/ol 3 No 7 March 2019 **RCN** activists support

News, views a

Campaigning for change

Reps unite to work out a strategy for getting members engaged in RCN work

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RCN Congress fringe promises rich mix of topics

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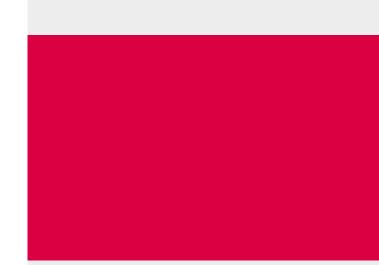
Editorial

ASK AN ADVISER





Learning disabilities: raising the profile



FEATURE

How the RCN 3Rs initiative protects staff wellbeing

Busy nursing staff need encouragement to rest, rehydrate and refuel. RCN resources can help reps drive home the message

B 'r Rest, Rehydrate, Refuel (. r)



"Staff bring in snacks, drinks and food to encourage others to refuel"

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Extra protection for terminally ill employees

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