

See a poorly patient who is housebound. Hop in the car to the clinic. Administer injections. Clean and dress wounds. Write up notes. No time for loo break. Assist the GP with a procedure. Provide some patient education. Administer more injections. Give IVs. Dream of a loo break. Back in the car to visit another housebound patient...

Ok, so not all community nurses have the same role, but you get the idea. Between caring for patients at their homes and in clinic and juggling management, it's no surprise that we nurses have no time to look after our own health. And it can be hard to change our habits when we're stuck in a mad dash routine. But, we want to feel good and be able to do our jobs – so, what can we do?

It's time we put our needs first.

Join charity C3 Collaborating for Health's NURSING YOU programme (designed by nurses, for nurses) today.

Visit www.c3health.org/nursing-you for more information, including:

- Access to resources
 - Fact sheet about nurses' health
 - Help talking to your managers
 - 7 steps to implementing NURSING YOU at your organisation
 - Twitter kit
- A free app exclusively for nurses



www.c3health.org/nursing-you