October 12th: Commemoration Ceremony, London
Kate, who worked as a Chief Nurse and Chief Executive in the NHS before becoming a Regional Director of the Royal College of Nursing, joined Cavell Nurses’ Trust as Acting Chief Executive in March.

She said: “I came to help out for three months but have become committed to the work of the charity and the need to build on the legacy of Edith Cavell.

“She was a very inspirational nurse, both in terms of her commitment and care for patients and in raising standards of education. And the Cavell Nurses’ Trust continues to support education for student nurses and midwives.”

Since becoming Chief Executive from the beginning of October, Kate has outlined two main aims for the Trust as she looks to the future.

We currently help 1000 nurses, midwives and healthcare assistants and this is a small proportion of the need, I would like to double the number of people we help to 2000 by the 100th anniversary of Edith Cavell’s death in 2015.

Secondly to achieve this we will need to raise £3 million by 12th October 2015 through fundraising and legacies.

She added that a key part of those targets was the three-year Centenary Appeal launched on 12th October. Kate is also looking forward to working with the Trust’s first ever Patrons, Dame Christine Beasley who recently retired as Chief Nurse for England who becomes our Patron for Nursing, President of the Royal College of Midwives Professor Lesley Page taking on the role of Patron for Midwifery, and Edith Cavell biographer Diana Souhami becoming Patron for Heritage.

Added Kate: “They will help raise awareness of the charity and it is also important to have someone of their stature when talking to potential donors and supporters about nurses, midwives, and the links to heritage.

We have a great team of staff and Trustee’s, we are small but ambitious and would like to think Edith Cavell would be proud of our work.
A message from Simon Knighton, Chairman, Cavell Nurses’ Trust:

“Our charity was founded in memory of Edith Cavell, a great heroine who was executed during the First World War.

“Her commitment and dedication to helping others inspired the nation. It is a mark of the high esteem that Edith Cavell was held in that the public subscriptions received in her name to support nurses enabled the charity to be founded in 1917.

“And, as we approach the centenary of Edith Cavell’s death in 2015, the aim and focus of the Trust is to re-establish this profound link with the public at large for today’s unsung heroes of healthcare.

“The next three years are going to transform the impact of the Trust and thereby transform the lives of thousands of nurses who deserve to get back the care that they have so freely given.

“There is a glorious mountain in Jasper National Park in Canada, named Mount Edith Cavell, and I intend to climb to the 3,300 metres peak as a major fundraising event in aid of the Trust.

“It will be one of my more challenging climbs and I am going to put together an expedition which may be in 2014 or 2015. I aim to be accompanied by several others and together we will make a major contribution to the £3 million appeal target.”

Here we meet our first ever Patrons who will help take the Trust forward by raising awareness over forthcoming years. All three have strong links with the legacy of Edith Cavell.

Dame Christine Beasley DBE

Dame Christine Beasley has enjoyed a 50 year career in the NHS. She started as a student nurse at The Royal London Hospital after which she took up a range of nursing and management posts in hospitals and community services in the capital. During the 1990’s she held a number of regional nursing, operational and organisational development posts, including her appointment as Regional Nursing Director of North Thames region in 1995. She then took up the post of Chief Nursing Officer for England in 2004, which she held until her retirement in 2012. Dame Christine, who was awarded a CBE in 2002 and made a Dame in 2008, was appointed Director General within the Department of Health for Professional Leadership (including Allied Health Professions) and for the Health Visitors’ Programme. She was also Director General responsible for the Reducing Health Associated Infections and Cleaner Hospitals Programme, which oversaw a reduction of more than 80 per cent in MRSA infection rates across the NHS. Since her retirement as Chief Nursing Officer, she has become Chair of Council at Bucks University and Non-Executive Director of the NHS Trust Development Authority. Dame Christine, who is married with three sons, two stepsons and four grandchildren, said: “I am delighted to have been asked to be a Patron of the Cavell Nurses’ Trust and I look forward to supporting and promoting the contribution that the Trust is making to nurses and nursing.”
Diana Souhami, who is made Patron for heritage, wrote a biography of Edith Cavell which won the EDP - Jarrold East Anglian Book of the Year award in 2011. She is the author of ten other highly-praised books: Coconut Chaos, Selkirk’s Island (winner of the Whitbread Biography award), The Trials of Radclyffe Hall (shortlisted for the James Tait Black Prize for Biography and winner of the US Lambda Literary Award), the bestselling Mrs Keppel and Her Daughter (also winner of the US Lambda Literary Award and a New York Times ‘Notable Book of the Year’), Wild Girls: the Lives and Loves of Natalie Barney and Romaine Brooks, Gertrude and Alice, Greta and Cecil and Gluck: Her Biography. Her latest book Murder at Wrotham Hill, has just been published by Quercus. Diana, who divides her time between London and Cornwall, said: “I am honoured to be a patron of the Trust and will do what I can to spread the word of Edith Cavell’s life and work as a nurse.”

Professor Lesley Page is president and board member of the Royal College of Midwives. She is also Visiting Professor of Midwifery at the Florence Nightingale School of Nursing and Midwifery, King’s College London, Adjunct Professor University of Technology Sydney and Visiting Professor University of Sydney. Lesley was expert adviser to the King’s Fund independent inquiry into the safety of maternity services in England that reported in Safe Births: Everybody’s Business (2008). She has had many years’ experience working as a senior manager in the NHS and in midwifery practice, leadership and academia in the UK and Canada, and was a member of the Expert Maternity Group that wrote Changing Childbirth, published in 1993, as well as a specialist adviser to the House of Commons sub-committee responsible for investigating the state of maternity services in 2003. Lesley’s research over many years has focused on the effects of carer continuity on birth outcomes and evidence based care and place of birth. Her clinical practice is in the Cotswold Maternity Service in Chipping Norton Oxon that is part of the Oxford Radcliffe Hospitals NHS Trust. Together with Rona McCandlish she is editor of the 2006 book, The New Midwifery: Science and Sensitivity in Practice. She said: “I am proud to be appointed as Patron of the Cavell Nurses’ Trust. I was always drawn to the story of Edith Cavell, her courage and commitment. Nurses and midwives give so much and it is right that they should be cared for when they are in need. The Trust also supports development in nursing and midwifery, ensuring a spirit of care and compassion. I will be helping to raise awareness and engagement with a wider audience.”
Helen Wade

Norwich nurse Helen Wade was inspired to join the nursing profession by the story of Edith Cavell, whose statue she regularly saw outside Norwich Cathedral.

So, it was both poignant and almost appropriate that the charity named after Cavell should step in to help Helen when she needed it most after being diagnosed with multiple sclerosis.

Helen, who was forced to retire due to ill health in 2003, was awarded a grant of £400 from Cavell Nurses’ Trust to help her buy the specially adapted electric wheelchair that has now restored her independence.

She said: “It was devastating to be diagnosed with multiple sclerosis, and to give up nursing as a result.

“I had an episode of double vision in 1989, which is one of the symptoms of MS. But nothing more happened until 1995 when I had a further episode of double vision plus other symptoms such as numbness in my arms, and pins and needles.”

An MRI scan confirmed MS and, when her health deteriorated, she decided to return to Norwich to be near her family, before finally having to give up work.

“I just didn’t have the strength, my balance wasn’t very good and I couldn’t stand for very long.”

“I am unable to walk at all now and I don’t have the strength to push a manual wheelchair, so an electric wheelchair is vital to me.”

Helen, who now receives 32 hours of home care a week, had also fallen on hard times financially after being forced to give up work.

“When I needed my new electric wheelchair I did receive some help from the NHS, but it wasn’t enough for my needs and that was when I got in touch with the Cavell Nurses’ Trust which gave me this grant.”

She said of her new wheelchair: “It has made a huge difference, absolutely huge.

“It’s got all the adaptations which I need, such as a certain type of footrest and a reclining back rest to help because of the spasms I get in my back.

“I have also had it adapted for my car so I can get out and about to the theatre and cinema so I can have full independence, which is very important to me.”

Helping Cavell Nurses’ Trust

Like to know more or make a donation, please visit www.justgiving.com/cavellnursestrust
A host of dignitaries from the worlds of politics, health and literature were united in the same cause as they paid collective tribute to heroic First World War nurse Edith Cavell during a wreath-laying ceremony in London.

“Edith Cavell was not just a heroine in wartime, she was also a person of the highest moral integrity. Moreover she was a top professional nurse and indeed the pioneer of modern nursing in Belgium. For us Belgians, she remains a fantastic person. Any person living in Brussels today simply knows Edith Cavell, as she has left her name with one of the greatest hospitals in Brussels. Edith Cavell is simply one of us.”

Belgium Ambassador, His Excellency Mr Johan Verbeke
The memorial, held beside the Edith Cavell statue in St Martin’s Place, marked the 97th anniversary of her death on 12th October 1915.

But the event also helped launch a fund-raising Centenary Appeal which aims to double the number of nurses and midwives supported by the Trust by 2015 by raising £3 million over the next three years.

And the appeal was launched in style when insurance giant LV= presented a cheque for £174,169 following the wreath-laying ceremony.

Company Secretary Paul Cassidy said: “LV= is particularly delighted at the start of the centenary appeal to be able to pass on this legacy which will help the Trust in its invaluable support for the welfare of the nursing profession.”

The first wreath was laid by Belgium Ambassador, His Excellency Mr Johan Verbeke, followed by two nurses from Royal London Hospital wearing traditional uniform. The final wreath jointly laid by Trust Chairman Simon Knighton and Chief Executive Kate Tompkins.

Among the other special guests at the event, which was followed by a reception at St Martin’s Hall, was MP Diane Abbott, who said: “I was very keen to come because Edith Cavell is a great feminist role model as well as being a war heroine. My mother was a nurse so I am always keen to support anything that supports nurses.”

The Deputy Lord Mayor of Westminster, Councillor Jan Prendergast, said of the ceremony: “It was inspirational, a profoundly moving event commemorating Edith Cavell’s standing. As a Westminster person, I pass her statue all the time and have always been moved by it.”

The October 12th event was also attended by the Trust’s first patrons.

Former Chief Nursing Officer Dame Christine Beasley said: “This is such a good time to remember what a great contribution that Edith Cavell made, and it couldn’t be better to have a centenary appeal now with the run up to 2015. There are lots of nurses that need support.”

Professor Lesley Page, president and board member of the Royal College of Midwives, commented: “Today reminds us of the power of individuals who contributed a great deal, and they should be cared for when they are in need.”

And Diana Souhami, author of an award-winning biography of Edith Cavell, who gave a moving reading from her book, also said of the appeal: “There couldn’t be a worthier cause.”

Simon Knighton summed up the day during his closing remarks when he said: “The next three years are going to transform the impact of the Cavell Nurses’ Trust and thereby transform the lives of thousands of nurses who deserve to get back the care that they have so freely given.”
Each year we help hundreds of people facing extreme problems in their lives in the form of one-off grants and regular payments worth more than half a million pounds a year.

Here you can meet one beneficiary called Susan who has kindly agreed to be a Cavell Nurses' Trust Ambassador to help raise awareness of the vital work which our organisation does.

Former nurse Susan Hallam hit "rock bottom" after she was left homeless with little more than the clothes on her back.

She found herself in a women's refuge after being forced to escape her abusive marriage and, on top of that, lost the retirement home she had earlier bought in Spain after it was declared an illegal build.

Susan, 60, who devoted nearly 30 years to her nursing career, said: "I had reached rock bottom, but I realised that the only way was up. "I was advised to contact nursing charities, so I went on the internet and found Nurses Aid, which is now called the Cavell Nurses' Trust."

Susan, who now lives in a one-bedroom flat in Birmingham after spending three months in a crisis centre, was awarded a grant of £400 to buy essential white goods such as a cooker and fridge, but also provided with weekly payments of £30.

She added: "You could have knocked me off my feet with a feather when I was awarded this money. You can't believe the difference that this has made to my life. "I arrived at my flat last summer with nothing, absolutely nothing, just the clothes I stood up in and a suitcase."

Mother of three Susan, whose career included working as a Registered Mental Nurse, found herself being treated for depression due to the emotional strain of her second marriage which eventually resulted in her fleeing to a refuge after being assaulted.

But with the help of Cavell Nurses' Trust she is now able to plan for the future again.

"I am now planning to start a degree course in criminology through the Open University, not as a career move but as a personal achievement, and I may also look for some consultancy work, possibly in nursing. "I have had a lot of disasters in my life but once I reached rock bottom I realised the only way was up, and I am so grateful to Cavell Nurses' Trust for helping me get started."

"But now with this grant from Cavell I can keep my head above water."

Helping Cavell Nurses’ Trust
Like to know more or make a donation, please visit www.justgiving.com/cavellnursestrust
Victoria joined the hospital, which houses the Royal Centre for Defence Medicine, in 2000, in her specialist role to provide exceptional care to both civilian and military patients alike.

And her role, and those of some of her colleagues, was recognised when they jointly won the Barclays Women of the Year Award for their tireless work treating injured military personnel and civilians both in hospitals in the UK as well as in the field.

Victoria, who has now been recognised as an inspirational nursing figure by Cavell Nurses’ Trust, said: “None of my family are in the nursing profession but a lot of people said I would make a good nurse, presumably because of my caring nature. It’s a very varied job and, in relation to where I work, you see a lot of trauma to patients who are not expecting to get injured. The unexpected nature of what you see and do in trauma is very different, and to get them better is the main inspiration in my job, and that goes for military and NHS patients.

“It is seeing people improve from the situation they are in when they arrive, and how grateful they are to be cared for. For anyone coming into the nursing profession, the main thing I would say is don’t forget the essential element of your work is caring for others.”

Victoria, who spent four months working in renal before the RCDM moved to the Birmingham hospital, went on to become a sister in 2005. She is responsible for coordinating with the team on the ward on a daily basis to ensure that patients get the specialist care they need. Her role also includes liaising with the Ministry of Defence and Air Ambulance, which she is able to see from the windows on her ward, as well as rehabilitation services ensuring that all possible help and care is provided.

“The inspiration for me, coming into the profession, was to gain as much variation as possible as well as being able to help our patients get well again. You cannot get better job satisfaction than that.”

Do you know of similar inspirational nurses, midwives and healthcare assistants that you have come across? Then we would like to hear about them. jasminr@cavellnursestrust.org
Katie Ball

Student nurses and midwives are being invited to apply for the Cavell Nurses’ Trust Scholarship Awards and hopefully follow in the footsteps of Katie Ball, who recently spent two months studying healthcare provision in Malaysia.

Katie, who is studying at the University of Manchester, became an ambassador for the Cavell Nurses’ Trust after winning the 2011/12 Cavell Outstanding Student Nurse Award, worth £1,500.

After spending several weeks experiencing the healthcare provision in Malaysia, Katie, aged 24, is even more determined to make a difference in her chosen profession.

Katie, from Newark in Nottinghamshire, who is in the third and final year of her BNURS adult nursing degree, used her travel scholarship to work in the accident and emergency department at Sarawak General Hospital, followed by challenging stints spent in the country’s deprived rural communities.

She said: "The experience has given me a massive boost to my professional and personal development.

"From a personal point of view, I was going to this developing country on my own and having to overcome the language barrier as well as cope with the conditions. It was quite lonely in the first week, but once I got over that it was fantastic.

"But in terms of professionally, it was very good for me to compare the healthcare system in a developing country with what we have at home. There is the lack of resources, the lack of funding, and fewer qualified people, and sometimes, when you get into the rural communities, people’s beliefs mean they are not interested in accessing healthcare.

"The experience has certainly made me more considerate and I also have a better understanding of how a lack of services can impact on people’s health and how much good primary healthcare, such as we have in the UK, is needed.

"This lack of primary care service in Malaysia meant that patients had to travel very far for medical assistance and even minor illness often kept the hospital’s accident and emergency department very busy."

"Overall, the scholarship gave me the opportunity to experience what healthcare is like in developing countries and the difficulties these people face regarding access to healthcare services."

On-line Applications OPEN for 2012/13

Students currently studying nursing or midwifery on undergraduate/postgraduate or diploma courses at universities in the UK are urged to submit their applications by December 9th. Further details are available from the website http://awards.cavellnursestrust.org.uk
How we can help you in your time of need

Cavell Nurses’ Trust is here whenever you face difficult times.

As well as offering emotional support, we provide practical advice and financial help to those experiencing exceptional difficulties.

We make one-off single grants towards specific items and, depending upon your circumstances, we may be able to provide regular support too.

Part of our service is to ensure you are receiving any benefits you may be entitled to and we will work with other charities and organisations on your behalf to maximise the support offered.

If you would like to find out more and make an application, please contact us:

Online: You can get more information at www.cavellnursestrust.org

Email: Info@cavellnursestrust.org

Freephone: 0808 1234 999