

AMBITIOUS, ANALYTICAL, CARING, COURAGEOUS, INQUISITIVE, PIONEERING.

Welcome

Welcome to the 3rd edition of #YorkNurse, our undergraduate nursing newsletter for BSc and MNurs students! We hope you had a great Easter.

Thanks to everyone who has contributed to this edition. If you have any ideas or requests as to what might be useful to include in the newsletter in future, please do get in touch with us.

Take care,
Jess and Beth

Applications for the Student Leadership Programme 2021 (UK)

Applications for the Student Leadership Programme 2021 will open on 1st April and close 25th April. For more information, including eligibility requirements, please visit [the website](#).

We have had numbers of previous students who were successful in being selected to be part of this exciting programme and encourage anyone who is interested to apply. 4th Year MNursing Student, Morgan Hopkins, shares his experience of the programme below.

Morgan writes: "In the second year of my programme I applied for the Council of Deans Student Leadership Programme after hearing good reviews about it from some of the programme's alumni who were also studying at York. I was fortunate enough to be accepted onto the programme and became one of the 50 in the 2019 cohort - made up of students from varying allied health professional degrees from across the UK."

"Over my time on this project I had the opportunity to attend online webinars exploring topics like resilience and styles of leadership, and meet up at events organised by the Council of Deans where I could meet the other students in person. It was an amazing opportunity to hear about the other students experiences of leadership within their health profession, improvement projects previous programme alumni implemented after graduating and network with students and graduates alike."

"Even after completing the project I've had the option to attend online leadership seminars the Council of Deans host and I have even been able to apply information learned from the programme into my modules in Uni and the way I practice whilst out in placement. "

"I would highly recommend researching the programme further and applying if you think its something that might interest you. If you would like to ask me any specific quetions, please email me at mh1726@york.ac.uk"

Student Nurse Selfcare handbook (Eng)

HEE London and Capital Nurse have published a [Student Selfcare Handbook](#) for student nurses.

Careers and Placements Update

As a first year student at the University of York, you will have the opportunity to take part in a range of innovative activities.

York Strengths programme is an online programme that you can take part in. When you use your strengths - the things you are good at, and love to do - it doesn't feel like work. Strengths are who we are at our best. Research suggests that when individuals play to their strengths they are happier, more confident, more resilient, perform better and are more effective at developing themselves and growing as individuals.

Taking part in York Strengths can help you:

- find out more about yourself, and how to make the most of what you have to offer
- support your personal development and make the most of your time at University
- identify careers that suit you, and make better decisions for your future
- build your confidence in talking about your strengths, and demonstrating them to employers.

York Strengths has been mapped to your practice modules. As such, in negotiation with your Practice Assessor, you can count your involvement towards practice hours (but not paid, contracted hours) on placement.

To find out more visit [York Strengths](#).

If you would like any help with application or interview advice (or to share good news about job offers you have received), please contact Jane Milsom, Careers and Employability Coordinator who will be able to provide you with help and resources.

Student Engagement Group Update

At the March group we discussed a range of issues relating to each of the student cohorts. In particular there was some discussion of support for Sept19 students, to meet the NMC hours threshold. If you have concerns about the best way to manage your practice hours going forwards, please contact your Academic Assessor. They have access to a practice hours support tool and can work with you to devise the best plan (and best options) for you over the remainder of your programme.

We also welcomed Keira Warren as the new Departmental Community Coordinator, this will be a pilot project over coming months and we look forward to supporting her with any initiatives she becomes involved with.

Please look out for emails from Keira for details on:

- Weekly online study sessions starting w/c 26th April
- Outside in-person study sessions
- 'Walk and talk' scheme.

Dates for these are yet to be confirmed so please stay connected with your emails and other information platforms.

Inspirational Speaker Series

On the 23rd March students packed into the 'Zoom room' for the inspirational speaker series. Speaker Beth McLaine gave a thought provoking and powerful presentation on the experience of mental health and illness.

The next speaker will be Emma Johnson, Chief Executive of St Leonard's Hospice who will be sharing her talk entitled "You're Never JUST a Nurse".

Thursday 22nd April at 3pm. (Zoom link will be emailed nearer the time)

Emma says: "My journey into nursing began when I was six and my mum was seriously ill in hospital with a mystery illness that we now suspect was Guillain Barre Syndrome. I desperately wanted to be like the nurses on the ward who were caring for her, but as I grew up and moved through my school years people started saying to me 'you should be more than a nurse, you could be a doctor'. I started to believe that and ultimately applied for medical school."



"My A Level results were not what I expected, and I failed to achieve the required grades so applied in a rather hurried way, through clearing, to study a BSc in Nursing at De Montfort University in Leicester, I was the second degree intake in the City and it was tough. My first year was a struggle, coming to terms with disappointment and frustration as well as moving out of home and settling in a city I had never previously visited, but I stuck with it, began to enjoy it. As I progressed into my second year I grew more confident in my chosen career and have genuinely never looked back!"

"My nursing career has been varied and at times random and unexpected! I've had success and disappointment probably in equal measure and I don't really feel like I've ever had a plan other than to do the best I can for the people and patients around me and seize opportunity when it presents. I've been given fabulous opportunities by some inspirational leaders along the way that I have embraced and I feel privileged to be able to speak to you about my journey, my inspirations and aspirations. I have never been more proud of my profession and colleagues than I am now and to be able to share some of my experiences is a huge honour."

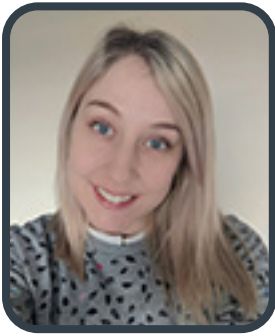
Some pre-reading Emma is recommending is below:

- Cope, A. (2019). The Little Book of Being Brilliant. Wiley, Chichester.
- Hughes, D (2018) The Winning Mindset. What sport can teach us about great leadership. Macmillan, London.
- Kotter, J. & Rathberger, H. (2017). Our Iceberg is Melting. PanMacmillan, London.
- McGee, P. (2015) S.U.M.O. (Shut Up and Move On) 10 th Anniversary Edition. Wiley, Chichester.
- Sinek, S. (2019) Start with the WHY. Penguin Business, London.

"I also LOVE to listen to podcasts and have gained so much about leadership from the "High Performance Podcast" by Jake Humphrey and Professor Damian Hughes. It's a podcast focusing on business people, sports people and leaders and seeks to establish to core principles and values that exist among people who are all considered to be high performers in their field. There is so much to learn about culture and values form the discussions. I also love listening to TED Talks and there are loads about leadership and culture that provide inspiration."

Meet your Student Reps...

In each newsletter we will introduce a few more of your student representatives. This month, meet 3rd year BSc Rep Chelsea Fawcett and MNurs Stage 3 Rep Kheira Haffiane.



“Hello, my name is Chelsea and I’m a third-year student mental health nurse and one of the course reps on the BSc programme. I became a course rep because I think it’s important that student nurses feel valued and listened to. I hope you all feel like you can approach me with any course-related queries that you would like to be taken further (positive and constructive). If you’re not sure where to go with your query then I will also do my best to signpost you to the right person or department. I am more than happy to be contacted via email or social media and you can either send me a quick message or arrange a phone/video call and I’ll gladly make the time. We are nearly there! I can’t wait to see you all reach your goals.”

“Please follow me on Twitter so we can keep in touch @Chelsea_Fawcett.”



“I’m Kheira, I study adult nursing and, along with Dee, I am a student rep for the MNursing stage 3 (Sept 18 intake) cohort. I am also a member of the student wing of the department’s EDI (Equality, Diversity & Inclusion) group.”

“Being a student rep is a privilege and allows me to get my cohort’s voice heard, and participate in improving their experience at university. I enjoy doing this by participating in the various meetings/forums we have with academics/staff. I believe that students’ feedback and involvement is crucial in making positive changes.”

“I am passionate about people’s individuality, with a keen interest in diversity and cultural awareness. I strongly believe that encouraging, promoting and advocating for individuality, equality, diversity and inclusion is important in all settings, including at University and on placements.”

Library Update

Library study bookings now available 8am to midnight

The extension to the Library’s opening hours means that you’re now able to book study spaces in the Library between 8am and midnight every day. As before [you’ll need to reserve a space in advance using the bookings calendar](#).

When you book a space you’ll receive an email with a code allowing you to ‘check in’ to your seat to say you’ve arrived. You can then ‘check out’ when you’ve finished - if you’re done with your seat before the end of your booking that allows us to make it available to other students to book. You can also cancel your booking if you no longer need it, which helps us to make more seats available to all.

Even longer Library opening hours coming soon

During the University exam period we’re planning for the Library to be open 24/7, 7 days a week. That will run from 8am on Monday 3rd May until 8am on Sunday 6th June.

Student & Academic Support Service (SASS)

Most of our staff are now working physically in the office so please feel free to come in and see us if you need any help with anything or to just to say hello. Our team are tested weekly for Covid19 and obviously face masks and social distancing rules still apply.

Student & Academic

Student Support

Health Sciences

Summer Accommodation

As discussed in the March newsletter, temporary summer accommodation for students will be available from 6th July to 12th September and, in particular, priority will be given for senior students who do have placements running later into the year. The Accommodation Team hope to have pricing information and bookings open by May. If anyone has any questions please email the team at accommodation.york.ac.uk

Uniforms

Reminder emails were sent out in February and in March requesting that all 1st year nursing students order their uniforms in plenty of time before practice. Some students have still not ordered any items. Please look out for another guidance email in April and please make sure you order your items asap to avoid any delays.

NurSoc

NurSoc has been relaunched and has already hosted some really exciting online events and competitions. You can read more about NurSoc and [how to join](#).

NurSoc also held a competition as part of Purple Day, raising awareness about epilepsy on the 26th March 2021. Members were asked to complete a sentence explaining why 'learning about epilepsy was so important' The two winning entries Chelsea Fawcett and Izzy Swarbrick won a yummy Thorntons chocolate bunny.

TDAE (Travel and Dual Accommodation Expenses)

Please remember when you submit your TDAE form via email to dohs-student-services-group@york.ac.uk that you also include scanned images of any public transport tickets or car park tickets, we need this evidence to authorise your claim.

There is a [useful guide to completing your TDAE form](#) available on the NHS LSF website.

Introducing NurSoc

The University of York's Nursing Society, known as NurSoc, recently re-launched! Coming up after Easter we have the first talk in our 'Meet the Lecturers' series, Tuesday 20th April 7-8 pm, hosted by Paul Galdas.

Though we are yet to confirm the dates, we are also excited to announce that we are planning talks with a local hospice and the cancer champions!

So far we have managed to hold a fundraiser for the epilepsy society, host quizzes, coffee and catch-ups, study sessions, placement Q&A's and we have much more planned. We are excited to have the opportunity to host such events and, as always, if you have any ideas for the society we would love you to get in touch with us at nursoc@yusu.org.



Meet the committee

Georgina Lilly Lucas – NurSoc President

"Hello, my name is Georgie! Although I am very passionate about nursing, I actually started off with more of a creative brain. Initially I studied fine art and psychology, before working for over three years helping to set up an acute mental health ward."

"After dealing with many medical emergencies in the role and accompanying patients to hospital, I realised that I wanted to learn even more about anatomy and physiology, so in 2018 I embarked on studying Adult Nursing. During this time I have been lucky enough to be involved in a Twitter page supporting student nurses, had the opportunity to be course rep and review books for a popular nursing publishing company. I realised just how important a nursing society would be for the 1st and 2nd year students (especially mid pandemic) so with this wonderful group of people, we set about making it happen. Although this is the last year of my degree I am hopeful that the society continues for many years to come. Oh, I also have a small dog and cat who seem to take up all of my free time."



Amy Laura Watkin – NurSoc Vice President

"Hello! I'm a mature student, studying Adult Nursing and I have a previous degree in Geology! (Yes, that's mainly rocks and dinosaurs!). I've spent the last five or so years working in restaurants and have spent the last three years managing a fine dining restaurant! I was furloughed from my position last year and spent last summer getting prepared to be back at University!"

"I wanted to be involved in NurSoc to meet new people and to give other students the fantastic experience of societies that I had in my first degree!"

"I live in sunny (ish) Scarborough and love spending my free time walking on the beach or cliff tops!"



Claudia Collins – NurSoc Secretary

“Third time lucky, they say - Well, it’s my third time at University! Originally from Germany, I first studied in Berlin and graduated with degrees in Urban Sociology and Metropolitan Studies. I’ve spent a lot of time in the United States on work experience and research. Having always wanted to live abroad, I took the decision to move to the UK ten years ago and have never looked back. In the early years I worked in all sorts of technical industries.”

“I have my wonderful little family but my career was missing the human, caring factor. So I decided to follow my instincts and the timing felt right to pursue a career in healthcare and here I am now! Maybe it’s a crazy time to start a Nursing degree, but I am loving every minute of it and I’m also one of the course reps for the Sept 2020 cohort.”

“Being part of NurSoc is a great way to reach out and engage with so many dedicated, hardworking and like-minded people! What’s next for me? Well, for one thing our first placement is coming soon! Like all of my fellow first year tiger cubs, I can’t wait to get into practice! Where do I see myself 10 years from now? Oh, I have no concrete ideas yet. I think my interests vary as much as there are roles and specialisms. I’d like to have a nosey into research, but I also really like the idea of community nursing and care of older people. I’m just glad I don’t have to decide that yet!”



Michael Andrew Ferguson - NurSoc Treasurer

“Originally I studied Law but gave up all thoughts of becoming a barrister when I realised, after graduating, that I couldn’t speak in public (my planning skills have always been suspect). I went into Accountancy, had some great years and some not so great years, eventually leaving on Good Friday 2019.”

“My decision to become a nurse followed six years as carer, balancing my job, clinic appointments, dialysis days, and endlessly wondering why Thursday’s pills had vanished when it was only Monday. I found I enjoyed being busy, keeping a smile going whatever was happening, and I felt useful. Since then, I’ve spent the year up to Lockdown One at York College which was fantastic, and now I’m here, and if I think about it too much, it makes no sense at all!”

“I like knowing as much as I can about a subject, not the detail so much, but more getting a handle on how everything fits together. So NurSoc, with its variety of topics to explore and a wonderful team to work with really appealed to me. Next steps? Long term aims? I don’t know yet but I’m sure that it will be ok. I would like to work abroad, and Mexico with its dusty vaquero towns and vast deserts would be a great place to test myself.”



What's On

20 April 7-8pm. NurSoc event 'Meet the lecturers'. Speaker: Paul Galdas. Contact NurSoc for more information.

20 April - [Happier than Before](#)

22 April 3pm, Inspirational Speaker Emma Johnson, St Leonard's Hospice

29 April - [Why Sadness Matters](#)

10 May - 31 July - [The Great York Walk](#)

8 - 20 June - [Festival of Ideas](#)



A variety of events are taking place in April as part of the [Open Lecture series](#).

Groups

[NurSoc](#) - a society run by nursing students for nursing students

[Spectrum](#) - a group for students who consider themselves to be on the autistic spectrum

Student Connect

The University recognises how difficult it is at the moment to be in touch with others and meeting new people to form connections.

By telling them a bit about yourself through [their online form](#), they can match you with other students, usually from your course or college, so that you can make new friendships with other like-minded people. If you're living at home or outside York, get to know each other online through Zoom calls and other virtual activities. There are plenty of things you can do together online - check this list for some ideas to get you started.

If you're on campus or living in York, as well as connecting virtually you could go for a walk or exercise outdoors together. They have compiled the [best routes for exploring the City and campus](#) to help you get out and about.

Start connecting.

UoY app: your timetable and events in your pocket

Do you want easy access to events on campus? [MyUoY](#) is the new app designed by students, for students. With the app you can see:

- your personalised schedule for the day
- upcoming events on campus and add them to your schedule