



## The FoNS Weekly News



## OUR NURSES. OUR FUTURE.

International Council of Nurses

**Caring for nurses strengthens  
economies**



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## Taking a look at Mental Health Awareness Week and IND2025

This week we'd like to thank FoNS CEO Joanne Bosanquet for editing the newsletter and sharing her thoughts.

Dear friends, we have two very important weeklong awareness raising events between 12 and 18 May 2025, International Nurse's Week (with International Nurse's Day (IND) 12 May) and Mental Health Awareness Week.

The theme for #IND2025 is '[Our Nurses. Our Future. Caring for nurses strengthens economies](#)' and the theme for #MHAW2025 is '[Creating Communities That Care](#)'.



Both of these themes for 2025 resonate with me. They both include references to wellbeing and community. I have spent my whole career, in fact my whole life thinking about others and how we all fit together. It's not always easy to achieve, but when we work together for the greater good and develop our passions, shared vision and purpose, fantastic things can happen. When I started to do this in my younger days, my mind became more open, and I was able to envision all sorts of exciting images and possibilities. I have always grasped the nettle, sometimes (actually, quite often!) doing things the hard way, but overall, the journey has always been as important as the destination. I am happy, full of joy and my cup is fuller when I feel part of something, part of a community that cares.

It feels more poignant than ever that we recognise the vital importance of mental wellbeing for everyone, including those of us who are on the provider side of care, those who receive it and their families and friends.

As the sayings go, *it takes a village to raise a child*, and *a society is judged on how they treat their most vulnerable*.

On a population level, we need be active participants in society to make that society work. The economic power of communities is far reaching. Our mental wellbeing is as important as our physical wellbeing.

We can't always see an individual's particular needs of state of being, but by opening ourselves up and listening to hear, we are more likely to be in tune and know what to do to support that person. What we also need are systems which support wellbeing, focusing on prevention and early intervention and which create the conditions for flourishing.

[Read more ...](#)

Stay tuned for more next week.

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## Person-centred Cultures: A Development Programme

Picking up one of the themes from Joanne's introduction, today we'd like to talk about inclusion and the FoNS Person-centred Cultures Development Programme.

We cannot say too often how much we welcome applications from **all** settings in health and social care across the UK, from nurses and midwives from **any** background. In fact, it's part of the strength of all FoNS programmes that the opportunity to learn with and from others, especially others from different cultures and ways of working, is given as one of the things that participants value. Martyn Souter (Inspire Improvement year 6) said in a recent interview:

*On the first day, I was wondering if I was going to be able to relate to this group of people because we came from such different backgrounds geographically and from a speciality perspective. But what the programme showed me is that, leadership, if you strip it down, it doesn't come down to what specific job you're doing. It's about the values that the leader has.*

If you would like the opportunity to be part of the **Person-centred Cultures Development Programme** or know someone who you feel would benefit from this opportunity, please take a look at/share the link to the programme pages.

**We welcome applications from diverse backgrounds.**

[FoNS Person-centred Cultures development Programme pages](#)

And see below for drop in dates.

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## Person-centred Cultures Programme: New drop-in information sessions

No need to book, just come along and find out more

09 May 2025 12:30-13:00 [Join the meeting](#)<sup>1</sup>

27 May 2025 11:00-11:30 [Join the meeting](#) *Please note this is a change of date*

6 June 2025 12:00-12:30 [Join the meeting](#)

11 June 2025 09:30-10:00 [Join the meeting](#)

[Drop in sessions news item](#)

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## Community and Resilience

Some time ago, RBCS Programme Lead Grace Cook wrote a blog: **How we can use ecosystems to think about resilience in a different way**

What do we understand by 'resilience'? Let's forget 'bouncebackability' and focus on an ecological definition. This definition does not just focus on the individual but a collective response to adversity.

[Read Grace's blog](#)

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