

Our nursing and midwifery people

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On a typical day

Each day, I am involved in a wide variety of activities and no two days look the same. I am part of the nurse leadership team and this means that there are lots of ongoing projects I'm involved in. I am also really lucky that I have been able to do direct work with people who are in our inpatient areas, hearing their stories and engaging, on a one-to-one basis, with them. I am closely linked to our community learning disability teams and I also get to work with lots of student nurses.



One way I've made a difference as a nurse or midwife

I've been heavily involved in the engagement around our transformation of community learning disability services. I have been able to work in partnership with people with a learning disability to gather views on our services and help shape what the future will look like. A key way of doing this has been through the use of easy read/accessible information and normalising this in our written invites, feedback and bulletins. We have not created two versions of the same document; we have used an 'easy read for all' approach. I have learned from my previous experience as the University of South Wales (USW) link to the Teaching and Research Advisory Committee (a group of self-advocates who were consulted on and involved in academic activities at USW) about the importance of breaking down these barriers in a way that avoids tokenism. This has needed a strong and consistent approach to ensure that has been a meaningful experience for all.

What would you say to someone considering a career in nursing or midwifery?

Nursing and midwifery brings so many opportunities to empower and liberate yourself and others. You will learn to apply knowledge and skill to your daily practice and develop your approach to other people. You will feel the benefit of this as much as the people you care for. Nursing is a diverse career and provides varied opportunities; of course there are challenges (positive and negative), but it can also be an exciting, enlightening and exhilarating role. There's lots of demand for nurses at the moment and it's a career that can take you wherever you want to go.

Find out more about our nursing and midwifery people stories, and how you can submit yours, by contacting us at: England.nursingmidwifery@nhs.net