



## The FoNS Weekly News

### From receiving care – to supporting those who provide it

Lexi Sandham, Executive Assistant to Joanne Bosanquet and FoNS Office Administrator

*Ikigai* is a Japanese concept referring to a motivating force, that gives a person a sense of purpose and brings fulfilment. The idea is that you find the thing that combines what you love, what the world needs, what you are good at and what you can be paid for. You bring together passion, mission, profession and vocation, and you create your best life. Even though I am not a healthcare professional in any way, it is nurses that helped me find my *Ikigai*.



For anyone who looks at my CV, a position in a charity that supports nurses and midwives is most definitely an outlier. My background is in engineering and quality assurance, but a little over a year ago I knew I needed to be doing something different.

## NEW DATES



### RBCS Public Programme: Starting in November 2025



**NURSING LIVE**  
5-6 November 2025  
NEC, Birmingham

# Free Registration

**NOW OPEN**

**RCNI**

International Practice Development Journal

Online journal of IPDe in association with the IPDe and ICIP (ISSN 2040-6262)

Title of Article	"Muchness" as the subjective experience of wellbeing: sharing the findings of a participatory inquiry with nurses
Type of Article	Original Article
Author/s	Kate Sanders
Reference	Volume 13, Issue 1, Article 2
Date of Publication	May 2023
DOI	<a href="https://doi.org/10.19043/ipdj.131.002">https://doi.org/10.19043/ipdj.131.002</a>
Keywords	Arts-informed approaches, flourishing, participatory inquiry, Photo Voice, subjective experience of wellbeing, virtual methods

IPDJ\_1301\_02 (pdf web)

**In this section**

[IPDJ Home](#)

- [Volume 13 – Issue 1: May 2023](#)
- [Volume 13, No 1, Editorial](#)
- [Volume 13, No 1, Article 2](#)
- [Volume 13, No 1, Article 3](#)
- [Volume 13, No 1, Article 4](#)
- [Volume 13, No 1, Article 5](#)
- [Volume 13, No 1, Article 6](#)
- [Volume 13, No 1, Article 7](#)
- [Volume 13, No 1, Article 8](#)
- [Volume 13, No 1, Article 9](#)
- [Volume 13, No 1, Article 10](#)

## From receiving care – to supporting those who provide it

This week, we'd like to say thank you to Lexi Sandham, Executive Assistant to Joanne Bosanquet and FoNS Office Administrator, for her guest edit of the newsletter.

Lexi says: *Ikigai* is a Japanese concept referring to a motivating force, that gives a person a sense of purpose and brings fulfilment. The idea is that you find the thing that combines what you love, what the world needs, what you are good at and what you can be paid for. You bring together passion, mission, profession and vocation, and you create your best life. Even though I am not a healthcare professional in any way, it is nurses that helped me find my *Ikigai*.

*For anyone who looks at my CV, a position in a charity that supports nurses and midwives is most definitely an outlier. My background is in engineering and quality assurance, but a little over a year ago I knew I needed to be doing something different.*

[Read more ....](#)

---

## **‘Muchness’ as the subjective experience of wellbeing: sharing the findings of a participatory inquiry with nurses**

*Kate Sanders, International Practice Development Journal Vol 13, No. 1*

<https://doi.org/10.19043/ipdj.131.002>

For anyone interested in their own wellbeing or that of others, this is a thought provoking, but also very readable paper.

Kate's paper argues for a “full life’ understanding of wellbeing – a balance between the pursuit of feeling fulfilled and feeling good’. Through her research, she enabled the participating nurses to creatively explore when they had experienced ‘muchness’, or well-being and ‘to identify what is important/matters to them, personally and professionally’.

---

## **RCN International Nursing Research Conference 2025**

*Nursing Research: Transforming Global Health in a Changing World*

8-10 September 2025, Exeter University or online

Keynote speakers have been announced as well as in-person and online programmes. This year, the RCN is piloting virtual tickets for those who are unable to attend in person.

[Programmes and booking information are available on the RCN website](#)

---

## **Book your place on a public Resilience-based Clinical Supervision programme**

Back by popular demand! It's great to see that organisations are continuing to value supporting staff through restorative clinical supervision in the shape of RBCS. Experienced by hundreds of nurses across the UK, this ‘Champion and Cascade’ programme has been very highly evaluated. Join this public programme to find out for yourself.

- Session 1: 07 November 9.30-12.30

- Session 2: 21 November 9.30-12.30
- Session 3: 28 November 9.30-12.30
- Session 4: 05 December 9.30-11.30
- Session 5: 12 December 9.30-11.30

£575 per person, [book via the website](#)

---

## Nursing Live

Nursing Live is a celebration of nursing. This year's programme is packed with useful and insightful sessions for all nursing staff, facilitating learning, insight, growth and that all-important participatory CPD for revalidation.

We are delighted that FoNS CEO Joanne Bosanquet and RBCS Lead Grace Cook will be there:

[View the Nursing Live Programme](#)

Why not check in with Grace and Joanne at the Resilience-based supervision session

11:45 AM - 12:30 PM - Thursday 6 November - Compassion Cafe

Or join Joanne for the Panel Discussion – Creating meaning in our work: prioritising a healthy workplace culture for nursing

03:10 PM - 04:10 PM - Thursday 6 November on the main stage

[Book your free ticket](#)

---

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



[Privacy](#) [Terms](#)

### Foundation of Nursing Studies

11-13 Cavendish Square London W1G  
0AN, London  
United Kingdom

[Unsubscribe](#)

