**NURSING YOU Twitter kit**

Help us spread the word about #NURSINGYOU! Below you will find:

* Ideas for influential Twitter accounts to tag in your Tweets
* Some Tweets to get you started
* A handful of visuals you can include with your Tweets

Questions? Contact us at [nursingyou@c3health.org](mailto:nursingyou@c3health.org)

**Examples of accounts to tag in your Tweets**

|  |  |  |
| --- | --- | --- |
| @C3health | @westudentnurse | @vivjbennett |
| @C3nursing | @rcni | @NN\_England |
| @theRCN | @NSeditor | @Sajajohnson |
| @WeNurses | @NurseStandard | @RMayNurseDir |
| @KimSunley | @SteveJFord | @NuffieldHealth |
| @JamieWaterall | @NursingTimes | [@NursingNow2020](https://twitter.com/NursingNow2020) |
| @BurdettTrust | [@nhsemployers](https://twitter.com/nhsemployers) |  |

And, don’t forget to tag those in management at your organisation!

**Sample Tweets**

DYK? 1 in 4 #nurses in England are #obese. We can help by supporting each other at work & at home. Need ideas? Check out #NURSINGYOU <http://bit.ly/C3NURSINGYOU> @RMayNurseDir @vivjbennett

I’m a busy #nurse. You’re a busy nurse. But who’s #NURSINGYOU?? Let’s start looking after ourselves like we look after our patients! <http://bit.ly/C3NURSINGYOU> @Wenurses @theRCN

#NURSING YOU has spoken with 450+ nurses who all agree: time we started looking after ourselves as well as we look after patients. Get started here <http://bit.ly/C3NURSINGYOU>

I’ve just joined #NURSINGYOU! Will you join me? <http://bit.ly/C3NURSINGYOU> @theRCN @Wenurses @JamieWaterall @BurdettTrust @NurseStandard @RMayNurseDir

Only 61% nurses surveyed by @CavellTrust said their health was good or very good. We need to change this #NURSINGYOU <http://bit.ly/C3NURSINGYOU> @RMayNurseDir

Employers need to better support their nursing staff – hard to be healthy w/ long shifts, few breaks, lack of access to #healthyfood. #NURSINGYOU has resources to help us make the argument to management <http://bit.ly/C3NURSINGYOU> @nhsemployers @RMayNurseDir

#Nurses are nearly 2x as likely as the average person to be unable to afford basic necessities like beds, washing machines & keeping their homes warm say @CavellTrust. We need to start looking after our nurses! #NURSINGYOU <http://bit.ly/C3NURSINGYOU>

Shocking but unsurprising…the suicide rate amongst nurses is 23% higher than the UK national average. We’re so busy caring for others we need support to care for ourselves, too. #NURSINGYOU <http://bit.ly/C3NURSINGYOU>

Calling all #nurses! Can you access healthy food & water at your work? Complete our access to food at work survey to see what changes you could make #NURSINGYOU <http://bit.ly/C3NURSINGYOU> @Wenurses @RMayNurseDir

Do you employ #nurses? DYK nurses’ health impacts not only their own health but their health promotion practice? Find ideas for supporting your nurses at #NURSINGYOU [@nhsemployers](https://twitter.com/nhsemployers) @RMayNurseDir @vivjbennett <http://bit.ly/C3NURSINGYOU>

**Twitter visuals**





