

Activate

VIIIN 7 March 2017

News, views and support for RCN activists



The Chancellor missed an opportunity in the Budget

'Bring bullying issues to the top table'

“The school has a strong focus on bullying and we have a dedicated bullying team. We have a strong focus on bullying and we have a dedicated bullying team. We have a strong focus on bullying and we have a dedicated bullying team.”

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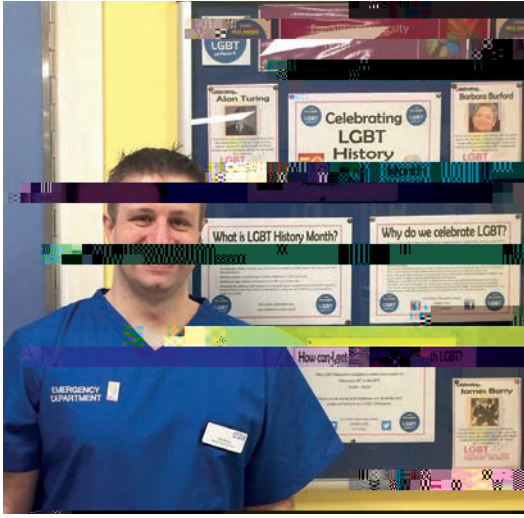
VIEWS

'Get in the know'

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ADVISER

WWW.

0 45 772 6100





Can you be a hydration hero?

Nursing staff are used to telling patients about the importance of having enough to drink, but reps can make sure staff are looked after too

As a nurse, you know the importance of staying hydrated. You know that dehydration can lead to a host of health problems, including dizziness, fatigue, and even kidney stones. You know that staying hydrated is essential for your overall health and well-being. But what if you're the one who's dehydrated? What if you're the one who's not getting enough to drink? It's a common problem for many healthcare professionals, and it's one that can be easily prevented.

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