



Greetings from Gill and The Branch Exec (February 2024)

- This is our ninth Branch Newsletter to update you about what has happened recently and what is planned over the next few months

What we have done

- 'How to be Congress confident: why it's important and how to get your voice heard' - session delivered by South East Comms Manager Helen Wigginton 9th Jan 2024
- Stress Management workshop 25th Jan 2024. session delivered by Sophie West, Clinical Solution Focused Hypnotherapist and Psychotherapist, Mindfulness Practitioner and Life Coach, including the bodily reaction to stress and stress management techniques

Pending events

- Branch Study Day and Branch Meeting – April 18th – details re speakers and location pending
- Evening speaker events – dates pending. Watch this space.
- Self defense session – details to follow. Check out our social media
- Branch Study Day and Branch AGM – October 10th - details re speakers and location pending
- Induction events at ESHT - various dates – if you can help let Gill know

Branch Exec:-

Gill Tanner - Branch Chair (works in A&E EDGH, ESHT) gill.tanner@reps.rcn.org.uk

Clive Thomas – Branch Secretary (works at Sussex Community Trust)

Anthea Richardson – Branch Treasurer (currently working as a vaccinator – temp register nurse)

Jacqui Post – Branch non-exec member (works in OPD, Conquest, ESHT)

Antonia Berelson – Branch non-exec member (works in Sexual Health, Station Plaza, ESHT)

