

Members Newsletter – Spring 2023



Phi Mu Chapter

@PhiMuChapter

@RegionSigma

<https://thecircle.sigmanursing.org/phimuchapter/home>



Chapter News

Dear everyone

As I write this, spring seems definitely on the way with buds and flowers emerging everywhere. This is **my last Phi Mu Chapter newsletter** as President and so I wanted to use it as an opportunity to say a number of thank yous and also reflect on what we have all achieved over the last four years.

I will be handing over the Presidency into the capable leadership of **Dr Leslie Gelling** in July, and I am very grateful for Les's support and dedication to our Phi Mu Chapter and Sigma. Les is based at Bournemouth University and successfully led the management of the Sigma Europe Biennial conference held in Cambridge in 2018 and was elected for a 4-year term as a member of the Sigma Governance Committee in 2021. He will be a great fourth President for our Chapter.

I want to thank you all for being such fabulous members and so supportive of our Chapter. We are the vibrant Chapter we are because of your dedication to nursing on a global scale. We are privileged to have an amazing Board and I am grateful for their hard work and diligence.

I inherited a great legacy from previous Presidents Prof Elizabeth Rosser and Dr Janet Scammell, and I am grateful for their guidance and support in helping me settle into the role. I am very grateful for **previous Board members** Dr Adriane de Savorgnani, Catherine Best, Eileen Richardson, Prof Kirsten Jack, Lin Purandare, Desi Tait and Sharon Waight.

I wish also to recognise all the hard work of our **current Board members** Dr Leslie Gelling, President Elect and Lead for London and Southern Hub; Sharon Holland, Chapter Counsellor; Dr Lee Yarwood Ross, Chair Governance Committee; Dr Michelle Croston VP, Lead for Northern Hub; Raluca Oaten, VP and Lead for Midlands Hub and Webmaster; Dr Janet Scammell, Past President Board member; Prof Parveen Ali, Chair of Research Committee; Paula Shepherd, Treasurer; Prof. Bridie Kent, incoming Treasurer; Prof Elizabeth Rosser, Past President Board member; Dani Collins, Chair of

Communications Committee; Ashley Spriggs, Chair of Leadership Succession Committee, and Emma Heron, Chair of Finance.

We have had a great four years of awards, gaining our two **Chapter Key Awards** in 2019 and 2021. We have also celebrated **Sigma Researcher Hall of Fame** awardees Prof. Steve Ersser, Prof. Sue Latter, Prof. Vanora Hundley, Prof. Mark Hayter and Prof. Bridie Kent. Dr Semyon Melnikov(2020) Dr Siobhan O'Connor (2022) and Dr Heidi Singleton (2023) have also been awarded the **Sigma Emerging Nurse Researcher Award** for the Europe Region, a fabulous achievement.

We were also delighted that following their nominations, Prof. Elizabeth Rosser was awarded the **Sigma Mary Tolle Wright Award for Excellence in Leadership** and Dr Janet Scammell was awarded the **Melanie C. Dreher Award for Outstanding Chapter Support**. Richly deserved for them both.

Congratulations also to Raluca Oaten was awarded **Sigma European recognition of Excellence in Nursing Clinical Practice** during the COVID-19 pandemic 2021 and Dr Liz Berragan awarded the **European Recognition of Nursing Excellence in Education** 2022.

We have also had **annual conferences** over the last four years with amazing speakers and, despite Covid 19 restrictions, we have greatly increased our attendance, by up to 400%, at all of our Phi Mu Chapter events through making good use of virtual platforms. This has transformed the way we conduct Board meetings and has enabled our Phi Mu events to be far more accessible by our international members.

We were all delighted that the Phi Mu Chapter won the bid to host the **2024 Sigma Europe Biennial Conference**, which will be hosted at Bournemouth University 26-28th June 2024. A great event to look forward to that is also a recognition that nursing does not have boundaries in Europe.

We have Phi Mu representatives on all of the **Sigma Europe Regional Committees** and I am very grateful for all of our member's support for the Europe Region.

In 2021 we celebrated the **10th Anniversary of our Chapter** and remembered the amazing Chapter Chartering Ceremony which took place at the American Embassy in London in 2011. In 2021 we started a joint relationship with the **Florence Nightingale Foundation** and in 2022 we supported our first FNF Scholar, Dr Barbara Farqueson. We also become a **Company Limited by Guarantee** in 2022, which has given us much more financial security.

Our retention rates have increased by almost 10% over a two-year period FY20: 64.77%, FY21: 68.49%, FY22: 73.33% which is a great achievement and takes us to being one of the most successful Sigma Chapters for retention.

So, I leave my Presidency with much pride for a fabulous Chapter, and I am looking forward to remaining on the Board as Chapter Secretary and Chair of the Membership Involvement and Awards Committee.

I wish you all much happiness and success in your lives and careers and I am looking forward to seeing you at our annual conference on 16th June at Sheffield University.



With Best wishes

Liz

Dr Liz Westcott
President Phi Mu Chapter
Sigma Europe Regional Coordinator

Chapter News

Chapter Leads from England, Scotland and Wales contributed to a research project initiated by the late great Prof Jan Dewing and then led by Dr Caroline Dickson.

UK nurses' and midwives' experiences of healthful leadership practices during the COVID-19 pandemic: A rapid realist review

This has been recently published and now has also a YouTube video. Please see the link for details
<https://fb.watch/jhJqLwvnV0/>



Important publication from **Dr Ilya Kagan and colleagues** in the **Sigma Journal of Nursing Scholarship**

Nursing leadership in drawing policy lessons from major events such as a COVID-19 pandemic

1 of 1 Automatic Zoom

Folk awaken to a new day
Gorgeous weather, beautiful skies
A day officially welcomes Spring
Magnificent scenery, artists' gifts

Colourful displays, as far as eyes can see
Worldclass stage, they await
Windows to magical stories
Elegant marriage of flowers and monuments

Tulips, daffodils, crocuses, and many more
Radiantly dancing with the wind
The magical fragrances, linger
Inviting passers-by to search deeper

Life in the flowers, look closer
Tended by fine diligent beings
Insects, bees, and honeybirds at work
Blooms continue, gratitude, nature's gift

New hope renewed and re-energised
Reminder to folk, be active for life
Daylight and blooms, happiness awaits
Reach out to loved ones, embrace the warmth

Spring of life

Lian Lee, 20.03.2023

Fab poem by Lian Lee

We had a great presentation by Dr Barbara Farquharson, Senior Research Fellow, FNF Scholar, and Phi Mu member, on 9th February .



Why did they delay phoning an ambulance? Why didn't anyone do CPR? Using behavioural science to tackle pre-hospital issues in cardiac care.

We also welcomed new members at our February Induction event

Maha Almarhabi
Helena De Rezende
Nicola Wilkinson
Suzanne Turner
Adrian Jugdoyal
Katie Hards
Jane Ball
John Unsworth
Alice Green
Camille Cronin
Ann Gallagher

Chapter Board News

We welcome Lidsay Silsby as the first student representative onto the Phi Mu Board.



We also welcome Heidi Singleton as the incoming Chair of the Leadership Succession Committee.



Many thanks to Ashley Spriggs who has Chaired our Leadership Succession Committee and been a valuable member of the Board.

We have recorded the experiences of a number of our members as they share their experiences of being in Sigma and the Phi Mu Chapter.

These are on YouTube and will be shared on social media soon.

Lindsay Silsby, Student member
<https://youtu.be/YR7z3YWMuFU>

Ashley Spriggs
<https://www.youtube.com/watch?v=4Uonx8o4hrk>

Dani Collins
<https://youtu.be/-H9LCqUsRSU>

Raluca Oaten
<https://www.youtube.com/watch?v=H3jJq5tdUhs>

Prof Steve Ersser
<https://youtu.be/4F07HUMo470>

Look for details of our **Phi Mu Chapter Leadership Awards for Students and staff in Clinical Practice** being launched in the next few weeks. We have 10 awards for each category and awardees will be given 2 years of free membership of Sigma.

Don't forget to nominate a member of the Chapter for the Chapter Awards.

Please see the table at the end of this newsletter that shares all of the European awards on offer in 2023-24.

Sigma Europe Regional Biennial Conference 2024

As you all know our Phi Mu Chapter has been chosen as the host for the 2024 conference. This will be held at Bournemouth University from **25th – 28th June 2024**.

The Scientific Committee is headed by Prof Vanessa Heaslip. Doing great work the Committee has representatives from across the Europe region.

There is a local Organising Committee chaired by Dr Les Gelling.

Overall planning is being Chaired by Dr Liz Westcot. Progress so far includes:

- Plan to hold social events e.g. visits to Stonehenge etc. on Tuesday 24th June. The formal programme will run Wednesday, Thursday, and until Friday lunchtime 26th-28th June 2024.
- Plan to have six keynote speakers, one for each theme. The Scientific Committee now has a short list of these and will start contacting them.
- The sponsorship booklet is now finished.
- Reduced hotel fees will be sought
- Plan to give free registration to a Chapter rep from each Chapter for whom English is not their first language. This member will be responsible for producing a short precis for all keynotes to share with members
- Early plans are for a synchronized in-person and virtual conference for at least the keynote addresses and maybe more of the other presentations, but this will be dependent on technology!.

Timescale for abstracts

April 2023 Advertising for the Conference

1st June 2023 Abstract portal open for submission

15th September 2023 abstract portal closes

1st December 2023 results of all submissions sent out

1st February 2024 Conference Programme finalised

European News

1. The Sigma European Region has a Facebook group, which any of you can join, just search for it and we will approve you. It's a great way to hear up-to-date news on what is going on in Europe. It now has over 790 members, and anyone can submit items to post on it which are then approved by the site managers. www.facebook.com/groups/STTIEC2018
2. There is now a **Sigma Europe Region website**. The site looks great as a go-to for news and events. Here is the link: <https://europe.sigmanursing.org/europeregionalwebsite/home>

Opportunities for members

1. There are lots of free CPD opportunities available through Sigma membership. Please follow this link to see more information about all the courses we have on offer.
<https://www.sigmanursing.org/learn-grow/education/online-education>
2. We have a buddy scheme, particularly for our new members to help them get to know Sigma and Phi Mu in their first 18 months of membership. This is being organised via the Hubs and our first Buddy pairs started in June 2020. Contact your Hub Leads if you would like to know more or volunteer to be a buddy
3. The Sigma Nursing Centred site, link here: <https://nursingcentered.sigmanursing.org/> is the new home for Sigma articles, member stories, videos, webinars, and podcast episodes. We hope you are as excited as we are about this mixed-media platform where you'll find stories and nursing information from Sigma nurses and chapters worldwide, from their views, in their voices!
4. Make the most of your Circle profile <https://thecircle.sigmanursing.org/home>. Sigma hosted a short webcast about Circle profiles and how you can utilize yours to maximize your membership experience. If you're interested in learning more about your Circle profile, you can watch a recording of this short webcast at your convenience.
5. Don't forget to keep up with the Journal of Nursing Scholarship published monthly.
<https://www.sigmanursing.org/learn-grow/publications/journals>
6. You can now renew your Sigma Membership by Direct Debit and here is the link to tell you more
<https://thecircle.sigmanursing.org/viewdocument/graphics-promoting-auto-renewal?CommunityKey=734be84d-1882-4833-9c61-5cac15f4aaee&tab=librarydocuments&LibraryFolderKey=5cc242ac-a519-4573-afdb-7793e6901598&DefaultView=folder>

Would you like to invite a colleague to join Sigma?

If you have a colleague who is a nurse leader in education, practice or research, at any level, then contact Dr Liz Westcott at westcottej@brookes.ac.uk She will need their name and email address and will then personally invite them to apply to join Sigma.

The completed application is sent to Lee Yarwood Ross

Alternatively, you can just pass an application form to a colleague.

The cost to join Sigma in year 1 is \$86 (£62) and this rises to \$136 (£100) in year 2, so, as our marketing flyer suggests, it's less than the price of two coffees a month to be a member, which is amazingly good value.

How you can help to promote Sigma and Phi Mu Chapter

We welcome ideas about how we can best promote our Phi Mu Chapter. Please contact Dani Collins at danicollins350@gmail.com our Communications Committee Chair who is leading this work to enhance our presence.

Dates for your diary		
Event	Date	How to book
Phi Mu Chapter Int Nurses week event	11 th May	More details to follow on email
Phi Mu Annual Conference	16 th June	In person at Sheffield University and also virtually https://phimu2023.eventbrite.co.uk/
<div style="text-align: center;">  Phi Mu Chapter </div> <p>Annual Conference 2023 & Induction Ceremony</p>  <p>Seven years left to save the world: What can nurses do?</p> <div style="background-color: #4a4a8a; color: white; padding: 10px; text-align: center;"> <p>16th June 2023 09:30 – 17:00 University of Sheffield Medical School (or Online) For more information and to book visit: https://PhiMu2023.eventbrite.co.uk</p> <p><small>@PhiMuChapter #PhiMuConf2023</small></p> </div>		
Phi Mu AGM	3 rd July 2-4pm	Virtually via zoom https://us02web.zoom.us/j/89908940281
34 th International Nursing Research Congress Abu Dhabi, UAE and virtual	20-24 th July	https://www.sigmanursing.org/connect-engage/meetings-events/congress?utm_source=22oct14-sigmaevents&utm_medium=email&utm_term=&utm_content=Congress23-title&utm_campaign=SigmaEvents
47 th Biennium Convention	11-15 th November	https://www.sigmanursing.org/connect-engage/meetings-events/convention?utm_source=22oct14-sigmaevents&utm_medium=email&utm_term=&utm_content=Convention2023-

San Antonio, USA and virtual		title&utm_campaign=SigmaEvents
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Sigma Europe Awards and Recognition Table 2023-2024

Name of Award		Timescale for submission	When awarded	Who administers the award
1	Sigma Europe Awards			
A	Sigma's European Awards for Nursing Excellence for <ul style="list-style-type: none"> education research nursing practice Includes a € 600 stipend to travel to the Europe Biennium conf and free registration and a slot to present their work.	Advertised Jan 2023 Opening 1 st May 2023 Closing date 1 st Nov 2023 Decision by Jan 2024	Jan 2024 Presented in June 2024 At the 8 th Europe Region Biennial Conf At the Gala Dinner	Europe Awards and Recognition Committee
B	Sigma European Research grant Two grants of € 3000 awarded	Advertised January 2023 Opens 1 st June 2023 & Closes 1 st Nov 2023	Jan 2024 Presented in June 2024 At the 8th Europe Region Biennial Conf	Europe Awards and Recognition Committee
C	Sigma European Distinguished Awards for Nursing Excellence <ul style="list-style-type: none"> Education Clinical Practice Early Career Researcher Research 	Advertised 1st February 2023 & close 2nd of April 2023.	Presented online at International Nurses Day celebrations in May 2023	Europe Awards and Recognition Committee

	Applications can be made for both these awards and the Region Recognition Award			
2	Biennial Region Recognition Awards	Timescale for submission	When awarded	Who administers the award
A	Each President will get a Recognition Award for their service for 2021-23	NA	July 2023	Regional Coordinator
B	<p>Each Chapter can award a Nurse Member of the Biennium 2021-23 Regional Recognition Award for</p> <ol style="list-style-type: none"> 1. Education 2. Research 3. Practice 4. Contribution to the Chapter. <p>One overall winner from each Chapter will be given free membership for 1 year funded by The Europe Development Fund.</p>	<p>Chapter to advertise the awards to their members. Adverts to go on the Sigma Europe website and The Circle. 1st February – 28th February Nominations to be submitted and sent to the nominated Committee Reminder to members to submit nominations. 1st March – 30th April Committee review nominations 1st – 30th May</p>	1st June 2023	Each Chapter
C	Each European Committee Chair will get a Recognition Award 2021-23	NA	July 2023	Regional Coordinator
D	All Chapters who submit evidence to the Regional Coordinator by 1st July 2023 that they have acted upon the Sigma Call to Action 'Be Bold' will be awarded a Recognition Award	May / June 2023	July 2023	Regional Coordinator
E	All Chapters who submit evidence to the Regional Coordinator by 1st July 2023 they have met the 'Sustainability Challenge' will gain a Recognition Award	May / June 2023	July 2023	Regional Coordinator

F	Key Europe members who organised the Sigma Europe Biennium Conference 2022 will be awarded a Recognition Award	NA	July 2023	Regional Coordinator