

Activate

Vol. 3 No 7 March 2019

News, views and support for RCN activists



Campaigning for change

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

A group of representatives from various RCN branches met to discuss ways to increase member engagement. They agreed to focus on several key areas, including communication and outreach.

The meeting was held in a conference room and was attended by representatives from across the country. They spent the day brainstorming ideas and developing a plan of action.

One of the main challenges identified was the lack of communication between branches and the central office. It was decided that a new communication strategy should be developed.

The representatives agreed to meet regularly to monitor progress and report back to their respective branches. They also agreed to share resources and support each other in their efforts.

The meeting was a success and the representatives left with a clear plan of action. They are confident that they will be able to increase member engagement and make a positive impact on the RCN.

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RCN Congress fringe promises rich mix of topics

As the RCN Congress programme unfolds, the organisers have promised a rich mix of topics and speakers.

The programme includes a series of sessions on the RCN's new strategy, the role of the RCN in the future, and the impact of the NHS reforms. The sessions will be held on the 1st, 2nd and 3rd of July.

At the RCN Congress, the RCN will be launching its new strategy, the RCN's new vision, and the RCN's new mission. The RCN will also be launching its new website, the RCN's new logo, and the RCN's new branding.

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VIEWS

Editorial

ASK AN
ADVISER



Learning disabilities: raising the profile



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

It's a common sight in many hospitals: a nurse standing at a desk, looking tired and stressed. They're often juggling multiple tasks, with little time to rest or rehydrate. This is where the RCN 3Rs initiative comes in.

The 3Rs initiative is a simple but powerful way to support staff wellbeing. It stands for Rest, Rehydrate, and Refuel. By encouraging staff to take short breaks, drink water, and eat healthy snacks, the initiative can help reduce stress and improve performance.

By 2025, the NHS will have a workforce of 1.2 million. Rest, Rehydrate, Refuel (3Rs) is a simple but powerful way to support staff wellbeing. It stands for Rest, Rehydrate, and Refuel. By encouraging staff to take short breaks, drink water, and eat healthy snacks, the initiative can help reduce stress and improve performance.

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

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Extra protection for terminally ill employees

“If a member of staff wants to work to their final days and is able to, then why not?” Dying to Work

