

SAVE THE DATES

Explore Online

6th February 2023

To find out what Parish Nursing is all about, join us online.

10am, 1pm or 7pm. Contact

enquiries@parishnursing.org.uk

for the zoom link. Invite others by sharing the flyer attached.

Symposium 2023

16th -18th October 2023

At The Hayes Alfreton

Derbyshire DE55 1AU

Cost £295.

Free Spring Online session for parish nurses and church partners on the subject of *Accessibility.*

8th March 2023

Preparation for Practice Courses

April 2023

Is an online course, with sessions running on 18th, 19th & 25th April and 2nd, 9th, 16th & 23rd May 2023. Closing date 30/03/23

November 2023

14th – 16th Nov venue to be confirmed followed by online sessions 22nd, 29th Nov and Dec 6th 2023 closing date 25/10/23.

**Masterclasses for parish nurses
7-8pm**

31st January 2023

23rd May 2023

Welcome to our January update.

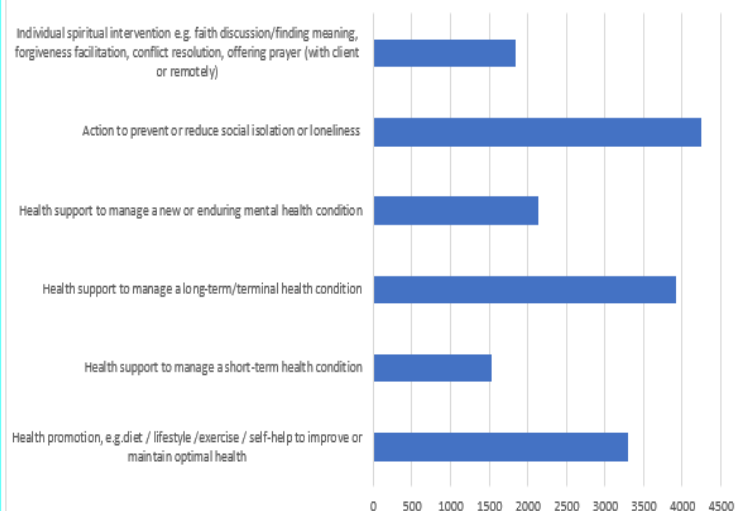


As we prepare this newsletter, the situation in our national health and care systems is daily described in our news in ever more extreme terms and we are moved to pray for all who work in, or are in need of, health and social care at this time. However, this situation also highlights once again the enormous value in parish nursing which values each person as a whole and seeks to prevent further ill health and promote health and wellbeing, through intentional spiritual care, health education, support, advice and signposting. I never tire to be proud of and give thanks for the work of parish nurses across the UK.

I trust you will also be encouraged as you read in this newsletter further signs of hope in the life-changing impact of parish nurses, awards nominations and a growth in interest in parish nursing.

Anne Taylor. PNMUK Director of Nursing.

Most common Interventions delivered by UK Parish Nurse Service during 2022
Data taken from an average of 23 service returns per quarter



“Could not be prouder of our team today... 65 folk through in 2 hours. All welcomed by name, fed and listened to. Calls to DWP, Scottish Power, GPs and others, benefit support, assistance with fuel vouchers and referrals to foodbanks. We are shattered!” Tweeted by PN Kirsten Nelson at Steeple Church.24/01/23

Summer visit to Scotland by Anne Taylor.

I took the opportunity this summer to visit our Scottish parish nurses and their teams, generously hosted by Scotland and Northern Ireland Regional Nurse Coordinator Catriona Logan. Whilst I was with Barbara, parish nurse at The Steeple Church, Dundee, she stopped to talk to a young man on the street outside her church, addressing him by name, which is their policy. This reminds me of Isaiah 43:1, "I have called you by name" and is immensely powerful for people who are often ignored or invisible on the streets. By the time I had bought the milk for tea, Barbara had rehoused the young man and was giving him wise advice whilst respecting his dignity.



RNC Catriona Logan with the Steeple church, Dundee PN team.



Catriona with PN Cath Carter and assistant Rhona.

Going on to St Andrew's on the East coast of Fife in Scotland, approaching the town at the height of the 2022 Open Championship, it became apparent that the town was fit to bursting with professional golfers, their teams, sports journalists, and spectators. As the crowds and glamour faded away, the everyday side of St Andrew's became more apparent in the quiet streets just further into the town where we found the Community Hub in which parish nurse Cath is based with the Christian charity Pilgrim Care. The Hub has planted flower beds, hanging baskets and bunting in the windows of the community café offsetting the pebbledash walls and bright yellow grab rails. Whilst golf enthusiasts who had missed out on more formal accommodation paid, I was told, large amounts of money to stay in a field of identical tents, there is hidden poverty in St Andrew's with some of the older population living in council houses in receipt of building works. The contrasts in that short journey were stark. However, one thing that the golfing fraternity and Cath's customers had in common was a shared wish for entertainment. There was a peaceful, happy atmosphere in the community café where board games were being shared across generations between meals and organised activities. Underlying this deceptively simple offering is the very real work of parish nursing, breaking down not only loneliness and social isolation, both associated with increased morbidity and mortality, but also potentially addressing darker situations where safeguarding policies are sadly put into action. Encouraging physical mobility and social connections have also been shown to reduce reliance on medications including, for example, anxiolytics. Intentional spiritual care, provided so skilfully it can be invisible, was also evident, in, for example, the inherent respect with which each café customer was treated. I was very honoured to be invited into one person's home and hear directly about the transformative impact of Cath's excellent work. Another member of the public took the time to pop into the café specifically to tell me in person what a wonderful job Cath is doing.

There are many more elements to Cath's work which is supported by parish nurse assistant and experienced retired nurse Rhona, glimpses of which you will find in this newsletter, but safe to say I left St Andrew's with a very clear impression of excellence in practice.

Since my visit Cath & Rhona tell me that they are now also supporting work by the Sensory Trust (People living with Dementia) and have freshly planted flower beds. They are also facilitating a Meeting Centre, newly opened within the St David's Centre, which is a local resource offering ongoing warm and friendly expert support to people and families living with dementia. This entails partnership working with the Kingdom Vineyard Church and the Baptist Church.

Student nurse placements.



There has been an increase in interest from university nursing programmes in the last few months seeking not only more student nurse placements but also those with a strong public health and/or Third Sector focus. One example was an enquiry to PNMUK from Sussex NHS Integrated Care System. Parish nurses in Sussex have subsequently been exploring possibilities for day placements ('spoke days') for student nurses. In Scotland, Cath at Pilgrim Care – St Andrews and the parish nursing team at The Steeple in Dundee both offer full student nurse placements, often working together to provide Practice Supervision and Practice Assessment to enrich student learning experiences across the two teams. We are aware of other parish nurses who give of their time to support the education of our future nurses which is hugely valuable and an excellent opportunity to provide an insight into wholistic nursing as practised in parish nursing.

Upcoming online events.

Masterclasses

We were treated to an excellent PNMUK masterclass for parish nurses in November focussing on student placements in parish nursing. We are very grateful to all our speakers for sharing their expertise – Lesley Williams, Cath Carter, Barbara MacFarlane, all of whom are parish nurses with students, and Jo Corlett, PNMUK Educator and Reader at Dundee University. Our next masterclass on 31st January for current parish nurses will look at supporting people to access the health screening offered in Primary Care with nurse and Lead Colposcopist Sally Abbott as our guest speaker. This will be followed on the 24th May 2023 by a masterclass on spiritual care of people with dementia and their families, for parish nurses and church leaders to attend.

Spring Online Event

We are also looking forward to a day online for all our current partners, whether you lead or support your parish nursing ministry for your church or charity or are a parish nurse yourself. We will focus on *Accessibility* with a range of speakers looking at this issue from different perspectives and look forward to welcoming as many who can make it on 8th March. Joining details will be sent to all our partners nearer to the date.

Latest education news.

In November we held our first blended course which started with 3 days residential sessions followed by further online teaching sessions. In the future we are planning to offer one online course and one blended course each year to help cater for varying personal circumstances and accessibility.



Research opportunities:

There is an opportunity to extend the Open University dancing for carers research as a parish nurse. If this would interest you, please contact Anne via don@parishnursing.org.uk In addition, all current parish nurses will have received information this month on how to contribute to research into nurses' engagement in health promotion.

Awards for Parish Nurses.



We are always delighted to see parish nurses rightly rewarded for their excellent work and so it was with great pleasure that we heard that Gillian Fenner, parish nurse in Wolverhampton and PNMUK Regional Nurse Coordinator for the Midlands and Southwest, has been awarded the Queen's Nurse title in recent months. Queen's Nurses are committed to excellence in practice, learning and leadership and Gill exemplifies this in her work across PNMUK, leading for example on the hugely successful Farmers' Markets work, and her lead parish nursing role in one of the most deprived communities in the country.



In June last year we reported on a collaboration between Catherine Bannister, parish nurse at Shoeburyness and Thorpe Bay Baptist Church, and her nurse practitioner colleague from Shoeburyness Health Centre, offering a joint drop-in clinic for care staff at a local Care Home. Catherine and Jo entered an account of their work, detailing the many benefits for care staff who were enabled to access much needed health services, early interventions and spiritual care, for a Nursing Times Award. We are delighted to report that their submission was short listed for a prize in September 2022. Congratulations Catherine and Jo!



Awards and recognition come in many forms, and we are always delighted to hear your news so please don't hide your light under a bushel! We were therefore excited to hear that Cath at Pilgrim Care in St Andrews received the accolade of being mentioned in the Scottish parliament in July 2022. Pilgrim Care in St Andrews was congratulated by local MSP Willie Rennie on receiving Dementia Friendly Walking accreditation from 'Paths for All' for one of three wellbeing walks Cath offers within her parish nursing role. [Parish Nursing project leads the way with wellbeing walks - Paths for All | Paths for All](https://www.parliament.scot/chamber-and-committees/votes-and-motions/S6M-)
<https://www.parliament.scot/chamber-and-committees/votes-and-motions/S6M->

Vacancies & opportunities:

2023 will be a year of exciting developments at PNMUK so please keep an eye open for job advertisements in the coming months. If you are excited by sharing best practice and developing parish nursing, either as an educator or regional team member, we would like to hear from you. For an informal online chat, please contact Anne via don@parishnursing.org.uk

We are also excited to report a surge of interest in parish nursing and we are working with a number of churches and charities planning their parish nursing ministry this year. This also means there are currently parish nurse vacancies so please spread the word! Details can be found on our website via PNMUK social media.

There are parish nursing positions available at:

Central Church, Edinburgh

Paid: 15 hours per week.

Contact: Julie.watson@centralchurch.co.uk

Capel St Mary Sussex

Paid: 4-10 hours per week.

Contact: carole.almondhome@virgin.net

Heath United Reformed Church, Halifax, West Yorkshire

Paid: 8-10 hours per week.

Contact: Heathchurchhalifax@gmail.com

Ramsey Foodbank, Cambridgeshire

Paid: 14 hours per week.

Contact: sarah@ramsey.foodbank.org.uk

Durham Dales Parish Nursing

Paid: 25 hours per week.

Contact: maddy.fisher@durham.anglican.org

PNMUK have gratefully received recent financial support, from Churches, individuals, grants or trust funds, sharing our vision. Please consider supporting PNMUK financially by using [easy fundraising](https://www.easyfundraising.org.uk/causes/parishnursing) <https://www.easyfundraising.org.uk/causes/parishnursing> or [Amazon Smile](#) when making online purchases

In Yorkshire, parish nurse Kate Booth is soon retiring after 10 years serving as a parish nurse. Most recently she has been ministering from Meadowhead Community Church in Sheffield, where an aspect of the parish nursing service was a much-needed dementia carers group, set up at the church following the receipt of some funding. One client, who was the main carer for their parent who had dementia, started to attend regularly, and during the carer sessions, found out about other services that could practically help them and their parent, through signposting from the parish nurse. Following guidance given, the client has been able to apply for attendance allowance – something they did not know existed. They also have access to regular massages provided by another carer support organisation, to help them relax and have time to rest and recuperate. This client values the peer support both from the parish nurse and also other dementia carers in the group; the help received has enabled a better relationship to be developed with their parent.



Carers group having fun petting animals from Heeley City Farm at a special session for people who suffer with Dementia and their carers .

A message from one of the organisations Kate partners with through her parish nursing work said:

“Just wanted to say a massive thank you for all your help with the carers group, the support and information you give the carers is invaluable. We have great feedback from the Q+A sessions and the carers really trust and value your advice around all different areas of health.” Aug 2022

Prayer focus for Yorkshire and Lincolnshire

There are 8 parish nursing services in this area with some established services experiencing a period of change and a need for wisdom and renewed energy for the church leaders in these situations. In Yorkshire there are great prospects of new services developing as a result of a notable increase in interest.

We pray for:

Well established services to be sustained and flourish.

Recruitment of nurses for posts at Heath Church, Halifax and St Matthew’s Sheffield.

General health and strength for parish nurses.

Renewed growth and vision in churches in Lincolnshire.

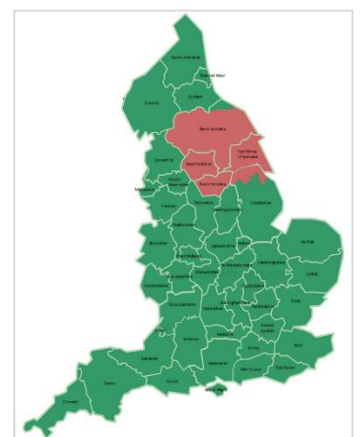
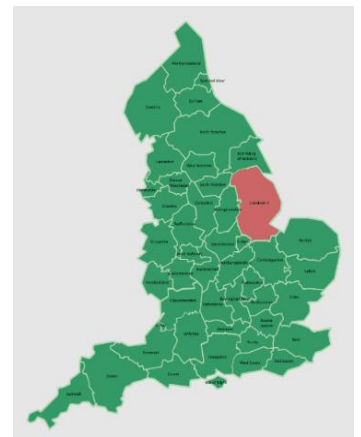
Success for funding bid applications which will enable an increase parish nursing capacity.

For parish nurses undergoing changing circumstances we ask for peace and guidance, giving thanks for their years of faithful ministry.

Thanks for new services but praying for obstacles to be removed that impinge healthy development.

Connections with new churches and denominations to develop and grow.

Thanks for the recent interest in Yorkshire and for the explore meetings that are taking place.



Maps from
www.visitnorthwest.com