

# Eating Stones Fund UK – Programme for the Year of the Nurse and Midwife 2020

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As you will know, 2020 marks the 200th birthday of Florence Nightingale, who is often credited as the founder of modern nursing. The International Council of Nursing, World Health Organisations and Burdett Trust have declared 2020 the “International Year of the Nurse and Midwife”. Their three-year (2018 – 2020) **Nursing Now** campaign aims to improve global health by raising the profile and status of nursing worldwide, with the ultimate aim of striving towards Universal Health Coverage.

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Eating Stones Fund UK (ESF) are a UK registered charity (No. 1132789) with over 10 years of experience tackling poverty and improving healthcare access in Kenya. To celebrate this important year in nursing, ESF has become a local **Nursing Now** Group and have developed a programme for 2020 to promote shared learning and greater understanding of global health issues. The project offers opportunities to UK university nursing and midwifery students, UK nursing and midwifery lecturers, as well as Kenyan nurses and healthcare professionals.



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ESF's founder and current Operations and Development Manager, Chris Ferry, is a UK nurse by background as well as having extensive experience working with marginalised communities in Kenya. ESF have found that applying some of the broad principles of a holistic approach to healthcare delivery has proved to be particularly useful, when applied to poverty reduction. Appreciation of a patient's entire journey from admission to recovery, including understanding the difficulties they face accessing and complying with services post discharge, encourages greater understanding and empathy for someone's personal, lived experience and circumstances. At Eating Stones, we work to apply this consideration of holistic healthcare to our Kenyan beneficiaries. This includes appreciating the social, cultural, economic barriers to accessing care as well as the more physical geographical difficulties faced by many.



In this International Year of the Nurse and Midwife we want to do our part to promote the continued training and development of nurses in the UK and Kenya. By raising the profile of nurses and midwives in resource poor settings, we aim to create greater unity and awareness of healthcare delivery around the world. Through our work we hope to create a legacy of nursing collaboration which will ultimately contribute toward the UN's Sustainable Development Goals and achieving Universal Health Coverage.

In order to do this, we will be collaborating with UK nursing schools who deliver International Nursing, or similar, modules as part of their nursing courses (as electives or compulsory) in order to help them shape the development of nursing and healthcare on an international stage. In 2020 ESF will be playing its part by:

- **Setting up and running the first Western Kenyan Nursing & Healthcare Education Conference, in partnership with the Matibabu Foundation (our Kenyan partners).** Eating Stones have been approached by Matibabu Nursing School to help create an opportunity for continued professional development (CPD) training for nurses in their community as this is something which is lacking. The proposed conference will be held in Kisumu, a Kenyan city on the banks of Lake Victoria. It will be open to nurses, midwives and student nurses and student midwives from the rural surrounding communities, who have limited access to CPD.

We plan to have educator representation from the UK, USA and East Africa. The date for this is yet to be set but will coincide with academic breaks. We are currently considering either the Easter or summer breaks of 2020, with preferences considered based on commitment of involvement from participating institutions.

- **Eating Stones will commence a five-year Kenyan Nursing Scholarship programme. A full nursing qualification in Kenya costs approximately £3,250 and runs for between 3 and a half and 4 years depending on the institution. This cost can be extremely inhibitive and prices many would-be nurses out of the profession.**

Eating Stones Fund UK ran a trial of this programme, which saw the graduation and qualification of eight Kenyan nurses who otherwise would not have been able to complete their studies. The impact that they will have on their communities in Kenya will be lifelong, far reaching and exponentially more valuable than the monetary cost.



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**How can you get involved?** Eating Stones wants to offer your university the opportunity to become part of our **Nursing Now** team in 2020. ESF will be looking for 5 partner universities in the UK, who train nurses and midwives. Along with our two Kenyan-facing projects, Eating Stones intends to raise the profile of nurses and midwives in rural Kenya by introducing UK nursing and midwifery students to different challenges faced by their peers, when it comes to delivering effective healthcare. This increased understanding of the real world challenges their colleagues face will help build partnerships and solidarity, uniting healthcare professionals who otherwise might not have these opportunities.

Eating Stones aim to provide the following opportunities in UK nursing universities which offer an “international” module or similar element to their course.

- Provide £300 bursaries to five UK universities who deliver an international nursing, or similar module, to support a student nurse or midwife aiming to visit a resource-poor setting in order to better understand global healthcare.

In order for nurses globally to advocate for one another and to share experiences, they must see and understand the different challenges faced by healthcare professionals around the world. Nurses are in a unique position to appreciate the complex and interweaving causes and exacerbators of poverty because of the holistic way that they are required to consider their patient, and the myriad of difficulties that may impact on their health or recovery from illness.

The bursary would be awarded following a short application process. The details of which can be decided upon in consultation with participating university departments. The recipient would not be required to visit an Eating Stones project or Kenya, but this option may be available.

- Eating Stones Fund UK's founder and Operations and Development Manager, Chris Ferry, has over 10 years' experience working to relieve poverty in Kenya. Before qualifying as a nurse in the UK he completed a degree in International Development at the University of Leeds. He also attended the Liverpool School of Tropical Medicine, completing a diploma in Tropical Nursing.

As part of this programme of awareness raising Chris will be available to all participating universities to provide a lecture, seminar session or both, to relevant student groups, interested in understanding more about delivering healthcare in resource poor settings. He will also discuss the importance of ethical volunteering, the damage of voluntourism and possible careers for nurses that they might not have considered.

These sessions could be incorporated into an existing timetable or offered additionally, as required by the department.

- We will support our five UK university nursing departments in creating their own global legacy for the year of the Nurse and Midwife, by helping them to raise £3,000, to train Kenyan nurses who will go on to create healthier communities in some of the world's most challenging settings.

With Eating Stones' guidance and supervision, a group of Eating Stones University Ambassadors would be appointed to take a lead in this departmental challenge. Eating Stones would be available at every step of the way to offer support and direction. The team could choose to do a series of smaller events like cake sales, raffles or tombola or a single large event, such as participating in a sponsored challenge. Eating Stones have recently organised teams to take part in the Yorkshire 3 Peaks Challenge and Tough Mudder obstacle courses, versions of which could be replicated.

Eating Stones will provide planning, organisational advice and assistance as well as promotional resources to students as they fundraise to leave their mark on global healthcare. There will also be the opportunity for follow up with Kenyan scholarship recipients, to see the impact that their fundraising is having, saving lives in Kenya.



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- The UK university which most successfully engages with the Eating Stones Nursing Now programme will win an annual travel bursary of £300 for an additional four years, beyond 2020, to support a student nurse or midwife visiting a resource-poor setting as part of their educational development.

The recipient would not be required to visit an Eating Stones project or Kenya, but this option may be available.

- Eating Stones Fund UK would provide the opportunity to up to two UK nursing or midwifery students, per participating university, to take part in a meaningful programme of volunteering in Kenya in 2020. This would be to assist in the assessment and efficacy of some of Eating Stones' healthcare projects in western Kenya and to attend the Western Kenyan Nursing & Healthcare Conference if this coincided with their academic timetable.

The opportunity to take part in this level of valuable work is hard to come by for healthcare professionals at the beginning of their careers. Eating Stones would be directly involved in planning, induction, the provision of training materials as well as in-country guidance.

- Crucially, Eating Stones would like to invite lecturers from participating UK institutions to be part of a UK delegation to the planned healthcare conference in Kisumu in Kenya. As well as having the opportunity to deliver a presentation or lectures on their area of expertise as part of an international delegation, they would be able to build partnerships with Kenyan academic and healthcare institutions that would go beyond 2020.

We are eager to offer the opportunity of CPD to Kenyan nurses at all levels, in order for them to develop their leadership and quality improvement skills so that they have the tools to drive forward the health agenda in their country.

This programme aims to promote shared learning and greater understanding of global healthcare issues, as well as creating the backdrop for nursing unity and healthcare promotion. It also hopes to form a legacy of Kenyan nurses, provided with the tools to go on and advocate for some of the world's most vulnerable populations in their local communities.

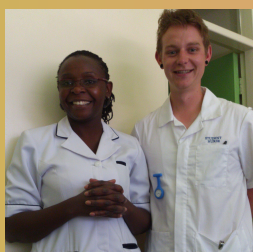
We also appreciate how jam-packed UK nursing and midwifery student's schedules already are so ESF want to provide this chance to be part of the **Nursing Now** campaign with minimal effort on the part of the academic departments themselves. Once ESF Nursing Now Ambassadors are in place at participating universities, these can act as the main points of contact. A departmental staff contact would also be required, to broadly monitor the Ambassador team, to offer advice and guidance in line with their local universities policies. Your staff contact could be the lead from any relevant international module, a member of staff considering visiting Kenya in 2020 to take part in our educational conference, or someone with an interest in the Nursing Now campaign.

Eating Stones Fund UK feel that their 2020 programme provides UK nursing and midwifery students with an unrivalled opportunity to be part of the final year of the **Nursing Now** programme. In 2020, nurses and midwives should be proudly shouting from the rooftops about their professions and raising the profile and importance of their work on a global scale. Nurses and midwives are on the frontline of healthcare and ultimately are the ones who will have to deliver when it comes to achieving universal health coverage. Nursing Now will enable nurses and midwives an unprecedented platform in 2020, enabling them to be empowered with a voice to share their experience, expertise and value to the world.



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