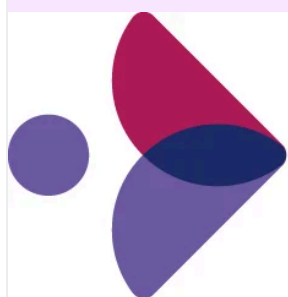




The FoNS Weekly News



OUR NURSES. OUR FUTURE.

International Council of Nurses

**Caring for nurses strengthens
economies**

International Nurses Day

Who are your everyday inspirations in nursing?

We'd love to hear who your inspirations are (or perhaps were) in nursing? How and why did they inspire you? Is it a nurse who encouraged you to join the profession? Or is it a nurse who supported you through a difficult patch?

Please send us no more than 100 words on this inspiring nurse, their photo too and **your** photo too.

We'll be creating something for International Nurses Day 2025 to share and celebrate the wonderful profession that is nursing.

Please make sure to check that the person you are writing about is happy with you sharing the story and their photo!

Email your thoughts to admin@fons.org

Learning Disability Nurse Development Scholarship: Winner Announced

We are delighted to congratulate Kirsten Malcolm, Practice Development Nurse, CAMHS, Scotland on winning the 2025 FoNS Learning Disability Scholarship.

'As a passionate Learning Disability Nurse working in Child and Adolescent Mental Health Services, I am incredibly grateful (and a little stunned!) to have been awarded the Learning Disability Nursing Scholarship.'

'It is an honour to have this opportunity to engage with inspiring nurse leaders from across the UK. This experience will support my development, enabling me to continue empowering and advocating for the individuals and families I have had the privilege of working alongside. It will also allow me to further support and guide my colleagues in meeting the needs of the children and young people who use our service, promoting a culture of person-centred care.'



The FoNS Alumni

Who is it open to?

[The FoNS Alumni](#) is open to anyone who participated in one of these FoNS Programmes:

The Inspire Improvement Fellowship

Any Creating Caring Cultures Programme

The FoNS Learning Disability Aspiring Leaders Fellowship

Teaching and Learning Care Homes

The FoNS Residential Programme and Practice Development Schools

The Richard Tompkins Nurse Development Scholarship

Programmes based on the Guiding Lights model

Patients First

How do you apply?

Email admin@fons.org with your name, preferred email address and the name of the programme you participated in (and when if possible). We will add you to the alumni mailing list and you will receive links to future events.

Next Alumni Event

Cultivating Self-compassion

TODAY! 2 April 2025, 1:00-3:00pm

In this 2-hour session we will explore self-compassion. We will become more aware of and befriend our inner critic, rather than try to silence it. We will experience a short practice to help you cultivate self-compassion. Our speaker is Amy Dunmall, an Associate Facilitator at FONS, she is also a coach and a registered nurse. She had a 25-year career working for the NHS across many areas of nursing in front facing roles, clinical education, service improvement and then more recently as Head of Nursing Professional Development for a large NHS Trust. Amy brings together her experience of working and leading in healthcare together with a long term interest in compassionate leadership and communication.

Learning outcomes

Gain an understanding of the evolutionary emotional regulation systems

Become more aware of the inner critic

Explore self-compassion as a strategy to navigate challenges

Experience a short self-compassion practice

If you are an alumni member or eligible to become one, email admin@fons.org right away!

RBCS Public Programme

Due to high demand, we are running an 'open to all' RBCS programme of restorative supervision starting May 2025

Maximum group size is 6 people. [Book your place](#)

Session 1: Wednesday 21 May 09:30-12:30

Session 2: Wednesday 04 June 09:30-12.30

Session 3: Wednesday 11 June 09:30-11:30

Session 4: Wednesday 18 June 09:30-11:30

Session 5: Wednesday 25 June 09:30-12:30

£475 per person

RCNi Breakfast Briefing: Restraint, Improving Nursing Practice with a Human

Rights Approach

Recent care scandals show the urgent need for a new approach to restraint in learning disability & autism care.

Join RCNi in London on April 28 for an essential discussion on how to reduce restraint & use it safely when unavoidable.

Hear from expert speakers, gain practical strategies, and explore the latest restrictive practice training standards.

[Book now](#) for £40 and gain 2 hours participatory CPD

And in April

Action for Happiness

We love the Action for Happiness calendars - why not try April?

[Action for Happiness April Calendar](#)

Stress Awareness Month

Dedicated to increasing public awareness about the causes and cures of stress. Why not take a look at [the Stress Management Society website](#)?

Liked this week's issue? Don't forget to share!



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