

# Contents

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Nurses' recipes from  
the past

## Leave Chair, Chair for HoNS

At the end of 2015 there were changes to the HoNS steering committee. We would like to thank John Adams and Christine Hallett for all they have contributed during their four years on the committee. A big thank you also to Dianne Yarwood and Alison O'Donnell, who have just begun their second terms of office. Their continuing support and input is much appreciated, as is that of Tristan Griffin and Jane Brooks, our other committee members.

We are pleased to welcome Margaret Graham, from Northern Ireland, and Helen Goldsmith, from Yorkshire, to the committee and look forward to working with them.

Margaret is a retired nurse and leads the RCN History of Nursing Network in Northern Ireland.

She led a project collecting stories from nurses who had worked during the three decades of civil unrest, which

culminated in a book, *Nurses' Voices from the No 13 (1955-59) (2013) (505-10)*

## Meeting

In January the Bournemouth Public Library hosted an exhibition on the Retired Nurses National Home and its residents. The exhibition was part of a project to preserve nursing history, which also includes recording the stories of the Bournemouth home's residents. Eileen Richardson is leading the project, paid for by a grant from the Heritage Lottery Fund. Expect to read more about it in the autumn issue of the HoNS newsletter.

## John Bellamy's Wounded Heroes

An exhibition of paintings by renowned Scottish artist John Bellamy is currently on display in the public space at the Scottish Parliament in Edinburgh. The paintings were inspired by the experiences of wounded soldiers and the nurses who cared for them during the First World War. Previously unseen works are featured as well as a specially commissioned poem by Liz Lochhead, Scotland's national poet. The exhibition runs until 16 April. For more information visit <http://www.scotlandscotland.com/62>

## Meeting

Helen Goldsmith is organising a visit to the Mackray Medical Museum in Leeds. This will include a tour of the museum, object handling and a cream tea. The trip will be on 27 June at 2.30pm. Tickets will be available to HoNS members and their guests and further details will be available nearer the time.

## Manchester

The HoNS and 207 (Manchester) Field Hospital are planning a joint event at their headquarters in King's Road, Manchester on 5 July from 7.30-9pm.

Captain Lesley Oldham will speak about the history of the Manchester medics and Betty Kershaw will give a talk on her fellow former RCN president Miss M.E. Sparshott called *A Very British Matron*.

There will be a chance to tour the building, which dates back to 1905, beforehand and refreshments will be provided.

The event is free for HoNS members but places must be booked in advance. Contact Claire Chatterton on 07917 551833 or email [claire@ho-nurses.org](mailto:claire@ho-nurses.org)

## Out of the asylum

The RCN's exhibition on the history of mental health nursing, *Out of the Asylum*, came to an end on 4 March. Following its launch last October, the exhibition ran alongside a series of seminars on different aspects of mental health nursing history.

In London, Chris Hart spoke on *Nurses and Politics: The History of Asylum Workers' Unions* and Victoria Northwood on *Art and the Asylum: Patients, Staff and Occupational Therapy at Bethlem*.

There was also the opportunity for a guided visit to the Bethlem

museum and gallery. Last month Tommy Dickinson spoke about his book *'Curing Queers': Mental Nurses and their Patients, 1935-74* (see p8 for a review) and Paul Godin on the history of community psychiatric nursing.

Outside London, Duncan Mitchell spoke

in Manchester on *Mental Health and Learning Disability: Seeking Separate Identities*. In Leeds, Helen Goldsmith gave an illustrated talk on asylum architecture and Claire Chatterton spoke on the changing role of mental health nurses. They were joined by Cara Sutherland, curator of the Mental Health Museum at Fieldhead Hospital in Wakefield, who took along some objects to handle and identify.

The final event in the series will be a lecture at Ty Maeth in Cardiff on 30 March on the history of the Cardiff City Mental Hospital. For more information visit <http://www.ho-nurses.org.uk/cb5>

# Cooking up a storm

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Many of us are lucky enough to have inherited a cherished family cookbook, the pages of which are dog-eared and a little sticky in parts. These cookbooks are fascinating not just for their contents, but for the link they form with the lives of our mothers, grandmothers or more distant ancestors. Frequently, cookbooks are the only written records created by women and because of this they give us an idea of the lives of the women who devised and perfected these dishes.

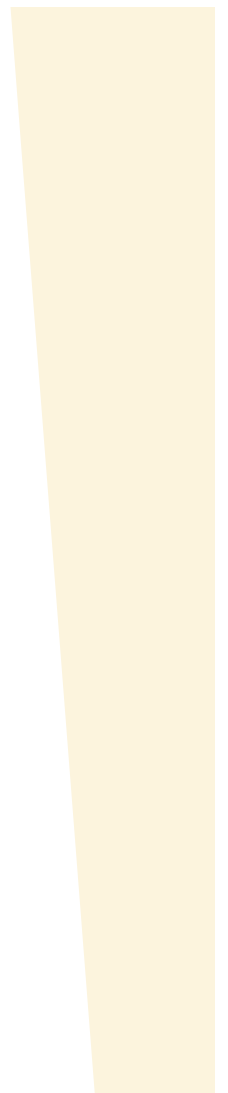
Nurses lead busy lives which aren't always conducive to composing a meaningful diary entry at the end of a long day. However, nurses learned invalid cookery as part of their training and may well have written down and shared recipes with friends, relations and colleagues. The *My Favourite Recipe* cookbook from the RCN archives was produced in aid of the RCN Educational Fund in 1951, with recipes supplied by nurses and other members of the College. It includes recipes for such delicacies as hash-me-gandy, mock turtle soup, Norfolk rusks and semolina buns, as well as the more challenging culinary delights of fish cream and egg jelly for invalids.

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# CENTENARY SPECIAL

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# CENTENARY SPECIAL

## Trevor Clay, 1936-1994

Trained as a general and mental health nurse, Trevor gained experience

## Jean McFarlane, 1926-2012

One of nursing's great pioneers and England's first professor of nursing. Having trained in London, Jean returned to her hometown of Cardiff as a health visitor. In the 1960s she qualified as a nurse tutor and became an education officer at the RCN. She was an enthusiastic promoter of graduate education and research for nurses, and became the Director of Education at

the RCN in 1969. She went on to become Professor of Nursing at Manchester University, where she stayed until her retirement. She introduced the nursing world to research, the nursing process and degrees in nursing, and was one of the first cohort of RCN Fellows in 1976. As a member of the House of Lords – she was made a life peer in 1979 – Baroness McFarlane of Llandudno continued to support nursing and served on a number of select committees.



## The first 10 years

Although established for women, who then mostly made up the profession, the College of Nursing was founded by male and female leaders in society such as Sarah Swire, Rachael Cox-Davies, Sidney Browne, Mary Rundell and Arthur Stanley MP.

Without them, it would have been nigh on impossible to make serious headway in post-Edwardian society. From the beginning the College has been able to recognise the reality of its situation and play to its strengths, which today involves intelligently influencing, shaping and driving the nursing agenda.

The founders were pioneers in organising, establishing and gaining patronage for the College. They were the nursing leaders of their time. Even more notable was that the College was established during the First World War.

## Open to all

The College's objectives were for the educational and professional development of those who had been trained as general nurses and for the compilation of a register of nurses.

In 1960, after changes to the state register,

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## Shaping 100 years of nursing

For nearly 100 years, 36 RCN presidents have acted as ambassadors for the College and for nursing, representing the RCN and nursing across the UK and around the world, and serving as role models to members and wider health care professionals.

Although it was Sarah Swire who founded what would become the Royal College of Nursing in 1916, she was not the first to assume the role of president.

This historic position dates back to 1922, and while Swire did serve as president between 1925 and 1927, the first to fulfil the role was Sidney Browne, from 1922-25.

For nearly 100 years, 36 RCN presidents have acted as ambassadors for the College and for nursing, representing the RCN and nursing across the UK and around the world, and serving as role models to members and wider health care professionals.

An exhibition charting the history and achievements of the RCN's presidents over the past 100 years was recently installed in the College's London headquarters.

An online version of the exhibition is available on the RCN website. Here, we take a look at the College's foreheads in the years leading up to the Second World War.

### The early years

#### Sidney Browne, 1922-25

Along with Sarah Swire, Sidney was involved in setting up the College of Nursing in 1916 and remained a founding member of the first Council until her retirement in 1927. She was the first honorary treasurer of the College as well

# An Irish nursing pioneer

John Adams, Faculty of Nursing and Midwifery, RCSI

Located within the RCSI, the Faculty of Nursing and Midwifery is uniquely placed as an integral part of a surgical college. Founded in October 1974, its 40th anniversary provided the impetus to explore how this arrangement came about and to celebrate its pioneering work in education and research for the whole of Ireland.

The RCSI was founded in 1784 by royal charter and is still based in its impressive original building overlooking St Stephen's Green in the centre of Dublin. It runs medical schools in Ireland and abroad and acts together with surgical colleges in England and Scotland to award qualifications and foster research in the

field. The decision to found a faculty, originally for nurses alone, was not an isolated gesture, as the RCSI had been supportive of nurse education since the late 19th century. The College was instrumental in the foundation of the Dublin Metropolitan Technical School for Nurses in 1893, reputedly the world's first centralised nurse training school, which ran successfully until 1969.

## A dedicated

Mary Frances Crowley (1906-1990) was born in Wexford and began her training in 1931 in the English municipal hospital sector, first at St Catherine's Hospital on the Wirral and then at St James' Hospital, Chester (later renamed Chester City Hospital). Returning to Ireland in 1941, she began her long association with the Royal Victoria Eye and Ear Hospital in Dublin, where she established a nurse training school. As the principal driving

force behind the formation of the Nurse Tutors' Academic Society, an organisation which stressed the importance of research in underpinning nursing practice, she was greatly concerned that the closure of the Dublin Metropolitan Technical School for Nurses meant that educational opportunities for nurses would be diminished.

Her typically forthright response was to call a meeting in 1970 of representatives from the national board, the trade unions, RCSI, and leading figures in the world of Irish nursing, to discuss her proposed solution. Her philosophy was that nurses should refuse state aid and come together to plan and fund an organisation capable of promoting advanced education for nurses. Her proposal was overwhelmingly rejected by those who believed the responsibility for post-qualification education for nurses should fall on the Irish Government.

## A dedicated

A lesser person would have abandoned their plans in the face of such overwhelming public rejection, but Miss Crowley was made of sterner stuff. She continued to lobby the RCSI and her persistence eventually paid off when the new faculty was founded and she became its first dean. Although not a researcher, Miss Crowley was convinced that nursing research was crucial to the future of the profession. The faculty's first annual research conference was held in 1981 and continues to be a highlight of the research calendar, bringing together researchers and clinical nurses from Ireland, Britain, USA, and the Middle East.

Mary Frances Crowley deserves to be remembered for laying the foundations of a thriving organisation.

Read more about Mary Frances Crowley and the faculty in *Faculty of Nursing & Midwifery 40th Anniversary History 1974-2014* by John Adams, Marie Carney and Thomas Kearns (2014). Download at:

<http://www.rcsi.ie/faculty>

# FEATURE

**D a e Ya d recommends *'Curing Queers': Mental Nurses and their Patients, 1935-74* by Tommy Dickinson (Manchester University Press, 2015)**

Tommy Dickinson has delivered a detailed, comprehensively referenced and frequently moving account of the ways that gay men and male transvestites were treated by doctors and nurses in order to cure them of their "deviant" behaviour.

The book has a largely chronological structure and includes discussions on the development of mental health nursing, the treatment of the mentally ill in Nazi