

# #YorkNurse

Newsletter for UG Student Nurses



UNIVERSITY  
*of York*

Issue 2 March 2021

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

## Welcome

Welcome to the 2<sup>nd</sup> edition of #YorkNurse, our undergraduate nursing newsletter for BSc and MNurs students! We know that you are all working very hard at the moment still in very uncertain and unusual circumstances, and do encourage you to keep in touch with your personal supervisors about how you are doing, and use the support available from the wider University as well.

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

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## Changes to online teaching

The continued vaccine rollout and [Government 'roadmap' out of lockdown](#) is giving us all some hope about being able to move towards more usual ways of teaching. Professor Paul Galdas sent an email about this earlier in the week (dated 2 March). When we have more information about any returns to campus based teaching for non-mandatory/skills-based teaching we will update you.

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## Careers and Placements Update

Just a reminder that York Teaching Hospital NHS Foundation Trust will be holding an online recruitment event on Monday 22 March from 9:00 – 10:00 and interviews from 10:30 for 3<sup>rd</sup> and 4<sup>th</sup> years.

If you would like to book a place onto the event, and/or book an interview please email [recruitment@york.nhs.uk](mailto:recruitment@york.nhs.uk) confirming your name and email address.

Newcastle upon Tyne Hospitals NHS Foundation Trust are also holding a virtual online open day on Saturday 27 March from 10am - 12.30pm. To book a place email [nuth.recruitmentfair@nhs.net](mailto:nuth.recruitmentfair@nhs.net).

If you would like any help with application or interview advice, please contact Jane Milsom, Careers and Employability Coordinator who will be able to provide you with help and resources.

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## Inspirational Speaker Series

On the 25 February over 100 students attended the inspirational speaker series.

Speaker Erin Hartman gave a fascinating presentation of the nursing role of a Sexual Assault Forensic Examiner (SAFE) in the United States. Students who were unable to attend can still access this presentation via

<https://youtu.be/ciigyx1wz1Y>.

The next speaker will be Bethany McLaine, 4<sup>th</sup> Year MNurs Mental Health Student who will talk about “My journey with Mental Health: from Patient to Nurse”.



**Wednesday 24 March at 3pm.**



Bethany says: “My talk will discuss my personal experiences with mental health including the onset of my mental health difficulties and experiences surrounding this including being admitted to hospital under the Mental Health Act. I will talk about my recovery journey and I will then discuss my passion to study Mental Health Nursing and how I came to study at the University of York. I will discuss how having lived experience of mental health gives me a unique perspective in practice and how this influences the care I give to patients. This talk will be an honest discussion with the hope of raising awareness of mental health difficulties and reducing the stigma.”

Pre-reading and Zoom information will be sent nearer the time.

## Student Engagement Group Update

At the group this month we reviewed our progress with the speaker series and the student/staff summative feedback workshop. We were also thrilled to welcome Megan Cook and Olivia Walsh, Clinical Teaching Fellows (and York graduates) to the group.

In addition to a range of other issues, the group discussed recent feedback from Sept18 and Sept20 students which related broadly to the following themes:

- in-person/synchronous content
- pastoral support
- communication
- isolation and loneliness.

As a group we will continue to discuss these issues and have contributed towards a range of initiatives that we hope respond to some of these issues, including:

- Support sessions led by departmental wellbeing officers for senior students
- The introduction of this student newsletter (to streamline communication)
- Synchronous drop in sessions for different cohorts
- The appointment of a new departmental community coordinator (see next page for further info)
- The gradual introduction of more in-person sessions as Government and University guidance allows.

## UG Departmental Community Coordinator

The Department has appointed an Undergraduate student Departmental Community Coordinator (DCC) - Kiera Warren. Supported by Danielle Simpson, the role will cover:

- Promoting existing activities and events, and encouraging students to attend these within their community networks eg York Strengths events, Academic Skills Community Groups
- Pilot new approaches to help develop community networks within academic departments, building on or making links with existing activities and events
- Supporting the formation of student communities within departments, ensuring this is joined up with initiatives taking place across the University, GSA and YUSU
- Encouraging students to take part in volunteering opportunities within their community networks
- Producing guidance and tips for students around engaging with community networks
- Working with department reps/course reps and staff to identify ways of building community, working with staff and reps to identify barriers and potential solutions.

Kiera says: "The department community coordinator (DCC) is a new initiative that will work alongside department reps/course reps and staff to help students feel connected to each other, especially during these challenging times. We recognise online learning has made it increasingly difficult to form these connections and to feel part of your academic community. We will be promoting existing activities as well as suggesting new and creative approaches to help develop community networks. We are also here to provide guidance and tips to support students and enable you to feel more engaged with your learning. Everyone deserves the chance to be heard and feel included. I am excited to be a part of this new initiative."

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## Module Evaluations

Just (another!) reminder to complete module and stage evaluations when they arrive. These are one of the most important mechanisms for feeding back to module leaders and teams and helping us to develop the programmes and your constructive feedback is always welcomed by the module teams.

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## Meet your Student Reps...

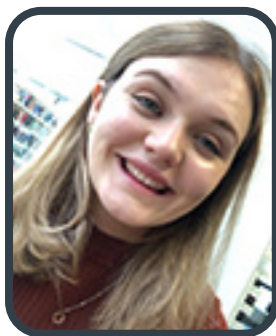
In each newsletter we will introduce a few more of your student representatives. This month, meet 4th year MNurs Reps, Beth McLaine and Megan Chafer.



Hi! My name is Beth and I am currently a Student Rep for MNursing Stage 4 Sept17. My field of practice is Mental Health. I have been a student Rep for the past 2 years.

As a Student Rep I am an advocate for students in my cohort and to raise any issues or concerns they may have with the programme leads and other academic staff. A main area of being a Student Rep over the past year has been contributing and helping programme leads with the alteration of programmes due to the global pandemic. “

“This has been great for Student Reps to get involved and to make sure that the changes that were made were discussed with Student Reps that represented the students and their concerns and preferences. I have thoroughly enjoyed my time as a Student Rep and would recommend it to anyone who is considering this role for the next academic year, it has helped my confidence grow and develop different skills that will assist me in future practice.”



“I’m Megan, I am a fourth year adult student nurse and I’ve been a Student Rep since first year. I enjoy feeding back to the department and feel this engagement is a great way to give feedback. This was particularly important over Covid-19 with the course plan changes that came.”

“My main role is helping students, either by feeding back concerns or worries or putting them in touch with staff who can help. I have really enjoyed my time as a student rep and have loved working with all members of the department.”

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## Sept17 MN and Sept18 degree classifications

You may find yourself feeling a little confused over degree classification calculations, especially this year when there have been different versions of course plans.

Sarah Wilke from the Student Assessment Office has suggested that you contact her for support if it would be useful. Contact [sarah.wilkie@york.ac.uk](mailto:sarah.wilkie@york.ac.uk).

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## Get involved with Service User and Carer Involvement in Education

Did you know that the department has an active Service User and Carer (SUCI) Forum whose members contribute to shaping your programme?

There is an opportunity for two students to join the Service User and Carer Involvement Forum steering committee. This friendly committee includes service users and carers, students, lecturers and other department staff. The committee meets twice a year and as a student member you will hear about activities that happen within the Forum, and have the opportunity to contribute your ideas about how this can develop and further influence your programmes.

As the student representative of this group, you will be expected to read any papers that have been circulated before the meeting and attend the committee meeting. You will also be invited to get involved with other SUCI activities. This is a year long role, and if appointed you would receive a handover from current student representatives.

This important role is a good opportunity to be a student representative, to develop your knowledge of Service User and Carer Involvement and it will be great on your CV! You would need to be able to attend the next meeting on the 18 May 2021.

If you would like to be considered for this role please submit a short (no more than 500 words) expression of interest to [sarah.l.thompson@york.ac.uk](mailto:sarah.l.thompson@york.ac.uk) outlining why you think service users and carers should be involved in the education of student nurses and midwives by 15 March 2021. You will be notified of the outcome the week commencing 12 April.

If you have any questions please contact Beth Hardy (Academic Lead for Service User and Carer involvement) at [beth.hardy@york.ac.uk](mailto:beth.hardy@york.ac.uk).

## Library Update

Book requests, a new lunch space and what's open!

[Watch or read the latest update from the Library](#) to stay up to date with how to make book requests and access the materials that you need.

Nursing students get free access to Nursing Times

The Library provides free access to Nursing Times, a flagship journal for up-to-date news and insight in nursing. For access you'll need to register for a free account, which entitles you to use all of the content on the Nursing Times website. [Find out what's available and how to set up your free account](#).

## Student Publications

Congratulations to Chelsea Fawcett for her blog on the Nursing Times website on "[There is always a way forward that is right for you](#)".

## 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 Covid-19 and obviously face masks and social distancing rules still apply.

Student & Academic

Student Support

Health Sciences

### Summer Accommodation

Temporary summer accommodation for students will be available from 6 July to 12 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](mailto:accommodation.york.ac.uk).

### Travel and Dual Accommodation Expenses Claim

Just a reminder on how to claim for travel expenses whilst on placement:

- Download the latest TDAE from your [LSF account](#)
- Complete and return with receipts/tickets to [dohs-student-services-group@york.ac.uk](mailto:dohs-student-services-group@york.ac.uk)
- Refer to the latest [guide to completing your TDAE](#)
- Remember the cost of your daily return travel to and from your placement site must be in excess of your normal daily return travel costs to university. You are only able to claim these excess expenses.
- Please submit regular claims, and remember you have a maximum of 9 months from the last date of placement period you're claiming for to submit your claim

Any questions contact [dohs-student-services-group@york.ac.uk](mailto:dohs-student-services-group@york.ac.uk)

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## 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
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## What's On

### Workshops

11 March - [Pushing through procrastination](#)

### Talks

11 March - [Practical Hope](#)

23 March - [How to Thrive](#)

24 March - Inspirational Speaker, Bethany McLaine

### [University open lectures in March](#)



### International Women's Week

09 March - [Coffee & Chat Club](#) - YREN ([York Racial Equality Network](#))

10 March - [Yoga](#)

10 March - Free Talk - [West Indian Nurses in the 1950's-1960's NHS](#)

11 March - [Healing Racial Trauma](#)

11 March - [Coffee & Chat Club - YREN](#) (York Racial Equality Network)

12 March - [Girls Night Out - YREN](#) (York Racial Equality Network)

### Careers events

22 March - Open day at York Teaching Hospital NHS Foundation Trust, with interviews.

27 March - Virtual open day at Newcastle upon Tyne Hospitals NHS Foundation Trust

### 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 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 here: <http://bit.ly/3sEbf3L> and you will be matched and put in touch with others on your course.