

RCN Foundation Impact Report 2018





Introduction

In 2018 we saw an unprecedented level of interest in, and support for, our work.

We continued to focus on our core areas of grant-making – hardship, education and nursing-led projects. During 2018, there was a greater emphasis on aiming to demonstrate the impact of our grant-making and the positive difference it makes to nursing and health care in the UK.

We are much clearer that through our work we **support** individual members of the nursing team by making grants for hardship and education; we **invest** in the nursing profession to improve patient care by funding nursing-led projects in our priority areas; and we **champion** nursing through activities that raise the profile of the profession and strengthen public understanding of its contribution to improving the nation's health.

In 2018, our income from fundraising exceeded that from our investments for

the first time. This was in part down to significant funds raised via the online fundraising platform Omaze, and fronted by the actor and RCN Ambassador Emilia Clarke. The funds, received as a grant through CAF America, will be used to develop a new programme of education activities which focus on advanced level practice in a specialism.

2018 was a year of hellos and goodbyes. We welcomed the author and former nurse Christie Watson as our first Patron. And we said farewell to Robert Sowney in his last full year as the inaugural Chair of the Foundation. Robert was instrumental in establishing and developing the Foundation and we owe him our thanks for his service and stewardship over the past eight years.

Finally, we are extremely grateful for the support we have received from so many individuals and organisations which has helped us to deliver some of the work you will read about in this Impact Report.



Deepa Korea
RCN Foundation Director

Thanks to your generous support in 2018...



We directly supported nearly 2,000 nurses, midwives and health care support workers, as well as many hundreds of others through the projects we funded.

We helped 1,313 members of the nursing team who were facing hardship.

This included 640 who were experiencing ill health including mental health issues, and 36 facing domestic abuse.



The average financial gain for an individual given advice and before a grant was made was

£4,000

60%

of clients who underwent an assessment were potentially **better off as a result**

80%

of grant recipients said that the grant **increased their independence**

83%

of clients reported that they were **satisfied** following the appointment

We awarded £297k in grants to 151 nurses, midwives and health care support workers who wanted to improve their clinical skills through education and learning opportunities. Areas of study focused on some of the most pressing health issues facing the nation including diabetes, cancer care and mental health.



99%

said the activity funded by their educational grant had a positive impact on their career.

Of these 30% moved up a salary band and 54% took on more responsibilities.

Highlights from our funded projects in 2018 included...

- **The development of resources to improve end of life care for people with a learning disability**, including a film and education pack. These have been widely distributed at events and conferences.
- **The selection of four projects within the Celebrating Nursing Practice project which sought to highlight innovation in nursing and how it's making a positive impact on patients' lives.** The four projects developed a number of tools and interventions including: a toolkit to support communication with patients who have complex needs; a tool to support enhanced recovery following a Caesarean section; a digital version of the wound checklist; and a booklet for nurses to communicate

the importance of sudden infant death prevention and safe sleeping guidelines to parents whose first language is not English.

- **Holding a Collaborative Forum on Mental Health** which brought together those from a wide range of backgrounds including nursing, academia, experts by experience, and family members and carers. The forum addressed the question of how nursing can make a difference to the mental health and emotional wellbeing of children and young people, and led to a research call being made.
- **Investment in our care home nursing grants programme** reaching the half a million pound milestone.



Supporting individual members of the nursing team

- We continued to support individual nurses, midwives and health care support workers who were either facing hardship or who were seeking to develop their skills.
- We funded the Lamplight Support Service to provide advice and make grants to those facing hardship and crisis.
- We also directly funded individuals to undertake a wide range of post-graduate and other training courses.

Case study

Rachael's story: "Lamplight gave us the financial support we needed to settle into our new lives"

"After years of financial, emotional and physical abuse, I made the decision to separate from my partner and the father of my two-year-old daughter. I hoped to stabilise my life and my daughter's.

I managed to find a place of my own, but due to financial hardship and without any support network, I struggled to make ends meet.

I'm a health care assistant and Lamplight gave us the financial support we needed to settle into our new lives. They provided a grant for our general costs of living. It meant that I could begin to provide for myself and my daughter, albeit in a very basic way, for the first time in years.

You simply couldn't put a price on the invaluable support, and mental wellbeing, the Lamplight Support Service has so very generously given us."





Case study

Providing a helping hand to those in hardship – Rebecca’s story:

“I contacted Lamplight after I had been off work due to long-term illness and was receiving only Statutory Sick Pay (SSP), benefits and tax credits. My limited income forced me to access local food banks to feed myself and my teenage son.

My son had been violently attacked the year before and was suffering related mental-health problems since. We were keen to move away from the area in which the perpetrators of the attacks lived. After applying to our local council, they found alternative accommodation for us but it needed some essential items. I turned to Lamplight for support with fitting carpets and turning the new house into a home.

I can’t thank Lamplight enough for their help. It will be great not to have stone floors and floor boards.”

Case study

Sarah’s story: “My course was directly relevant to improving patient care”

“I was awarded funding to begin a long-distance part-time masters course in advanced nursing practice with Edinburgh Napier. I’ve been able to undertake a module in a topic that I am passionate about, and which is directly relevant to improving patient care.”

Investing in the nursing profession to improve patient care

The Foundation continued to invest in the profession by funding nursing-led projects in our priority areas – supporting and strengthening nursing in the care home sector, nursing-led interventions that improve children and young people’s mental health and emotional wellbeing; and learning disability nursing.

Case study

Tackling loneliness and isolation

Intergenerational befriending can combat social isolation and loneliness. This is why we provided a £30,000 grant to Aneurin Bevan University Health Board in Wales. The project aims to improve the mental and physical wellbeing of older people living in nursing and residential homes and contribute to children’s positive wellbeing. The project will run until early 2020.



Case study

Raising awareness of end-of-life care – *Bounce Back Boy*

The Foundation funded the production of a short film, *Bounce Back Boy*, on end-of-life care for a young person with complex needs. The film aims to raise awareness of the multiple challenges that can arise when a young person with complex needs is dying; and to contribute towards improving the quality and experience of palliative and end-of-life care for young adults and people with learning difficulties. The project addressed our priority theme of learning disability. Josh Cawley died a distressing death, despite the support of his adoptive family who fought for all of his short life to get the care he needed. *Bounce Back Boy* is a film that explores the life and the death of 23-year-old Josh. It explores how his, and his adoptive family's complex needs were inadequately identified, assessed and supported by health and social care professionals. A question-and-answer session with Josh's adoptive mother, Lynn, follows directly on from the main film where she describes some of the things she would like to be done differently and the impact living with Josh had on her life and those of her immediate family.



Champion nursing through activities that raise the profile of the profession



We once again funded a series of public lectures that sought to raise awareness of nursing and its contribution.

In May, over 150 people attended the launch of author and former nurse Christie Watson's book *The Language of Kindness: A Nurse's Story* in London. Christie read extracts from the book, discussed her experiences and reflected on the challenges facing nursing today.

In October, Sophie Howe, Future Generations Commissioner for Wales, gave a lecture in Cardiff entitled *Acting Today for a Better Tomorrow: Health and Wellbeing for Future Generations*. Sophie spoke about her work to improve the quality of life for the people of Wales, now and in the future. She explained how the programme she is delivering has significant implications for the way in which health care is delivered in the future.

Thank you to our supporters



We want to hear from you

Feel free to contact us and see how we can help:

✉ rcnfoundation@rcn.org.uk

☎ 020 7647 3645

🖱 www.rcnfoundation.org.uk

🐦 [@RCNFoundation](https://twitter.com/RCNFoundation)

📘 [/RCNFoundation](https://www.facebook.com/RCNFoundation)

Published by: RCN Foundation, 20 Cavendish Square, London, W1G 0RN
Registered Charity: SC043663 (Scotland) 1134606 (England and Wales)
Registered Company: 7026001 | Publication code: 007 641 | May 2019

© 2019 RCN Foundation. All rights reserved. Other than as permitted by law no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means electronic, mechanical, photocopying, recording or otherwise, without prior permission of the Publishers or a licence permitting restricted copying issued by the Copyright Licensing Agency, Saffron House, 6-10 Kirby Street, London EC1N 8TS. This publication may not be lent, resold, hired out or otherwise disposed of by ways of trade in any form of binding or cover other than that in which it is published, without the prior consent of the Publishers. Authorised and regulated by the Financial Conduct Authority for consumer regulated activities.