



**Skint, shaken
yet still caring.**

**But who is caring for
our nurses?**

Key Findings



Skint, shaken yet still caring: but who is caring for our nurses?

Not only are nurses twice as likely to suffer financial hardship, but nurses are three times more likely to face domestic abuse than the public. This is appalling and we're taking action.



Cavell Nurses' Trust spoke to over 2,200 nurses, midwives and HCAs about financial hardship and deprivation, domestic abuse, health, illness, wellbeing and employment. Here's what we found:



AS LIKELY TO BE UNABLE TO AFFORD BASIC NECESSITIES MANY OF US TAKE FOR GRANTED.

NURSING PROFESSIONALS



MORE LIKELY TO HAVE EXPERIENCED DOMESTIC ABUSE IN THE LAST YEAR THAN THE AVERAGE PERSON IN THE UK.

ONLY **61%** 
OF NURSES SAID THEIR HEALTH WAS GOOD OR VERY GOOD. THIS IS 74% IN THE GENERAL PUBLIC.



OF NURSING PROFESSIONALS HAVE A PHYSICAL OR MENTAL HEALTH CONDITION EXPECTED TO LAST LONGER THAN A YEAR. THIS IS JUST 34% IN THE GENERAL PUBLIC.

THE NURSING PROFESSION RATED THEIR ANXIETY AS

4.93 out of 10

THE GENERAL PUBLIC RATED THEIRS JUST 2.93.



Will you be here for nurses?

Cavell Nurses' Trust gives money and support to nurses, midwives and healthcare assistants (HCAs) who are facing financial hardship, often because of illness, domestic abuse and the effects of older age.

If you believe we should be here for nurses, please join us and take action at **cavellnursestrust.org/research**

If you're a nurse, midwife, HCA or work in healthcare, please take action and help your colleagues at **cavellnursestrust.org/research**

Still caring

In spite of all this, nursing professionals are getting on with the vital job of caring for the UK.

Nurses give so much to us all. They help bring our children into the world. They care for us when we're dying. They're here for us with care and compassion at the darkest and the brightest moments in-between.

**Let's create a society which cares for the people who care for it.
LET'S BE HERE FOR NURSES.**



Why ask these questions?

We found all of this out because we're **#HereForNurses**. This is a serious ambition for all the staff, trustees, volunteers and wonderful supporters which make Cavell Nurses' Trust tick.

To realise this ambition, we knew we needed to help more people, be more effective and find more people who want to be here for nurses.

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Your action pack includes help cards, posters, tips on sharing information and lots of ways you can raise awareness of the support Cavell Nurses' Trust can give.





About Cavell Nurses' Trust

Cavell Nurses' Trust is here for nurses, midwives and healthcare assistants (HCAs) with money and support when they are experiencing personal or financial hardship.

We also help people who are retired or have changed profession and help students in exceptional situations.

We're proud to offer a listening ear and practical support to everyone who gets in touch.

Cavell Nurses' Trust was established in 1917 following the execution of British nurse Edith Cavell in WW1.

She helped 200 Allied soldiers reach freedom from German-occupied Belgium and Cavell Nurses' Trust is her living legacy. We're proud to maintain Edith's values of compassion, courage and care in the work we do.

Put simply, we're **#HereForNurses**



CASE STUDY I

Health Michelle

"I was devastated; the idea that I wouldn't walk again and be unable to return to work was horrible. I couldn't imagine my life without nursing"

In 2010, nurse Michelle's life changed forever. Until then, she'd worked with new born babies suffering heart problems and loved every minute of it, but increasing pain in her lower back turned into bad news - two ruptured discs. It soon became clear that Michelle would be a wheelchair user for the rest of her life.

Michelle's determination was strong and after five months in hospital and six months rehabilitation, she was ready to return to work. But costly modifications were needed to her wheelchair so Cavell Nurses' Trust was able to secure funding to convert her manual wheelchair into an electric one. This help has ensured Michelle's return to work as a Cardiac Education Nurse.

"The help I've received from Cavell Nurses' Trust has been life changing, I will be forever grateful to them."

CASE STUDY 2

Domestic abuse

Louise

"I've given so much during my nursing career and I'm so grateful to know that Cavell Nurses' Trust are there for me if I need help."

A student job in a nursing home opened Louise's* eyes to a career caring for others and after qualifying in 2005, she nursed in her local hospital. Now a nurse and mother, Louise found her life took a bad turn as her partner was becoming increasingly abusive towards her – physically, emotionally and financially.

She ended up in a women's refuge with a bag of clothes and a toy for each child. Cavell Nurses' Trust was quickly able to fund items for Louise's new home and pay her registration costs, allowing her to return to her beloved nursing career.

*Name has been changed

"I just had to get out. Me and the children weren't safe and I had no choice but to leave the house one day and never go back."



Financial hardship and deprivation



28%

of HCAs couldn't afford two pairs of all-weather shoes

NURSES, MIDWIVES AND HCAs
ARE NEARLY TWICE AS LIKELY
TO BE UNABLE TO AFFORD THE
BASIC NECESSITIES MANY OF
US TAKE FOR GRANTED...



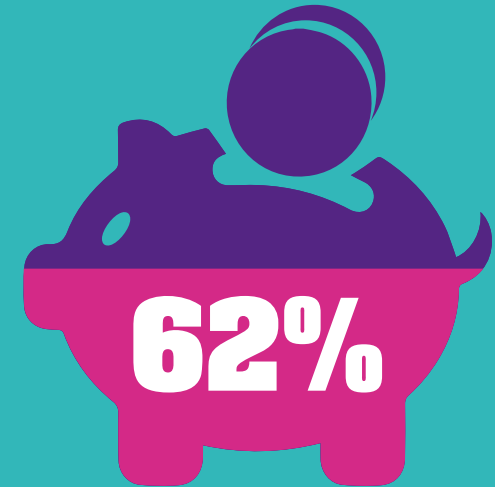
A home in a decent state of repair



Replace broken furniture like beds



Fix or replace a broken fridge or cooker



of HCAs would like to save at least £20 per month for a rainy day, but can't afford to

18%



OF HCAs DON'T HAVE
ENOUGH MONEY TO KEEP
THEIR HOME WARM

**Financial hardship
and deprivation**



"I would like to have
this, but can't afford it."



**A HOME IN
A DECENT
STATE OF
REPAIR:**

N.Ireland

43.6%



Scotland

44.8%



England

49.9%



Wales

54.2%



Compared to the general
population, HCAs are

5 **TIMES**
MORE LIKELY

to miss out on
a hobby because
they can't afford one.



Only

61%

of nurses said their health was good or very good. This figure is as high as **74%** in the general population.

Scotland

50%

N.Ireland

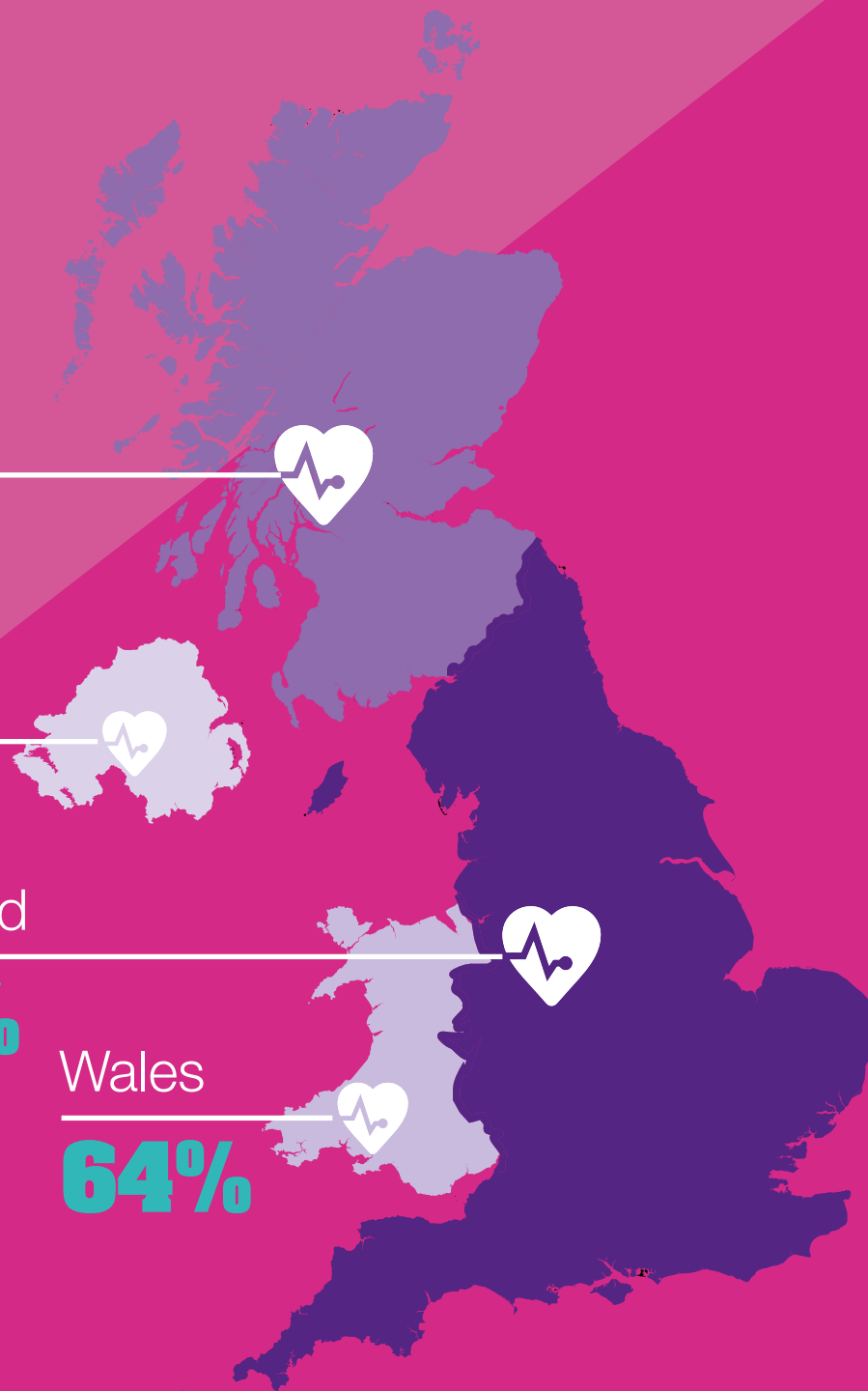
58%

England

60%

Wales

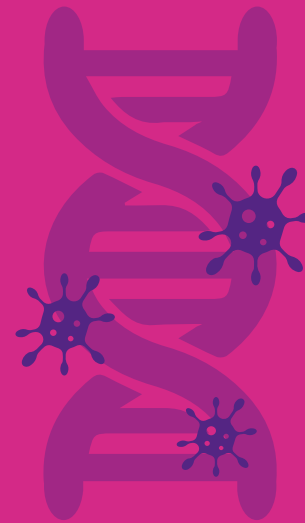
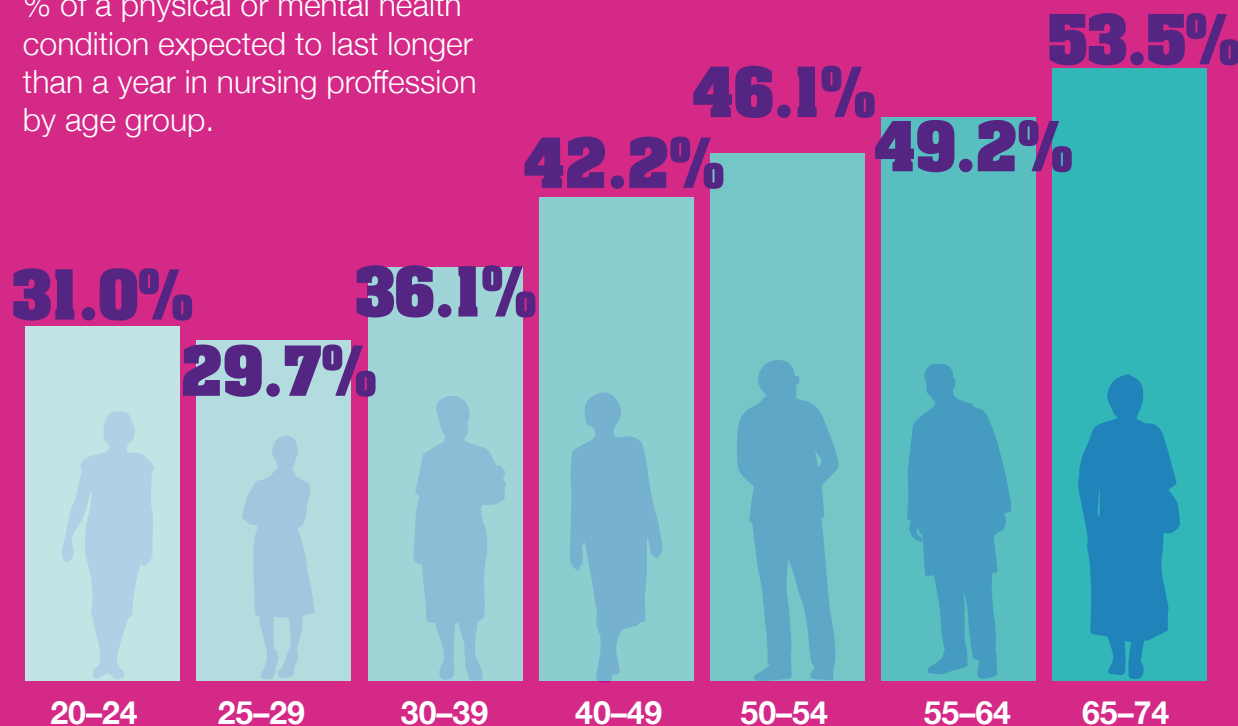
64%



TWO IN EVERY FIVE NURSES

has a physical or mental health condition expected to last longer than a year.

% of a physical or mental health condition expected to last longer than a year in nursing profession by age group.



Illness



42.5%

OF NURSING PROFESSIONALS HAVE A PHYSICAL OR MENTAL HEALTH CONDITION EXPECTED TO LAST LONGER THAN A YEAR.

49.6%

OF THE SCOTTISH NURSING PROFESSIONALS REPORTED AN ILLNESS THAT EXPECTED TO LAST LONGER THAN A YEAR.



41.7%

OF THE WELSH NURSING PROFESSIONALS REPORTED AN ILLNESS THAT EXPECTED TO LAST LONGER THAN A YEAR.



Domestic abuse



BRUISES, BLACK EYES, CUTS OR SCRATCHES AND BROKEN BONES.

IN THE LAST YEAR:

1/50 NURSES WERE INJURED.

NURSING PROFESSIONALS ARE THREE TIMES MORE LIKELY

TO HAVE EXPERIENCED DOMESTIC ABUSE IN THE LAST YEAR THAN THE AVERAGE PERSON IN THE UK.



1/10 NURSES FACED NON-PHYSICAL ABUSE IN THE LAST YEAR. FOUR TIMES HIGHER THAN THE RATE FOR THE GENERAL PUBLIC.



1/7 nurses, midwives and HCAs has experienced domestic abuse in the last year.

UNDER THREAT. 4.4% of the nurses we spoke to had been threatened in the last year. This means that someone said they would hurt or kill them, or that they would use a weapon against them or someone close to them, like their child.

Whilst nurses, midwives and HCAs feel only a little less satisfied and happy with their lives than the general population, they feel much **more anxious**.

Wellbeing



Nursing professionals
gave a score of
4.93 OUT 10
compared to **2.93** in
the general public.

But the good news is, on
the same scale, nurses felt
the things they do in life
are worthwhile scoring

8 OUT 10





#HereForNurses



Our pledge

This report reveals the extent of the hardship faced by nursing professionals right across the UK.

I personally found it very moving to read. I was incredibly angry that the UK's nurses were facing such hardship. But as I moved beyond my first reading, what happened to me, and what happened to the all of the staff, trustees and supporters at Cavell Nurses' Trust, was something very different.

What happened next was resolve to do something about it.

We've all had personal experience of nursing care amongst our friends and our families. So I don't think it's possible to read these shocking statistics and not think of the people affected. It's difficult not to think about the person behind the uniform.

I've had the immense privilege of working alongside so many remarkable nursing professionals in my career. I have also seen first-hand how ill health can affect a nurse. You see, the most important nurse in my life is my mother, who was dedicated to the care of others for decades.

Could this report be a catalyst for making a change?

The money and support Cavell Nurses' Trust gives must be made available to more and more people. To do this we need to raise awareness of the cause described in this report. We need to raise awareness of the help available. And we need to raise the funds to make it all happen.

Cavell Nurses' Trust can only do this with your support. So I ask you to consider how you, the people you know and the people you work with, could be here for nurses too.

Thank you.

Simon Knighton,
Chairman Cavell Nurses' Trust



“ I was incredibly angry that the UK’s nurses were facing such hardship ”

Simon Knighton, Chairman

Thank you!

For helping make this research possible, and on behalf of the nurses, midwives and HCAs we're here for, Cavell Nurses' Trust would like to thank the thousands of nurses, midwives and HCAs who filled out the survey and supported the research.

We'd also like to thank the donors, volunteers, organisations and supporters of Cavell Nurses' Trust.

Amongst many others who helped support his work, thank you to Dom McVey and Adam Crosier at Word of Mouth Research, the team at Claremont, Dina Koulama, Simon Baker at the NMC, everyone at WeCommunities, Chris Bowden at Marketing Means and Andrew Wenham at The Joseph Rowntree Foundation.

Thanks from the staff team go to the charity's dedicated Trustees: Simon Knighton, Susan Gostick, Deborah Critchley, Jill Cox, Susan Osborne CBE, Di Caulfield-Stoker MBE, Christina Edwards CBE, Paul Jackson-Clark, Linda Thomas OBE and Ian Bailey and Patrons: Dame Christine Beasley DBE, Loyd Grossman OBE, Ken Jarrold CBE, Professor Lesley Page, Gillian Prager, Diana Souhami, HE The Belgian Ambassador Mr Guy Trouveroy and Sophie Ward.



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Registered charity no. 1160148 & SC041453

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