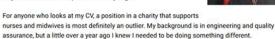


The FoNS Weekly News

From receiving care – to supporting those who provide it

Lexi Sandham, Executive Assistant to Joanne Bosanquet and FoN: 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.











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 Resiliencebased 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:

<u>View the Nursing Live Programme</u>

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!







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