



# Greetings from Gill and The Branch Exec (July 2024)

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

## What we have done

- Branch Study Day and Branch Meeting – April 18th – Great range of speakers covering neurodiversity, Internationally Educated Nurses and Cultural awareness, Independent Sector update.
- Self defense session - 28th May. Thank you to Antonia for arranging this.
- Stress Management Session - 13th June. Great session and well attended.

## Congress Update

- Voting members were – Antonia Berelson, Jacqui Post, Patience Onyeabo and Funmi Olagbegi – thank you to these members who represented East Sussex in the debates
- Great to hear those Branch members who spoke at Congress - Antonia Berelson, Patience Onyeabo, Funmi Olagbegi and Ruth Bailey
- Great attendance at our co-hosted well-being event (Natural Voice Choir) where we sung the RCN Anthem - Who I Am - created using words and phrases shared by members from our Branch and the Education Forum. Even organised a pop-up choir – check out social media to hear to anthem

## Pending events

- Evening speaker events – dates pending. Watch this space.
- 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](mailto:gill.tanner@reps.rcn.org.uk)

Branch Secretary - currently vacant

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)

