Her career to date has been mainly commercial and she is looking forward to using her organisational skills for the Healthier Pregnancies; Better Lives programme.

Lisa, who has taken up the role of Project Coordinator for the programme, said: "We returned to Scotland for my husband

to start a new job. I had three goals to achieve – a house, a job and a dog. I'm glad to say we are now both employed, living in our new home in East Lothian with our playful Jack Russell puppy.

"I am really looking forward to getting involved in the work of Healthier Pregnancies; Better Lives and to contributing to making it a team success."

The programme, being led by Jonathan, is a new QNIS project in partnership with Cattanach and The National Lottery Community Fund, encouraging and supporting community nurses and midwives to identify opportunities to make a positive difference before a woman's first or next pregnancy.

New Queen's Nurses

There are currently 29 nurses taking part in the Queen's Nurse programme in 2021. 8 of them are a special Learning Disability nurse cohort whose programme was postponed in 2020. While it hasn't yet been possible for all 29 to meet in person yet, the Learning Disability nurses met at the end of May for their delayed residential week.

Some of the programme is separate for the Learning Disability Nurses as they are working on a joint project, but all 29 have connected up online.



Lemon Loaf

Catriona Prentice sent us this recipe. Her Lemon Loaf was her calling card when she moved to her new home and she soon made good friends with all her neighbours. These cakes will freeze well – you could pre-slice it and take out pieces to defrost when you fancy a wee treat.

Ingredients

2 large lemons
6 oz self raising flour
1 teaspoon baking powder
2 Eggs
½ cup Milk (Lemonade or Irn Bru work as an alternative to milk and it makes the loaf lighter)
4oz Margarine
6 ozs Caster sugar
Small amount of icing sugar to dust

Equipment

1lb lined loaf tin
Sharp knife for cutting lemons
Large bowl for mixing margarine and sugar
Small bowl for mixing the eggs and milk
A juicer
A zester
A skewer
Electric or hand mixer
A sieve

Method

Preheat your oven to 150 degrees centigrade (fan) or equivalent

1. Wash the lemons in hot water and dry. Zest the skin and then use the juicer to get the lemon juice. Keep half of juice to use for glazing the cake once it is cooked.
2. Put all the margarine and 5 ozs of caster sugar into a large mixing bowl and cream together.
3. Break eggs and mix in the small mixing bowl with the milk and lemon juice (less the amount for glazing) and zest.
4. Sieve the flour and baking powder together and add to the big mixing bowl with the creamed sugar and margarine.
5. Mix in the eggs, lemon juice and zest and mix evenly.
6. Spoon mixture into the baking tin and place in the pre-heated oven for 50 minutes. Test with a skewer. When baked through and skewer comes out clean, remove from the oven and place on a flat surface.
7. Mix the left over 1oz of caster sugar with some juice and spoon onto the top of the loaf. Dust with icing sugar.



To MIND Your LIFE



POEMS for NURSES
& MIDWIVES

Edited by

Marti Balaam | Clare Cable | Kath MacDonald
Jenny Patterson | Tasha Prigmore | John Gillies | Samuel Tongue

To Mind Your Life Poems for Nurses & Midwives

is a pocket-size collection of poems intended to encourage and console front-line clinicians. It will be given by the Scottish Poetry Library to nursing and midwifery graduates in Scotland over the next three years.

The book, which features poems that deal with themes including kindness, hope and exhaustion, has been produced by the SPL, along with the Queen's Nursing Institute Scotland, the Royal College of Midwives and the Medical and Dental Defence Union Scotland. It includes a poem from retired Queen's Nurse Adeline Reid.

It is now available to buy from good bookshops and online for only £6.99.

Crieff Hydro—September 2021

Those of you who have booked places for the holiday at Crieff in September will be receiving more information from us by letter in mid-August. Payment for the holiday will be requested at that time. The Crieff Hydro keep their website regularly updated with advice on what you need to know about coming to the hotel but we will also send you a pack. They are doing all they can to ensure everyone has a wonderful holiday but there may be some changes from previous years to ensure they comply with government guidelines.

If any amenities need to be booked before you arrive, we will let you know in plenty of time.

We hope that we will be able to return to two holidays in 2022 , in June and September.



News Roundup

The NMC is currently reviewing all post registration education standards including the Specialist Practitioner Qualification (SPQ). QNIS has expressed concern along with nine other professional organisations that standards specific to each of the five SPQ areas need to be developed.

We are currently running the What Nurses Know campaign encouraging people to respond to the NMC's consultation. You can find out more on the QNIS website and respond to the consultation as a member of the public on the NMC website. We would encourage you to do so, but set aside a bit of time as there are many questions!

Children are not little adults.
Advanced practice should not
be amalgamated within
programmes specific to adult
services.

Caroline Porter
SPQ CCN

#WhatNursesKnow



Sarah and Dawn continue to support the new group of Catalysts for Change projects including the SEEDs project which received media attention at the start of the year showcasing their toolkit to help nurses cope with emotional trauma in the workplace.

C3 Collaborating for Health is a small charity focused on the big three risk factors for poor health: tobacco, poor diet and lack of physical activity. Their mobile app CHESS™ helps communities interpret data about available resources and potential barriers to improving health. In partnership with C3 and with funding from the Burdett Trust, QNIS will train and support five Queen's Nurses to use this app with local communities in Scotland.



Then and Now

Alison O'Donnell reflects on her return to a nursing role as part of the COVID-19 vaccination team.

I retired as a lecturer in nursing from the University of Dundee in 2014 but kept on my nursing registration as I was still co-supervising two PhD students as an honorary lecturer until 2017.

When my registration came up for renewal in 2018, I decided that I really didn't need my nursing registration anymore and chose not to renew it. I had my 60th birthday in September 2019 and we went off on a holiday of a lifetime. I remember coming back from holiday and thinking, that this was now the 'retired chapter' in my life and my working days were over.

However, as world events emerged in late 2019 and into 2020, I watched the daily news and COVID briefings, and wanted to do something to help. So I applied to go back on to the emergency COVID-19 nursing register.

On Christmas Eve 2020, an offer of a vaccinator role at a mass vaccination centre came into my email. I completed 14 modules of online learning and compiled a folder of evidence for my induction. I started in February 2021 with my first late shift in a long, long time!



Most, but not all, of the vaccinators are retired from the NHS. There are retired hospital nurses, community nurses, health visitors, GPs, consultants, dentists, physiotherapists, occupational therapists, and other related healthcare staff, and nurses currently working in their own roles whilst undertaking a vaccinator role. There is also a core team from the current NHS vaccination teams who have wealth of knowledge to draw on. Some retired clinical staff are also volunteers.

Interestingly, the talk and conversation of nurses, remains more or less the same, even after 30 years. It's motivating to be back in the company of nurses and other healthcare colleagues.

The other key factor that hasn't changed is the need and ability to communicate with people. Times have changed, but you still need to be able to talk actively and effectively to gain a person's trust in a short space of time. I still feel that having the ability to be an able communicator is a core and fundamental element of being a nurse.

I have laughed a lot with people, but I have also been overwhelmed and humbled with the life stories that people tell you, and the fact that they trust you with their personal information.

I continue to enjoy my vaccinator role and would like to carry on as long as is possible. Every day is different and now the numbers of people coming forward are increasing which is great to see and it keeps me busy.

I can honestly say it has been one of the most rewarding things I have ever done.

QNIS newsletters and the RCN digital archive

We were very grateful to receive copies of old QNIS newsletters from Annie Stephen, retired Queen's Nurse in Grampian. Over the last few months we have scanned these and the digital copies are available for anyone to access via the RCN Digital Archive online. This has been so helpful while the Archive at NLS has been closed to the public and we have not had access to our archive material.

This link <https://bit.ly/3cKAWJv> will take you to the newsletters in the RCN archive. There are also some of the very old Annual Reports if any of you are keen to read more about QNIS's history.

Do you know that we have copies of the most recent newsletters on our website if you want to access and share a digital copy with friends. If you know a Queen's Nurse who does not receive the newsletter, do tell them to let us know and we will be happy to add them to the mailing list.

Do you have copies of newsletters before Winter 1989? We are missing Spring editions for 1990 and 1993 and the Winter of 1991. We would be happy to scan them and return the originals to you. Please contact Fi Fitheridge if you have any questions on 07834 571 020 .



Scotland's Gardens Scheme celebrates its 90th Anniversary

Established in 1931 to support the Queen's Nursing Institute Scotland, the scheme has changed over the years, but the links between QNIS and SGS are still strong.

You can read more about the history on the SGS website <https://scotlandsgardens.org/> and you also can find out more about the gardens that are open this summer.

If you do not have internet access and would like to know which gardens are open near you, do call the office and we can do a look this up for you. Be sure to mention you are a Queen's Nurse and thank the owners for opening their gardens to help QNIS as well as their own nominated charity.



Enjoying Scotland's Gardens

One of the upsides of restrictions lifting has been Scotland's Gardens supporters being able to open their gardens up to the public. They not only help raise funds for their own nominated charities but also the scheme's beneficiary charities, one of which QNIS.

Welfare and History Manager, Fi, took advantage of the beautiful weather earlier this month to visit a group of 6 gardens at Eskbank near Dalkeith. The owners were clearly delighted to have many visitors appreciating their hard work. They had taken every precaution so that everyone was safe.

"Looking for something to do on a Sunday, where I could meet up with a friend for a walk, we decided to head to Eskbank near Dalkeith and visit the gardens that were open for the Scotland's Gardens Scheme."

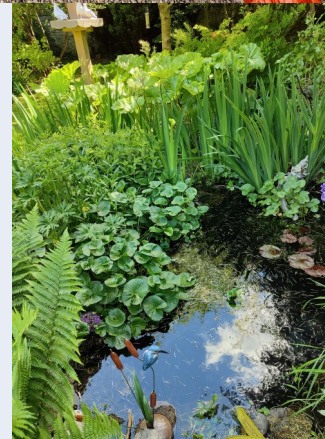
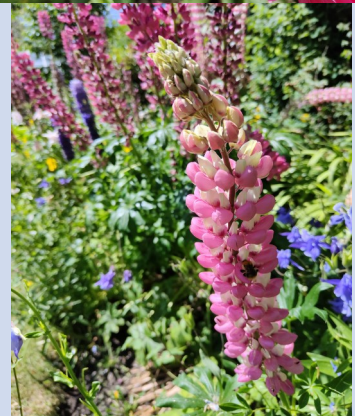
We arrived at 12.00 when the gardens were due to open and already there were quite a few people at the first garden, enjoying the beautiful sunshine and enjoying chatting to the owners about the amazing range of plants. Not only was the weather kind, but the plants had all come into flower on cue. As well as perfectly kept lawns and well stocked flower beds, many of the owners had a well organised and stocked vegetable garden area. There had been a lot of thought into the flow of visitors to the gardens with excellent signposting and volunteers on hand to chat about each garden and its plants.

The highlight for me was chatting to one of the volunteers, a retired school nurse, who had been based at Castle Terrace during her working career and who knew about QNIS — one of her very good friends was a Queen's Nurse! That garden was the one with the beautiful climbing rose. I wonder who I might meet at the next garden I visit..."

Scotland's
GARDENS
Scheme

All of the gardens which are open are listed on the Scotland's Gardens website and there are gardens open through the summer all over the country.

Please do go and support them if you are able.



Events

We know that one of the things you value is the opportunity for fellowship. Unfortunately it is still too early to predict when gatherings of retired Queen's Nurses will be able to take place but we are provisionally looking at some dates for Christmas lunches and planning dates for 2022. The Crieff Hydro has penciled in dates in their diary for 2022 for the June Gathering and two holidays, June and September.

Visitors

For the last year the volunteer visitors have been keeping in touch via phone calls, cards and letters.

With some restrictions having been lifted, it is now possible to visit someone in their own home. This means visitors are now able to begin visiting in person again. If you would like your visitor to come and see you, do let them know. If you do not have a visitor but would be interested in having regular contact with someone from QNIS, please contact the office and we will put you in touch with your local visitor.

Summer Wordsearch

N	H	E	D	O	L	B	A	R	B	E	Q	U	E
O	O	G	A	T	H	E	R	I	N	G	S	V	N
A	L	T	A	N	E	V	A	W	T	A	E	H	H
O	I	I	I	E	T	C	R	I	E	F	F	P	B
I	D	N	C	E	Y	S	R	O	O	D	T	U	O
G	A	S	E	R	D	A	L	A	S	E	E	S	O
N	Y	L	C	C	I	O	T	S	N	T	I	A	S
I	P	A	R	S	Y	H	T	I	I	N	S	N	A
N	I	D	E	N	A	T	H	U	N	E	A	D	S
E	C	N	A	U	V	S	S	E	E	M	P	W	E
D	N	A	M	S	N	M	T	R	C	S	O	I	B
R	I	S	R	U	I	B	E	A	C	H	O	C	W
A	C	D	S	W	E	L	L	T	A	W	L	H	H
G	A	O	S	S	T	R	A	W	B	E	R	R	Y

TENNIS
SUNSCREEN
SWIMSUIT
HOLIDAY
SANDALS
SALAD
BARBEQUE
STRAWBERRY
OUTDOORS
GARDENING
PICNIC
HEATWAVE
ICECREAM
SANDWICH
GATHERING
POOL
BEACH
SUNSHINE
CRIEFF

September Online Conference

Due to COVID-19 we were unable to proceed with our in-person annual conference this year. Instead of delaying for another year we have decided to move ahead with Fairer Kinder Greener an online event on the 1st and 2nd of September. Make sure to Save the Date and please contact comms@qnis.org.uk for more information.

The poster features the QNIS logo (The Queen's Nursing Institute Scotland) at the top left. A yellow banner in the top right corner says 'ONLINE EVENT'. The main title 'Fairer Kinder Greener' is in large white letters, with the subtitle 'Community nurses building a healthier Scotland' below it. A group photo of seven diverse people, mostly in nursing uniforms, is shown at the bottom. Overlaid on the photo is the text 'SAVE THE DATE' in large white letters, with '1st - 2nd September' below it. A Twitter icon and the handle '@QNI_Scotland' are in the bottom right corner.

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