Sophie Ward leads tributes at London commemoration
We are asking our supporters, whether individuals, groups or companies, to commemorate the legacy of Edith Cavell to display their own courage by committing to a fundraising challenge on our behalf today. At some point in our lives, we will all benefit from the care and compassion of a nurse, midwife or healthcare assistant, whether during the birth of a child, an unexpected trip to accident and emergency, or the devotional nursing care for a loved one during a prolonged illness or possibly their final days. These caring individuals often become the most important person in a patient’s life. They must, therefore, look after their own well-being so they can continue to care for others. So we are asking you to commit to a fundraising event, whether a sponsored mountain climb, a bike ride, or something less physically demanding. Cavell Nurses’ Trust is organising a number of fundraising activities to commemorate Edith Cavell and her dedication to nursing. This series of events will take place over the next two years in the run up to the Centenary of her death in 2015. We are asking people to make a pledge now and make a commitment to raise money, starting in 2014. Already during 2013, we have helped 1,000 nurses, midwives and healthcare assistants with practical help to restore their health and independence. We anticipate spending more than £500,000 per year on this programme alone. Demands on our services are increasing, therefore we need to increase our help over the next two years. So, help Cavell Nurses’ Trust make that difference and sign up to an event today, by calling Freephone 0808 1234 999 or by emailing Vicky on events@cavellnursestrust.org.

One person who has already made a significant pledge is Cavell Nurses’ Trust Chairman Simon Knighton who is planning to climb Mount Edith Cavell in Canada in 2015. If supporters wish to apply and commit to climbing Mount Edith Cavell, whilst raising a substantial amount of money for the Trust, they must undertake two training packages in 2014 to get prepared. The Trust has teamed up with Adventure Peaks to offer the first training weekend, on June 7th and 8th in Ambleside for a weekend of “Scrambling”. To find out more email Vicky on events@cavellnursestrust.org.

The guest speaker at the October 18 breakfast at the Abbey Hotel, organised by Cavell Nurses’ Trust, was the founder of a company specialising in traditional Jamaican patties. Wade Lyn, who was awarded a CBE in the Queen’s Birthday Honours earlier this year for services to West Midlands business, bought samples of his award-winning patties for guests to try. The business breakfast began with a welcome and introduction from Redditch MP Karen Lumley, followed by an address from Simon Knighton, Chairman of Cavell Nurses’ Trust. Wade, who was the keynote speaker, founded Cleone Foods in Birmingham after moving to England from Jamaica at the age of seven and set out to bring an authentic taste of the Caribbean to the UK. He is now making more than 100,000 Island Delight patties a week for retailers across the country. Wade, who sits on the main board of the Greater Birmingham and Solihull Local Enterprise Partnership, and has also worked with the Jamaican government, said of his success: “There are always opportunities out there, but you just have to offer something a little bit different.” Wade said he was happy to support Cavell Nurses’ Trust as members of his family have worked in the nursing profession, including his daughter’s grandmother in Dudley and his cousin, a retired nurse who worked in Oxford.

Guests at a business breakfast in Redditch had something a little bit extra special to taste at the event.
**Snowdon climb** - Trust chairman Simon Knighton joined a group of fundraisers including nursing student Simon Nielson in scaling the 1085 metre high Mount Snowdon in Wales. Representatives from the Department of Health, Ben Thomas and Robert Tunmore raised over £2,000 from the climb. Simon Nielson, who was runner-up in the Outstanding Student Nurse category at this year’s Scholarship Awards said: “As a care-maker, we are always preaching about commitment and courage, so my commitment was to raise money for the Trust while my courage was to do something totally out of my comfort zone.”

**Worcestershire** - Also taking part were Worcestershire school friends Charlotte Anderson Illic and Daisy Collins.

**Premier Race Day** - BBC athletics commentator and Olympic medallist Colin Jackson CBE was the special guest during a horse racing day which raised £2,870 for the Trust. He was invited to be the after dinner speaker at Lingfield Park, Surrey, by financial services company, Premier, which has adopted Cavell Nurses’ Trust as their charity of the year for 2013.

**Senior public health officer** - Pauline Watts followed her own ‘keep fit’ advice by completing a triathlon event in Ludlow, Shropshire, combining swimming 30 lengths of a full-size pool, cycling 20 miles and running six miles. Pauline, a nursing professional officer at the Department of Health, took 2 hours 31 minutes to finish the course, raising £215 for the Trust.

**Organ marathon** - A group of church organists made heavenly music, and raised hundreds of pounds, in tribute to Edith Cavell. The eight-hour organ marathon was devised by Sheila Inwards to commemorate her 50th anniversary as Director of Music at Emmanuel Church in Bungay, near Norwich. Sheila, whose mother Gladys formed part of the guard of honour in Norwich when Edith Cavell’s body was brought home to England in 1919, said: “I have always looked on Edith Cavell as my personal heroine and have always felt as though I have a link with her.”

**A team of hardy rowers** is bracing itself for a cross-Channel challenge. The group of professionals, including financiers, was due to have rowed the 40 miles between Dunkirk and Ramsgate on September 28, but had to postpone due to bad weather. Cavell trustee Susan Gostik, who has already raised nearly £7,000 for the Trust, said: “We were potentially facing two metre high waves in the English Channel. We are absolutely gutted but already making plans for a revised date.”

**Premier Pensions** entered a total of 24 runners in this year’s British 10k race in July, and succeeded in raising more than £3,000 for four different charities, including Cavell Nurses’ Trust.

**Sheffield graduation ball** - A new “batch” of nurses graduated in style by making a £222 donation to the Trust. The money was raised from a raffle and ticket sales during the graduation ball held for nursing students completing their degree courses at Sheffield Hallam University.

**Thank you** to our fantastic fundraisers!
Standing beside the Edith Cavell statue in St Martin’s Place, Ms Ward gave a moving reading of the First World War heroine’s final words spoken during her Holy Communion, the night before her execution.

The reading was followed by the laying of wreaths, firstly by the Belgium Ambassador His Excellency Mr Johan Verbeke, then by nurses Gayle McDonnell and Shirley Turrell from the Royal London Hospital wearing traditional uniform, and by Trust Chairman Simon Knighton. Poppies were then laid by Wendy Bromwich, Chairman of the Royal British Legion Women’s Section, accompanied by Lieutenant Colonel Marie Richter of the 256 City of London Field Hospital.

Ms Ward said she was “immensely impressed” with the life of Edith Cavell on what was the 98th anniversary of her death, together with the work of the Trust.

She said: “Nurses and midwives need our support. If we want to raise the standards of the profession, we have to honour nurses and respect their work. The Trust is part of that support network and it is one of the ways that we can help give something back to nurses.”

His Excellency Mr Verbeke said: “This is something we attend assiduously every year. It is one of the things that links Belgium and the UK in a very humanistic way.”

Among the other special guests attending the ceremony was the Lord Mayor of Westminster, Councillor Sarah Richardson, who said: “I remember at school learning about Edith Cavell and the huge contribution she made, not only to nursing practice but also encouraging people that there is a cause worth fighting for.”

Lt Col Richter added: “We wanted to renew the involvement of Army Medical Services with the Trust because we have so much in common. The military has ex-nurses that need help, so we have a shared interest.”

Representatives of Premier Pensions Management, which has chosen the Trust as its charity for the year, were also in attendance. Managing Director Paul Couchman said: “We are really pleased to be able to support the Trust and the work that it does on this special and poignant occasion.”

The wreath-laying ceremony and minute’s silence, which was followed by a reception in St Martin’s Hall, was also attended by people with an especially strong link to Edith Cavell.

Medieval historian Dr Emma Cavell and her father Professor Kingsley Cavell can trace a direct family link with Edith Cavell through the WW1 nurse’s uncle.

Dr Cavell, from the University of Leeds, said: “My great, great grandfather and Edith’s father were brothers.

“The family has been in Australia since at least nurse Cavell’s time but, growing up, we have always known about Edith Cavell. My grandfather used to talk about her all the time and we have a postcard from Edith to my great grandfather in Australia.”

And during the reception, there was a moving reading of the final letter which Edith Cavell wrote to her nurses from her prison cell just two days before her death.

The letter, in which Edith Cavell wrote a poignant goodbye to her “young ladies”, was read by Deborah Delheusy from Belgium, who both trained at the Edith Cavell school and worked at her hospital in Brussels.

The day’s proceedings ended with chairman Simon Knighton calling for 100 ambassadors to join him when he sets out to climb Mount Edith Cavell in Canada in 2015.

“I have been many times to London to see the Edith Cavell statue but never before to the memorial service. The work of the Trust is absolutely marvellous and very important.”

Mme Debora Delheusy

Debora Delheusy (centre) with Prof. Kingsley Cavell (left) and his daughter Dr Emma Cavell

Commemoration 2013

Actress Sophie Ward led the moving tributes to Edith Cavell during the annual wreath-laying ceremony in London in her first role as a patron of Cavell Nurses’ Trust.
Pay-Day loans - Good or Bad?

How are Cavell Nurses’ Trust and Citysave working together?

- Citysave Credit Union offers free membership to anyone who lives or works in Birmingham. Citysave Credit Union and Cavell Nurses’ Trust are working together to promote financial well-being within the Birmingham area, jointly delivering events in hospitals and in the city. Citysave, as a responsible lender does sometimes have to refuse to offer loans – however, whenever they are aware that an individual is experiencing exceptional hardship or long term difficulties they refer members onto Cavell Nurses’ Trust for support.

- Citysave Credit Union are placing information kiosks in prominent locations around Birmingham such as council offices, libraries and in hospitals. Individuals will be able to find links to various organisations and charities offering support and advice, including Cavell Nurses’ Trust. Citysave CEO, Angela Clements, added: “We are delighted to be working with such an excellent and caring organisation as Cavell Nurses’ Trust at this time. With many in the health service finding it harder to maintain stable financial households, we are keen to provide help and support to all those who need us.”

What is a Credit Union?

Credit Unions offer a range of banking and financial services such as savings, loans and transactional accounts, but because it is owned, managed and run by its members, it operates in an ethical and responsible manner for the benefit of its members. To find a Credit Union in your area, visit: www.abcul.org

Cavell Nurses’ Trust Case Study:

Mrs P a staff nurse is married with 3 children. Her husband suffers with ill health – with a diagnosis of bipolar – he has been unable to work for the last two years. Mr P, during several manic episodes has made excessive purchases which have put a great strain on the family finances.

Mrs P works full time but has had to take time off to care for her husband and children. This has created additional pressure as her salary has reduced during these periods. In order to cope with short term cash flow difficulties, Mrs P utilized three pay-day loans. Unfortunately, her husband experienced another psychotic episode which resulted in further time off work. Having exhausted all her sick leave, Mrs P was only in receipt of SSP and unable to meet the repayments on the pay-day loans. Being rather embarrassed by the whole financial situation, rather than seek support, Mrs P quickly and without many checks obtained further pay day loans. As she had a regular income there was no negative effect on Mrs P’s health and she was being treated for depression. Although Cavell Nurses’ Trust are unable to assist with debts or arrears, a little pressure was taken off the family by assisting with some of the daily living expenses to ensure the family were eating.

Cavell Nurses’ Trust provided details of agencies who could offer FREE advice and support with regard to debts and money management. Agencies suggested included Credit Unions - who offer ethical affordable loans as well as refinancing pay day loans and free debt advice and support agencies such as Step Change and National Debtline. Financial support was also obtained from other occupational benevolent funds the Trust frequently works with.
Cavell captivates colleagues

Written by Terri Arthur, RN, BS, MS, author of the historical novel “Fatal Decision: Edith Cavell WWI Nurse.”

Julia had become disillusioned with nursing and was thinking of leaving the profession. After working as a pediatric intensive care nurse for 21 years she lost her job due to budget cuts. Then she heard about Edith Cavell at one of my book talks. She came up to me after the talk and said, “That story of Edith Cavell reminded me why I became a nurse in the first place. She has given me a new appreciation of my profession. I’m not giving up.”

Could a nurse who lived a century ago still have a message for us today? Listen to what people are saying about her.

Lynn Grief, an Emergency Nurse, recently said, “Edith Cavell ignites my pride in being a nurse.”

Marilyn Asselin, a nurse educator, finds lessons to be learned by Cavell’s leadership. “I was so impressed with her leadership. It is crucial to nurses in our current healthcare setting.”

Having a difficult time with your assignments? So did Edith. Frustrated over the assignments given to her as a student nurse, she drew this cartoon. In doing this, she reminds us that a little humor will help carry us through the difficult times.

Marie Garrison sees Cavell as an example of patient advocacy. “When I talk about the history of being a patient advocate, Edith Cavell stands as one of the leaders. Edith in her own way, and by giving her own life, typified what patient advocacy is all about.”

It isn’t only nurses who feel a new kindred spirit to Edith. This note came in from a gentleman in the military. “As a man, I need to tell you that I identified with Edith’s spirit of determination and sense of mission/purpose.” And a man who lives in India writes, “The story of Edith Cavell blew my mind away. Something inside me changed forever. I was so inspired.”

It is said that Edith Cavell “died forward” in time. Having done so, she continues to touch people’s lives in so many ways. In her life and letters we find important lessons and an inspiration to do better.

If you are looking for the ideal Christmas present, while also raising money for Cavell Nurses’ Trust, then search no more! Author Donna Douglas - who created the Nightingale novels, a series of heart-warming stories set in an East End hospital in the 1930s – has created another episode just for the Trust.

She has written A Child Is Born, which follows the same characters from the Nightingale books, but as a Christmas special, which will only be available in a digital format.

Donna has pledged that 50 per cent of the royalties she receives from digital sales will go to Cavell Nurses’ Trust.

A Child Is Born, is due to be published on November 14.

Donna said of the digital novella: “I decided to do this to give something back, because when I did my research for the books I spoke to a lot of retired nurses and had so many people help me so much.”

A Child Is Born is available from Amazon, priced 99p, by visiting: http://www.amazon.co.uk/Child-Born-Nightingales-Christmas-ebook/dp/B00EEYRJOS

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