

**Issue 4**

**February 2022**



**Royal College  
of Nursing**

# **Milton Keynes RCN Branch Newsletter**

**WELCOME TO**

**2022**

## **In this issue:**

**Plans for 2022 from your MK Branch Committee**

**Celebrating LGBT+ History Month (the pride flag)**

**RCN Congress 2022**

**Examples of RCN Events happening soon**

# Welcome to 2022, we are excited to share with you the branch plans for the coming year

February (21st) - Branch meeting/Pride History event

March - Drop in clinic

April - Recruitment/Easter event

May - Nurses' Day/Branch meeting

June - Pride Event/recruitment

July - Drop in clinic

August - Summer Quiz/Branch meeting

September - RCN Pride Month/Branch AGM

October - Black History Events/BAME event/recruitment

November - Branch meeting /Meet committee for 2023/NSW day

December - Christmas Quiz/recruitment

These plans could be subject to change, Upcoming dates will be advertised in advance on the [Milton Keynes Branch page](#), [Milton Keynes Branch Facebook page](#), the next newsletter in May and on posters and leaflets.

Most of the events above are within the MKUH site due to this being where the branch team work but if you would like to hold an event in your workplace then please do contact any of us below and we will do our best to accommodate you.

## **Milton Keynes Branch Committee:**

Chair Sharon Mitchel  
HCA Practice Educator  
MKUH  
Learning Rep

Secretary Stephen Shouler  
Dermatology nurse MKUH  
Learning Rep/Steward

Treasurer  
Dawn Collis  
Sister AMU MKUH

BAME Committee  
member Abbie Zvaker

LGBT Committee member  
Amanda McGowan

HCSW committee member  
Aine Doggett-Brookes

## LGBT History Month



LGBT+ history month takes place in February each year, to help educate people on lesbian, gay, bisexual and transgender history, as well as the history of the gay and civil rights movements.

## The history of the pride flag

If you know anything about LGBT+ movement you'll definitely recognise the iconic rainbow flag, which was invented by this man!

Gilbert Baker was an American artist and gay rights activist who designed the flag to have eight stripes



instead of the six normally seen now.



It first made an appearance back in 1978 and has become associated with LGBT+ rights all over the world.

Although it would have made him a lot of money, Gilbert refused to trademark it, saying it was a symbol for everyone.

**Daniel Quasar** is a non-binary artist and graphic designer, and has gone one step further with the design of the Progress Pride flag, a variation of the rainbow pride flag that incorporates additional colours to explicitly represent trans people and LGBTQ+ communities of colour.





# RCN Congress Glasgow 5-9 June 2022

Congress 2022 will be taking place in Glasgow from 5-9 June.

What happens at Congress?

Congress is a three day event that is open to all RCN members to learn, develop and share best practice, and to influence nursing and health care policy. It's an opportunity to set the focus and direction of the College for the coming year.

Submissions for the Congress agenda are still open and will close on 14 February 2022. If you had an item selected for the 2021 agenda and would like it reconsidered please email [congressagenda@rcn.org.uk](mailto:congressagenda@rcn.org.uk).

[Submit a Congress agenda item](#) (read our guidance on [what makes a good Congress agenda item](#))

See the full range of events that will take place at Congress 2022 at [www.rcn.org.uk/congress/congress-events](http://www.rcn.org.uk/congress/congress-events)

If there are sessions that you are unable to attend (recordings will be available for each event.

For more information then go to: [www.rcn.org.uk/congress](http://www.rcn.org.uk/congress)

You can also contact your regional office with any queries you have regarding how to book your place:

Croydon - [croydon.office@rcn.org.uk](mailto:croydon.office@rcn.org.uk)

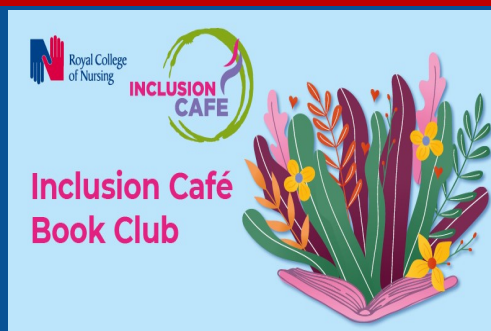
Newbury– [newbury.office@rcn.org.uk](mailto:newbury.office@rcn.org.uk)

# Examples of RCN Events happening

These and more can be found at [rcn.org.uk/events](https://rcn.org.uk/events)

## The Inclusion Café Book Club: LGBTQ+ History Month, 2022

24 Feb 2022 17:30 - 19:00 online



### 10 FEB 2022 ONLINE

#### Time to doodle

Discover your freehand drawing potential and unlock your visual creativity with a fun interactive workshop.

### 15 FEB 2022 ONLINE

#### Know How to Search MEDLINE

Learn about using the MEDLINE database for literature searches at this event for RCN members.

### 1 APR 2022 ONLINE

#### RCN UK Joint Representatives' Spring Conference 2022

#### **Bookings are now open for our Spring Conference in 2022**

Here at MKUH we will be collaborating with MKUH Pride Network to celebrate LGBTQ+ history month and will be visible on Fridays during February outside the restaurant, do come along and say hello.

MKUH Pride Network also have a full agenda for the month, for details visit: [The MKUH Pride Network - MKUH - Intranet](#)

**Milton Keynes RCN Branch Meeting, 21 February, 12.30pm-1.30pm**

**Milton Keynes RCN branch drop in clinic, 25 March, 12pm-2pm**

**Student Nurses, Nurses, Healthcare Assistants,  
Assistant Practitioners, Nursing Associates  
and retired members - are you a budding writer? Would you like to  
write an article or share your pictures of activities you are involved  
in as part of the RCN? Then please contact:  
sharon.mitchel@mkuh.nhs.uk**

**Next Branch meeting is: 21 February 2022**

**Please contact sharon.mitchel@mkuh.nhs.uk if you would like the  
teams link.**

## **Quote of the month**

**Marsha P Johnson**

HOW MANY YEARS DOES IT  
TAKE TO SEE THAT WE'RE ALL  
BROTHERS AND SISTERS AND  
HUMAN BEINGS, IN THE SAME  
HUMAN RACE? WE'RE ALL IN  
THIS RAT RACE TOGETHER.



**For more information on LGBTQ+ issues and organisations  
contact:**

[www.rcn.org.uk/get-involved/campaign-with-us/proud](http://www.rcn.org.uk/get-involved/campaign-with-us/proud)

[www.rcn.org.uk/library/subject-guides/lgbtq-health](http://www.rcn.org.uk/library/subject-guides/lgbtq-health)

Other organisations available in Milton Keynes are:

<https://qalliance.org.uk/>

<https://www.facebook.com/MKLGBT/>

<https://www.stonewall.org.uk/help-advice/whats-my-area>

**THAT'S ALL FOLKS!**

Please remember you can email comments, questions, suggestions  
and articles to:

sharon.mitchel@mkuh.nhs.uk