

## Message from Clare Cable, Chief Executive and Nurse Director

Summer has been busy for many people, experiencing the joys of reuniting with friends and family, whilst being cautious and making the most of being outside whenever possible. This has also been an emotional time for many, finding a renewed gratitude for some of the things we have missed. Autumn brings the calming breath we all need to adjust to these changes. At QNIS, we find ourselves in a period of reflection, creating a new statement of purpose as we refresh our mission for a new chapter. We are gradually returning to face to face events and some staff are working from the Castle Terrace office whilst others continuing to work from home. This process will take time and we will all adapt at our own pace. We hope you enjoy reading of our news in the pages that follow. Do please keep in touch.

*Clare*

## Chelsea Flower Show

Although missing its usual springtime slot the RHS Chelsea Flower Show was able to return this year and I was delighted to attend on behalf of QNIS. The Florence Nightingale Garden – A Celebration of Modern Nursing was sponsored by the Burdett Trust for Nursing and honors contemporary nursing and the bicentenary of Florence Nightingale's birth. Designed by Robert Myers, the landscape includes some of Nightingale's own pressed flower collection, a quiet reflecting pool filled with clean spring water and a number of plants with medicinal properties and connections to health. It was both calming and inspiring to spend a moment engaging with this landscape. This is a space for reflecting on the significant role of the nurse in maintaining health in our communities. The story of Nightingale herself is woven into every aspect of the garden, from the artworks etched on glass to the simple timber structures, a nod to her preferred materials for constructing hospital buildings. This garden is a reminder that we are all responsible for creating and maintaining environments that promote health and wellbeing.



Dr Crystal Oldman CBE and Prof Clare Cable



## Fairer, Kinder, Greener - online event for community nurses

QNIS held a two-day online virtual conference this year on 1<sup>st</sup> and 2<sup>nd</sup> September called Fairer, Kinder, Greener – Community nurses building a healthier Scotland.

There were five sessions hosted online, with a range of topics covered including health inequalities, nursing leadership and planetary health.

We were delighted to be joined by a brilliant group of keynote speakers – and new for this year – keynote listeners, who spoke in response to the main session.



Also for the first time, we invited poets to listen to each session and create a poem to reflect what they had heard. Please visit the QNIS website if you would like to view the resources from the event.

## Capacitar training and the QNIS wellbeing initiative

At a time when we have all been affected by the collective trauma of the pandemic, now more than ever we need to be attentive to our own wellbeing and to support those around us. QNIS have been fortunate enough to receive funding from the COVID-19 Healthcare Support Appeal (CHSA) to enable 20 community nurses or midwives to undertake the Capacitar training to support recovery and resilience in the workplace. This training will begin in November.



## Catalysts for Change 2022/23

Applications for the next round of Catalysts for Change funding opened on Wednesday 1<sup>st</sup> September. Grants are available of up to £5,000 to help community nurses and midwives in Scotland work with local partners to explore short-term initiatives that prevent, reduce or overcome health inequalities. Thank you to our funding partner The National Lottery Community Fund for their ongoing support.



## The 2022 Queen's Nurse development programme

We have now opened nomination for the 2022 Queen's Nurse Development Programme. The programme welcomes nominations from employers for any community nurse or midwife that would benefit from this nine-month transformational development opportunity. As we are working to profile nursing's role in social justice we are requesting applications from those working in areas of deprivation or in roles such as care home liaison, homeless outreach, addictions, working with children with complex needs, sexual health, and criminal justice nursing. In addition, we are continuing our commitment to the Nursing Now Challenge and continue to encourage nominations from young nurse leaders who are newer to clinical leadership roles.

## Long Service Awards

Some of the longest-serving general practice nurses in NHS Greater Glasgow and Clyde have received an award in recognition of the dedication and "tremendous contribution" they bring to their roles. A total of 27 nurses across the health board area received the Community Nursing Award for Long Service during an online event on September 15, the first long service event in 12 months. The total years of practice nursing experience brought by the group is 701 years, with seven of the nurses having more than 30 years of service to their communities.



The virtual event, hosted online by NHSGGC, saw Dr Kerri Neylon, the health board's deputy medical director for primary care, address the group before the awards presentation. She said: "This is a really important opportunity to recognise the valuable role that our general practice nurses (GPNs) have within our whole system. For those here today, you are thoroughly deserving of this recognition as you have given so much to your patients and your practice teams, and the wider GGC community. I don't think we can adequately express how thankful we are to you for everything that you do."

Lorna Kelly, interim director of primary care at NHSGGC, presented the awards. She said: "It is really important to mark the tremendous contribution you have all made and continue to make to families, often across several generations, and to practices. These are really valuable things at any time but I think in particular with the challenges over the last 18 months, this is so important to mark these contributions." Sarah Doyle, deputy nurse director at QNIS, also spoke at the event, she added: "We make these awards to community nurses and midwives because we think it is vital to pause, to acknowledge and to celebrate the contribution you all make."



## Fortification of flour welcomed

The announcement that most UK flour will be fortified with folic acid (Vitamin B9) has been heralded by QNIS as an important public health victory. The UK has been fortifying flour with other vitamins since the end of the second world war, but not Vitamin B9. Dr Jonathan Sher, QNIS Senior Fellow and Programme Lead, welcomed the news, announced on 20th September, that this long-overdue omission will now be corrected.

He said: “Neural tubes are what becomes everyone’s spinal cord, brain and central nervous system – and they are either properly formed or malformed by the end of the fourth week of pregnancy. As that is before many women even know they are pregnant, it is crucial to have high enough folate levels well before pregnancy to benefit from folic acid’s preventative effect. This could result in fewer terminations, miscarriages, stillbirths, and those lifelong conditions caused by neural tube defects.

“As always, we will closely monitor progress from policy announcement to implementation. However, this is a moment of celebration that significant progress is being made.”

## Glencoe half marathon

Aonghas Smith has raised almost £1,500 after running the Glencoe Half Marathon on 5th September to raise money for QNIS in memory of his mother-in-law Catherine Morrison.

Catherine, who died in December 2020, was a trusted QNIS Volunteer Visitor and friend to many of the retired Queen’s Nurses living in the Western Isles.

Aonghas, who is married to Catherine’s daughter Kate, finished the 13.1-mile route second overall in his age group. The money raised by the run will be split between QNIS and the Western Isles Samaritans—two charities that meant a lot to Catherine.

Catherine was presented with a QNIS Honorary Fellowship in 2017, recognising a lifetime of nursing but also marking her commitment to bringing the stories of Queen’s Nurses to a wider audience.

After a long career in nursing, Catherine went on to complete her PhD on the history of Queen’s Nursing in the Outer Hebrides. She then turned her thesis into a book called Hebridean Heroines – ensuring the legacy of this incredible group of healthcare workers.

Aonghas said: “We are very pleased with the generous donations from friends and families that have helped us exceed our fundraising targets. It means a lot to us to be able to help out two charities that my mother-in-law Catherine was involved with.”

You can support the cause by visiting <https://bit.ly/aonghasglencoe>



## Lovely to be back

On 13th September we were delighted that our group of retired Queen's Nurses were able to finally get together and meet up at Crieff for the long awaited holiday. Fingers and toes have been crossed for most of this year that we would be able to go ahead and gather. The holiday was fully subscribed and the hotel staff were so pleased that they would have a group of Queen's Nurses staying. And the sun was shining brightly for them all, just as we ordered!



We have rebooked with Crieff for 2022 and are hoping that the June and September holidays and the Annual Gathering in June will be able to take place. If you have never been on the holiday before, your time is your own while you are at the hotel but the group all gather each evening for dinner. The holiday is subsidised for Queen's Nurses and is very reasonable for Dinner, Bed and Breakfast in such a beautiful hotel.

Forms for the 2022 Annual Gathering and the June and September 2022 holidays will be sent out with the Annual Review at the beginning of 2022.



## Anyone for scones?



This scone recipe from Kay Boyde is a firm favourite and has travelled the globe. Batches of these scones were made and distributed by volunteers in New Zealand who were doing afternoon tea food parcels for older people in their community and they vouched that it is the best scone recipe EVER.

You could make a smaller batch by halving all the ingredient amounts or a bigger batch by doubling up!

Before starting, preheat your oven to 200°C

### Ingredients

200g self raising flour  
40g caster sugar  
50g salted butter  
100mls milk  
120g fruit

### Method

Mix flour sugar and butter together until they are like bread crumbs. Then add the fruit and milk and mix to a sticky dough. Knead on a lightly floured surface for 30 seconds. Cut to the size you need. Bake for 10-15 minutes.



## From the digital archive

### Uniforms from the 1950s

One of the positive things to come out of the pandemic was a move to get more of our archive scanned and available on line. We were so grateful to Annie Stephen for donating her collection of old newsletters.

Do you have QNIS memorabilia that you would be willing to lend to Castle Terrace?

Please let us know as we would love to hear from you.



THE QUEEN'S NURSING INSTITUTE,  
SCOTLAND  
Newsletter May 1995



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## A Clottie Duff

I tain a stoon ae mornin tay makk a clottie duff ,  
Myne fay as mithers made , or verra near enuff .  
Her duff wiz aye sae speshul nithin did compare  
We kwidna get enuff oit and eywiz nott some mair.  
Altho I made as mony an thiv turn't oot jist graan  
The magic bitties aye missen fay mithers's slicht o haan  
Her mishermints wiz weel acquaint an a' deen bi gissen  
A lifetime o experience an nay a thochtie missen  
It wiz a curnie o this an a haunfa o that her makkens were a doddle  
Us bairnies lookit up tay her the perfect role model.  
Athin deen wi pashen for that there is nay doot  
Important wiz the care o the speshul dumplin clout.  
Yokkin tee for the makken an the kettlie on tay byle  
A muckle pot wi an upturn plate tay rest the duff fur a fyle  
Coupit in a sonsie bouwel the makkins for the duff  
Currants ,floer , raisins, suet, saut, sugar, spices, an a' kynes o magic stuff.  
A drappie milk an a gweed steer roon tay stiffen up the dough  
Makken shooer athin cumes the gither afore ye lat it go  
Vreng oot the clout fay het watter an gee it a shakken wi floer  
This makks the skin on the dumplin an keeps the intimmers secure  
Sikker the corners wi touw, the kintrapshin cooried doon in its clout  
Nay ower tacht tay lat the swallen reeze up ,for that there is nay doot  
Pummlt an fichert rouwd up in a blanket, ready tay drap in the pot  
Bylin het watter richt up tay the neck ,on wi the lid, that's fits nott  
Lattit hotter awa for three an a half ooers we can bit wyte an see,  
Wheecht oot o the pot an steemin hot , kweelin doon, jist lat it be  
Aff comes the cassen, cloarty, clout ,lik a wincey sark mishwashen  
Primpett up fay a gweed dicht doon. a proper tret, the wirk o pashen  
he yoams fay the reekin spices gaurs mony a mou fair watter  
At the Sicht o a weel fauret dumplin resten on a platter  
A muckle slice jist het or caul clortet wi custard or cream  
Ye widna spare a mealick the desh ,a "Scotsman's dream"  
Nithin can Marra a clottie duff for that there is nay doot  
The magic in the makken is in the special dumpling clout



## Letters to the Editor

Do write to us and share your recipes, poems and stories.

Tell us what you would like to see in the next edition which will be sent out in the Spring of next year.

## Word Search

S	E	U	G	A	E	L	L	O	C	C	O	I	R
O	E	C	F	E	L	L	O	W	S	H	I	P	E
N	O	S	O	A	W	A	R	D	S	V	E	C	P
A	R	C	D	N	T	P	E	H	Y	K	N	S	E
R	E	H	D	N	N	E	U	R	A	E	E	S	E
E	C	A	G	E	A	E	A	C	L	N	H	T	C
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CAKE  
EQUIPPING  
HISTORY  
RECOGNITION  
COLLEAGUES  
STANDARDS  
VALUED  
SUPPORT  
FRIENDS  
RESPECT  
CHAMPIONING  
FELLOWSHIP  
SERVICE  
CARE  
HANDS  
EXCELLENCE  
CONNECTING  
AWARDS  
TEA



## Glasgow Area

We have been asked about restarting the coffee mornings in Glasgow.

The Millenium Hotel restaurant is currently being refurbished but they would be able to accommodate our group in the hotel.

Please contact Fi if you would like to meet up with other retired Queen's Nurses in the Greater Glasgow area and if there is sufficient interest we will try and organise a coffee morning .

## Dates for the diary

Please just pencil them in for now

### 21 April

Grampian retired Queen's Nurses  
lunch Kintore Arms, Inverurie

### 20-24 June

Holiday  
Crieff Hydro Hotel

### 20 June

Annual Gathering  
Crieff Hydro Hotel

### 12-16 September

Holiday  
Crieff Hydro Hotel

More events are in the pipeline for 2022. Look out for details in the Annual Review Diary supplement which will be with you in the early part of 2022.

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