

# #YorkNurse

Newsletter for UG Student Nurses



Issue 1 February 2021

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

## Welcome

Welcome to the 1st edition of #YorkNurse, our undergraduate nursing newsletter! The idea for this newsletter has been developed from collaboration with student representatives and we hope that this newsletter will become a regular and useful resource for all students on the undergraduate nursing programmes. The newsletter will not replace urgent and module related information which we will continue to send via the announcement boards in the VLE. The newsletter will contain more routine information about the programmes, and what is happening in the department and the University.

This 1st edition is coming to you as we enter the second year of delivering teaching during the pandemic. This has presented students and department staff with significant challenges but we are immensely proud of how people have responded to this and we thank you for your ongoing commitment to your learning, your patients and your community.

Take care,  
Jess and Beth

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## Student Connect

The University and the Health Sciences department have been aware how difficult it has been to make friends and new connections on your course this year. As such, the Colleges team have developed 'Student Connect' a process by which you can be matched with others you might share academic or personal interests with. To get involved, just [complete the form](#) and you will be matched and put in touch with others on your course.



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## Academic Skills Community workshops

The [Academic Skills Community workshops](#) are available for all students to access during lockdown. The [brochure of term 2 workshops](#) provides booking links and info about the workshops for this term. The [Community groups](#) are also open to all students to join, as a regular point of contact with a friendly group of students who are there to provide peer support and company in these times of isolation.

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## Careers and Placements Update

Careers and Placements will continue to deliver an extensive package of support to all students throughout Spring Term 2021. Our dedicated [Careers Covid-19 webpage](#) offers regularly-updated employability advice in relation to the pandemic. This document provides an overview of the [Student Opportunities in Spring](#) available through Careers and Placements.

Jane Milsom, Careers and Employability Coordinator, will be organising some careers drop in sessions for our final year students. She is also liaising with a number of partners to arrange virtual sessions careers events. If you have any specific questions, please do not hesitate to email Jane ([jane.milsom@york.ac.uk](mailto:jane.milsom@york.ac.uk)).

If you are a final year student, it would be useful to get an idea of how many of you have already secured positions when you qualify. If you are able to take a couple of minutes to complete the [Google form](#), it would help the team moving forward.

## Inspirational Speaker Series

In January we launched our monthly inspirational seminar series. Our first speaker was Betty Owino a 3rd year MNurs student (pictured right) who gave a moving and powerful talk about sexual violence. This was attended by over 150 students who contributed to a lively discussion.

The next speaker is Erin Hartmen and will take place on 25th February at 3pm. The talk is entitled "Sexual Assault Forensic Examiners in the United States"

Erin Hartman RN, BSN, SAFE will present on the nursing role of a Sexual Assault Forensic Examiner (Sexual Assault Nurse Examiner) in the United States. Erin will discuss her time as a nurse and a SAFE in an emergency department in New York City to explain how nurses specially care for survivors of sexual violence. SAFEs receive specialized training to perform examinations, treat injuries, collect forensic evidence, and administer prophylactic medications. SAFEs provide safety planning, psychological support, and follow-up resources, and they aim to provide survivors with justice by collaborating with law enforcement and testifying in court proceedings.



In addition, Erin will broaden this presentation to the role that SAFEs and other advocates may have in working to eradicate violence against women locally, domestically, and around the world. She is a current graduate student at the University of York studying for an LLM in International Human Rights Law and Practice in hopes of working to end violence against women, with a focus on conflict and emergency settings. She will welcome an engaging Q&A on this unique nursing practice and its wider global implications.

## Students wanted for University Student Expert Panel

Students - particularly those from underrepresented groups - are encouraged to apply to join the Student Expert Panel. This is a paid post that ensures the University gains feedback on the student experience. Find out more about the [Student Expert Panel opportunity](#).

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## An update from the Student engagement group

The student engagement group meets monthly and consists of student representatives, members of the UG pre-registration nursing programme teams and key members of support staff.

The group focuses primarily on questions and points of discussion raised by students to their reps and offers an opportunity for staff members to update reps on programme related issues. This is in addition to working on specific projects such as the Inspirational speaker series, the student/staff feedback workshops and most recently the Academic Contingency planning group that was reconvened this month to respond to the reintroduction of the NMC Emergency Education Standards.

Over the past couple of months the group have also:

- Negotiated the inclusion of 'exceptional changes to childcare and caring responsibilities' in to the placement change request process
- Reviewed and increased in-person teaching/facilitation for specific modules
- The streamlining of communication (and introduction of this newsletter).

Over the coming months we will introduce the reps in more detail, if you are unsure who your year (or departmental rep is) please see page 4 to see their photos and contact details.

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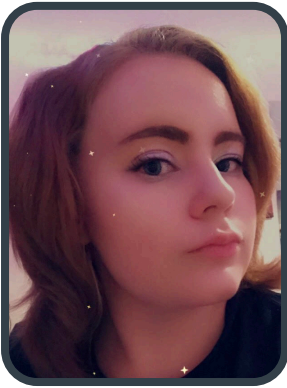
## Alumni join the Department as Clinical Academic Teaching Fellows (Nursing)

The Department is pleased to announce the appointment of Megan Cook and Olivia Walsh to the posts of Clinical Academic Teaching Fellow (Nursing). The Teaching Fellows are innovative joint appointments between the Department of Health Sciences at the University of York, and York Teaching Hospital NHS Foundation Trust.

Megan and Olivia will support the learning and development of students on University of York nursing programmes in academic and clinical environments. Read more on the [appointments](#).

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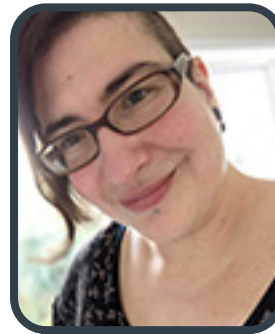
## Meet your student representatives



**Poppy Bonsall**  
UG Nursing Departmental Rep  
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**Rosina Crowley - Whitehead**  
Year 1 BSc (Hons) Nursing  
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**Claudia Collins**  
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**Ben Allen**  
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**Sinead Campbell**  
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**Chelsea Fawcett**  
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**Georgina Lucas**  
Year 3 BSc (Hons) Nursing  
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**MNursing Stage 1**

**Two vacant posts**

**Sophia Collins-Ricketts**

**MNursing Stage 2**

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**Dee Duncan-Cottingham**

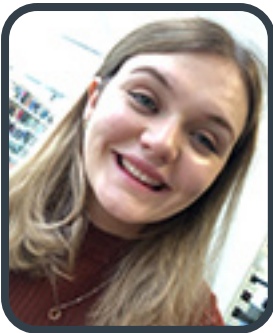
**MNursing Stage 3**

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**Keira Haffiane**

**MNursing Stage 3**

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**Megan Chafer**

**YMNursing Stage 4**

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**Bethany McLaine**

**MNursing Stage 4Nursing**

bam534@york.ac.uk

### **Student reps have a responsibility to:**

- identify student concerns and gauge opinions of their fellow students
- keep students informed of current issues in the Department and report back on meetings attended
- attend departmental meetings and bring student issues to those meetings
- liaise with other reps of the Department of Health Sciences.

## Library Update

Library services continue during the current lockdown, and the main Library buildings on Campus West will remain open with reduced hours. See the [Library's news item](#) for all the details of what you can do, where you can visit, and how you can help us all stay as safe as possible.

There are also lots of services available remotely if you can't visit the Library in person, including the [Book Takeaway service](#) to have books delivered to your door, and the [Library Home From Home](#).

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## Student & Academic Support Service (SASS)

Please be reassured that SASS are still here to support students. We know things are difficult for many of you but we remain loyal and devoted to the student experience.

Student & Academic

Student Support

*Health Sciences*

Our [working hours](#) remain the same. We are experiencing a high volume of emails so unfortunately there may be delayed responses. However, we would like to remind students that we are still available over the telephone - 01904 321 321. We can also schedule a meeting via Google or Zoom.

If you feel like you need a bit of additional help with your mental health then please speak with your supervisor or a member of SASS. We can refer you to one of our new departmental wellbeing officers who can offer ongoing guidance, signposting and support.

### New member of the SASS Team

A very warm welcome to Vanessa Mendao who started with the SASS team on 1 February. Vanessa is a full time member of staff and will be helping us to support you.

### Uniforms

Please remember to order your uniform items as soon as possible using the guidance process in the email that was sent out before Christmas from Fiona Bond. Further reminders and guidance emails will be sent out mid February and at the end of March.

### Anxiety

If you are suffering from anxiety, then this useful document on [Guide to Mental Health and Wellbeing](#) may be worth a read.

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## Wellbeing Sessions

Our Student Wellbeing Officers from the North East Wellbeing Team within the University's Open Door and Disability Department have organised some wellbeing sessions for you. These are group sessions for all 3<sup>rd</sup> and 4<sup>th</sup> year Nursing students to promote and aid wellbeing while you are on placement.

### About this Event

It's going to be a safe, friendly, and supportive group session intended to help you share your experiences on placement and feel connected to other students. The wellbeing team will be able to provide you with wellbeing advice and guidance.

There will be two sessions per week for you to choose from. You don't need to attend every week, just book a ticket for the session you want to attend.

These sessions will be facilitated by your Student Wellbeing Officers and departmental Open Door Practitioner.

To book a place please visit [Eventbrite](#).

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## What's On

### Workshops

- 10 February @ 5pm - [Introduction to Resilience](#)
- 11 February @ 7pm - [Pushing through perfectionism](#)
- 25 February @ 7pm - [Overcoming feelings of worry & stress](#)
- 11 March @ 7pm - [Pushing through procrastination](#)

### Talks

- 10 February @ 7pm - [Mental Fitness](#)
- 25 February @ 7pm - [Joy & Connection](#)
- 18 February @ 6:30pm - [How can students deal with study stress in the COVID-19 era?](#)

1 - 7 February - [Sexual Violence Awareness Week 2021](#)  
[LGBT+ History Month 2021](#)

### Wellbeing sessions

- 11 February @ 11am-12noon - [book a ticket](#)
- 25 February @ 5.30p-6.30pm - [book a ticket](#)

