

QUARTERLY NEWSLETTER

October - Issue #3

**Welcome back to
the LSVN Newsletter!**

Thank you for reading our newsletter,
we hope you love our autumnal
design! Further editions will always be
released quarterly.

Feedback and comments welcome!
You can contact us on 01305 264140 or
school@lsvn.co.uk



Key Dates and Events

Cohorts

Welcome to the new Veterinary Nursing group who started in September!

We will also be welcoming new Animal Care and Welfare apprentices in December – who will, for the first time, be made up of distance learners only!



NEW

Hello!

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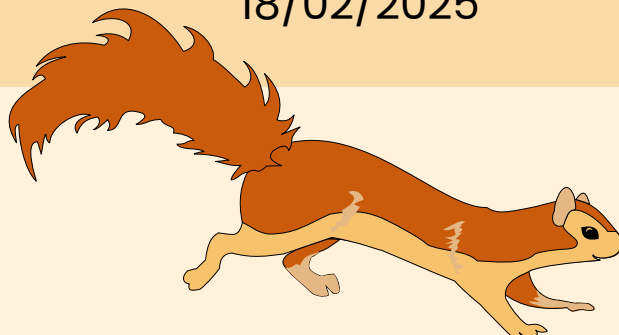
Eventbrite

Clinical Supervisor Training Remote Q&A on 21/11/2024

Virtual Standardisation for Clinical Supervisors & Practice Principals on 22/11/2024

Mock OSCE Day on 24/01/2025

Clinical Supervisor Training Remote Q&A on 18/02/2025



BOOK NOW



If you went to congress on 11th October you may have seen some familiar faces...



Val with Julie Dugmore (Director of Veterinary Nursing at the RCVS)



Val and Miles (Yes, that Miles! From Traitors!)



Nikki at Congress



Val at Congress

More pictures and info available on our social media pages! (Facebook / Instagram)

Will we see you there at the next BVNA congress?



Nikki and Miles



vetlife

Wellbeing Support

"Over the summer break, I wanted to focus on frontloading the wellbeing support of our learners with the aim of giving them a good foundation and toolkit of knowledge and skills which they could use, rather than waiting until fixing a problem when it occurs. In effect, keeping themselves upstream of any problems. I reached out to Vetlife and with the help of our local representative volunteer – a vet called Rhian-Mai, who just coincidentally happens to work in a VP practice local to us, we started to put together our thoughts of what that proactive, frontloaded programme might look like. We also wanted to consider how it might differ for our new start learners, those learners who were returning for their second year and for both Level 2 & 3 learners."

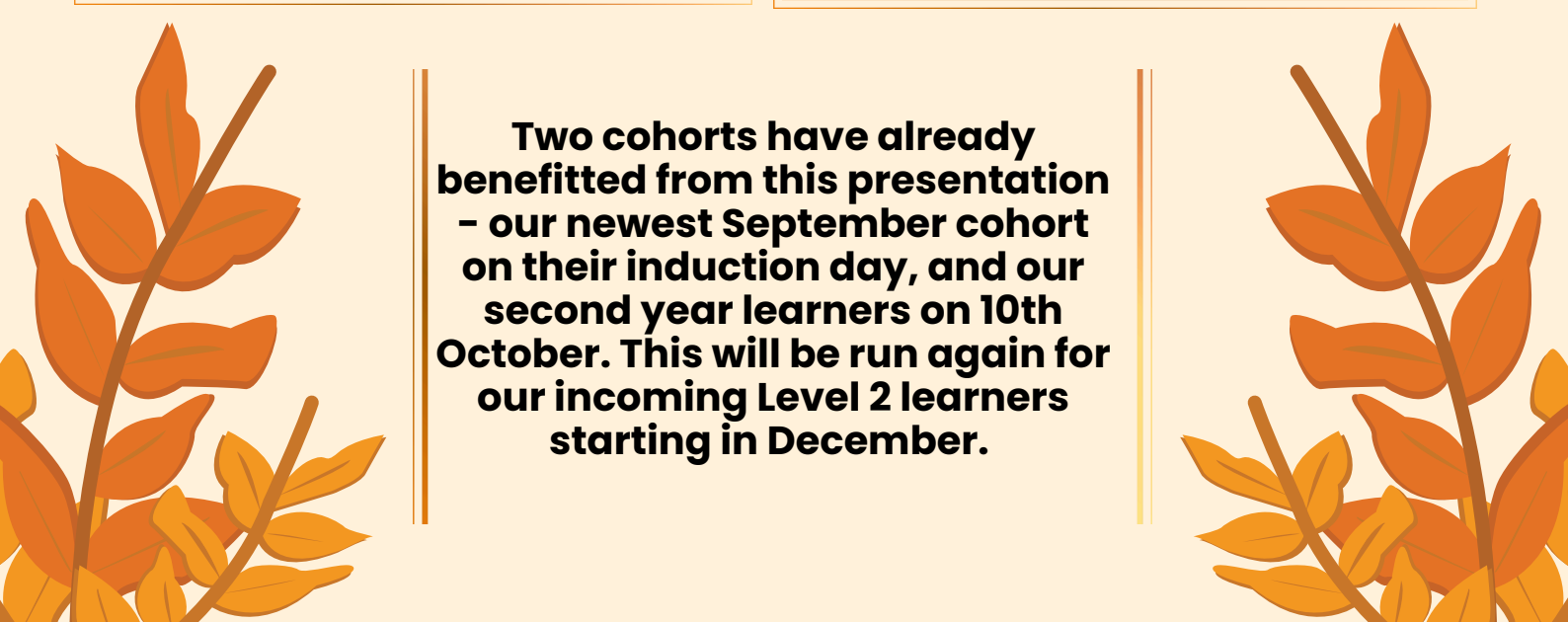
–Lisa Bugh, Joint Head of School

What can learners expect?

On Induction Day, going forwards, learners will benefit from a presentation on mental health and wellbeing from Vetlife representative Rhian-Mai. These resources will also be made available on OneFile.

Topics such as:

- Recognising when to seek support and what that support looks like
- Safeguarding rules
- Stress management and discussion of issues faced by SVNs specifically
- Case studies
- Steps to wellbeing
- And many more!



Two cohorts have already benefitted from this presentation – our newest September cohort on their induction day, and our second year learners on 10th October. This will be run again for our incoming Level 2 learners starting in December.

Veterinary Nurses Day - 10th December 2024

RCVS will be hosting an event for Veterinary Nurses Day on Tuesday 10th December at the Bristol Beacon.

The agenda for the day is as follows:

- Refreshments on arrival
- Welcome and introduction
- VN professional declaration
- Presentation of scroll and official photograph
- Short address from both RCVS President and Chair of VN Council
- Guest Speaker: Richard Casey, Executive Director for the World Small Animal Veterinary Association, and Past President of Veterinary Management Group (VMG)
- Refreshments and close

These events will celebrate the achievements of those who have recently joined the RCVS Register, and those who have completed an advanced qualification in veterinary nursing.

The first session starts at 10:30, and the second starts at 2PM.

All eligible vet nurses will be sent an invitation by email and will be asked to register their attendance via Eventbrite.

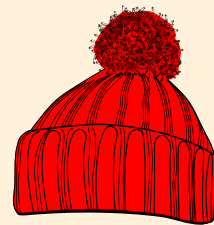
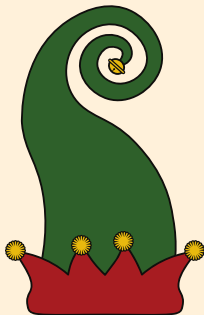


Coming soon to a classroom near you...

The staff-student liaison committee have been hard at work to improve the way feedback between learners and staff is processed.

A suggestion box has proven to be a very popular idea! But more than that... Why not make it festive?

Submit your anonymous ideas or other feedback via the box in the classroom! We hope you will find this easy to spot, as the box will have a themed hat throughout the year.



Wellbeing & Awareness Days

The 5 ways to wellbeing



Providing simple steps you can take to help improve your mental health and wellbeing.



CONNECT

Strong social connections can provide emotional support and reduce feelings of loneliness.

BE ACTIVE

Being active can boost your mood, reduce stress and improve overall health.

TAKE NOTICE

You can do this through meditation, deep breathing or simply taking moments to pause and observe your surroundings.

KEEP LEARNING

Continuous learning can boost self-esteem and mental wellbeing.

GIVE

Giving can foster a sense of connection and purpose.

From VetPartners Wellbeing Newsletter, published October 2024

Awareness in November

1st November:
World Vegan Day

2nd November:
Stress Awareness Day

4th November:
World-Let's Stop Shouting Day

12th November:
Remembrance Sunday

13th-17th November:
Anti-Bullying Week

19th November:
International Men's Day

25th November:
International Day for the Elimination of Violence against Women



Check out what we've been up to!

Kris took on the Heroes Challenge!



Hangers Heroes Charity raises thousands of pounds for local charities - The Heroes Challenge Walk/run is their main event with other fundraising events organised whenever possible.

Well done Kris for taking part!



A spooky evening at the QE Careers Fair



Emma and Lisa couldn't wait to tuck into those haribos...

The BVNA afterparty.

Val and Nikki had a blast with this year's costume theme for sure!



**BI-ANNUAL
ALUMNI
NEWSLETTER
COMING SOON!**

