



Milton Keynes RCN Branch Newsletter

We

need

YOU!



**FAIR PAY
FOR NURSING**

[#FairPayForNursing](https://twitter.com/FairPayForNursing)

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FOR NURSING**
#FairPayForNursing

Nursing staff and we include HCAs in this, are worse off now than we were ten years ago. The #FairPayForNursing campaign aims to secure a fully funded 12.5% pay increase for all nursing staff covered by Agenda for Change terms, as part of a one-year deal that applies equally to AfC staff on all bands.

The Fair Pay For Nursing campaign is about:

- recognising the complexity of skill, responsibility and experience demonstrated every day by HCAs, nursing support workers, assistant practitioners, nursing associates, registered nurses and all members of the profession.

Do you want to join the campaign? Do you want to understand what industrial action would mean for you?

The RCN have committed a £35million strike fund to support members should we get to the point of action.

For more information please visit:

rcn.org.uk/get-involved/campaign-with-us/fair-pay-for-nursing

Or you can contact sharon.mitchel@mkuh.nhs.uk for more information

UPDATE YOUR DETAILS It's more important than ever to make sure we have your correct details so we can reach you with important updates on pay. Visit my.rcn.org.uk to make sure your details are accurate.



June was Pride month - a month dedicated to celebrating LGBTQ+ communities all around the world

We celebrated as a branch by having a Pride stall outside the MKUH Eaglestone restaurant on 25 June. It was a great success and we heard lots of inspiring stories from our LGBTQ+ colleagues and their families. The free rainbow cupcakes went down really well, donated by the 'Cake Kitchen' (our very own branch treasurer Dawn Collis).

Join our LGBTQ+ National Network

This RCN membership group acts as an influencing and lobbying agent to prompt lesbian, gay, bisexual and transgender (LGBTQ+) equality within the RCN and the health care sector. For more information please email: wendy.irwin@rcn.org.uk

Become an LGBTQ+ ally

The term ally is often used to describe someone who supports a group that they themselves are not part of. An LGBTQ+ ally is someone who supports people who identify as LGBTQ+ and equality in its many forms. Heterosexual and cisgender people can be allies as well as those within the LGBTQ+ community who support one another's unique needs and struggles.

Calling yourself an ally isn't enough. It requires active participation and sustained, visible support. Passive acceptance of the LGBTQ+ community (saying, for example, "I don't have a problem with gay people") is very different from being an active ally who supports LGBTQ+ inclusion.

1. Be a great listener. Being available to really listen and learn about the lived experiences of others is an important part of being a great ally.
2. Be willing to talk. Approach conversations with a real sense of curiosity and an appreciation of nuance and weight.
3. Make a stand about what is acceptable: anti-LGBTQ+ comments and jokes are harmful. Let your friends, family and colleagues know that you find jokes and banter of this kind harmful.
4. Confront your own prejudices and bias, even if it is uncomfortable to do so. This might include learning more about your own privilege and the ways in which you can use it to amplify the voices of LGBTQ+ communities.
5. Stand up for inclusion and educate yourself in the ways that inequality can structure the lived experiences of others.



Roll up, roll up to the South East #ProudRCN Learning Event
9th July, 14.00pm– 17.30pm



Book your place:

www.rcn.org.uk/news-and-events/events/se-lgbtq-learning-event-090721

C'MON EVERYBODY!



Student Nurses, Nurses, Healthcare Assistants, Assistant Practitioners, Nursing Associates and retired members, are you a budding writer, would you like to write an article or share your pictures of activities you are involved in as part of the RCN?

Then please contact: sharon.mitchel@mkuh.nhs.uk

**COMING
Soon**

**Week beginning
16th August
'Celebrating and Valuing Our
HCSWs'**

**Look out for details coming soon on the
Milton Keynes Branch page or
Contact: sharon.mitchel@mkuh.nhs.uk**

**The greatest value of having good
people around you is not what you
get from them;
But the better person you become by
being with them.**

Your Branch Committee are:

**Chair: Sharon Mitchel
HCA Practice Educator MKUH
Learning & Development Rep**

**Secretary: Stephen Shouler
Dermatology Nurse MKUH
Learning Rep/Steward**

**Treasurer:
Dawn Collis
Sister AMU MKUH**

You can find out more about them and get in touch by going to the Milton Keynes branch page at: rcn.org.uk/southeast