

# STUDENT update



Autumn 2022

[unison.org.uk/healthstudent](https://unison.org.uk/healthstudent)

**UNISON**  
*the public service union*

Welcome to all our new joiners this summer, whether you're just beginning your studies or are starting your latest year. We're delighted you're with us in UNISON.

We're the largest union and team across the NHS and social care. With more than 500,000 members we're always speaking up for you, and there's always someone who can help.

We've been hard at work for healthcare and nursing students over the last year. Below are some key updates for you to catch up with.

## Cost of living

Students are telling us how hard it is to cope with the cost of living whilst studying. Loans and maintenance grants aren't rising as fast as heating bills or petrol prices and you need to keep on travelling to placements.

We've been asking for action to help students cope with these increased costs and are expecting more support to be made available soon. We expect universities to also make hardship support available if you need it.

UNISON also offers members short term financial support through our charity, 'There for You', make sure you get in touch if you need help. Google UNISON 'There for You'.

## Preceptorships

Many of our students have reported the challenges of transitioning into your first registered role. We've made consistent, high quality, preceptorships a key priority recently and have been actively involved in planning and supporting their improvement across the UK, to make sure you thrive as you become a professional.

We've been working together with the Nursing Times and the Florence Nightingale Foundation to promote good preceptorships and share good practice.

## Student representation

We'd love you to become active in UNISON during your studies or later in your career.

To help you take this step we have launched regional networks in a number of different parts of the UK and new roles for students to take up in UNISON. Get in touch with your local UNISON region or speak to an organiser to find out if you can get involved!

Nikhola Hayley, a final year student mental health nurse from Huddersfield, is sitting on our national nursing and midwifery committee to make sure the voice of students is heard over the coming year. Well done Nikki! Follow her on twitter at @nikkilouh

## Promoting better education

It's crucial you get the best education to prepare you for your career in healthcare. UNISON

representatives have been working with the NMC to modernise the standards for undergraduate education to ensure they are rigorous and supportive. UNISON student leaders have also represented the views of students by engaging in consultation with the NMC on how they work to regulate education and nursing practice.

We want you to have the best time during your studies and your career. Join with us to help us do so!

## Future health leaders programme

You chose to study for a career in healthcare because you want to make a difference.

Now it's time to take the next big step towards a future where you can lead positive change for those you care for and your colleagues.

UNISON is the biggest team in health and social care with over 500,000 members working across all parts of the UK. We're constantly making a difference, whether it's defending NHS services or challenging racism in our workplaces.

We want to empower you to work with us as the next generation of leaders in healthcare.

Are you passionate about equality and fair treatment? Do you want to see more services developed for an unmet health need? Are you frustrated by how staff and students are treated in your workplace?

From January, look out for and apply for the UNISON Future Health Leaders programme and learn how you can make change happen.

This annual programme will accept one healthcare student member from each region of the UK for a series of interactive training and development sessions through the year.

You'll meet and question inspiring healthcare leaders, improve your activist and advocacy skills, learn about healthcare policy and how to influence it, and develop your understanding of key equality issues. The programme will give you the skills and links to work with UNISON to lead real change in healthcare.

If you would like to discuss further or have any questions please contact [h.group@unison.co.uk](mailto:h.group@unison.co.uk)

## Reflection on future health leaders programme 2022



**Carley Kane,** undertook our Future Health Leaders Programme in 2022, and has shared her experience:

The future health leaders' course has been amazing, such a rich opportunity which has enabled engagement with inspiring students. This opportunity and opportunities like this offer students the chance to demonstrate their leadership skills, which will be essential in future practice and serving our communities and keeping patients safe. The virtual sessions have been a success, all planned efficiently and have offered a platform for professional debate, reflections, and learning. We have been lucky to have heard from professionals who have given their time to support the programme, which has really extended the engagement opportunity. It is encouraging and wonderful to have professionals display their coaching skills and be a part of the student leadership journey. It is

refreshing and exciting to see the leadership potential of students and early career nurses and see that this is being truly valued and nurtured.

The matching with coaches has been excellent and offered great local intervention and engagement, it has been supportive. The learning from the sessions has been important and we have been able to have open and honest professional discussions. My favourite presentation was from the Florence Nightingale Foundation as this included psychological safety which is one of my priorities, this improves patient safety and staff wellbeing. There was also opportunity to take part in a regulatory reform discussion with colleagues from the Nursing & Midwifery Council which was interesting and insightful. The process has been a delight and I have enjoyed meeting colleagues and wish them every success in their careers and leadership journeys.

## Keeping in touch

When you qualify we want to keep in touch!

We'll transfer your membership so you're covered in your first paid role but we'll let you know when we're doing it.

It's important we know how to contact you – [find out how to stay in touch.](#)



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