



COMMONWEALTH NURSES FEDERATION

eNews Vol.3 Issue 1 January 2010

THE CNF IN 2010

The CNF is in the process of organising the last of our 4Safety workshops which will be held in Ghana, Sierra Leone and Cameroon in the first half of 2010.

Also in the first half of 2010, research will be conducted in collaboration with CNF members in the Pacific region on the extent and effect of the migration of nurses from the Pacific island nations. The result of the research will be made available to the countries involved and published on the CNF website.

March will be a busy month for the CNF. The CNF Europe Region is holding their 8th regional conference in Cyprus 12-13 March hosted by the Cyprus Nurses and Midwives Association.

8th CNF EUROPEAN REGION CONFERENCE

Advancing health through nursing

12-13 March 2010

Coral Beach Hotel, Paphos, Cyprus

<http://www.cyna.org>



Also in March, the CNF will be represented at the Golden Jubilee celebrations of the Ghana Nurses Association as they celebrate 50 years of serving nurses and midwives in Ghana and the 60th Annual General Meeting of the Malaysian Nurses Association.

ABOUT THE CNF

The CNF was established in 1973. It is governed by an elected President and Vice President and six Board members, one from each of the CNF regions: Atlantic; East, Central and Southern Africa; Europe; Pacific; South Asia; and West Africa. The Board provides the strategic directions while an appointed Executive Secretary and Honorary Treasurer manage the day to day activities of the CNF. The Members of the CNF are the national nursing organisations in Commonwealth countries. At present there are 54 member countries of the Commonwealth.

Further information about the CNF can be found on the CNF website: <http://www.commonwealthnurses.org>.

CALL FOR ABSTRACTS

15TH South Pacific Nurses Forum

8-11 November 2010

Auckland New Zealand



CLOSING DATE: 26 March 2010

For more information contact: Aretha Wahanui (NZNO SPNF Planning Committee) spnf@nzno.org.nz

COMMONWEALTH FOUNDATION

Each year, the CNF applies for an annual grant from the Commonwealth Foundation to allow us to provide services to our members. In 2010-2011, the CNF has applied for funding to conduct workshops on non-communicable or lifestyle diseases in the CNF Pacific region (Tonga, Samoa and Papua New Guinea); leadership training in the CNF South Asia region (India and Sri Lanka); and to assist in establishing websites for some of our smaller members, initially Sierra Leone, Sri Lanka, Barbados and Tanzania but extending to other members in following years. Funding applications have also been submitted to other organisations to enable us to conduct additional activities.

A PRIMARY HEALTH CARE APPROACH TO NON-COMMUNICABLE DISEASES

One of the emerging areas of concern for the Commonwealth Heads of Government when they met in Trinidad and Tobago November 2009 and for the World Health Organisation is non-communicable or lifestyle diseases. The negative health effect and the cost to health systems of lifestyle diseases such as hypertension, heart disease and diabetes, can be significantly minimised with an effective primary health care approach. Nurses are essential to the provision of primary health care. CNF members are encouraged to download a copy of the [Statement on Commonwealth Action to Combat Non-Communicable Diseases](#) which was endorsed at the Commonwealth Heads of Government meeting and to begin lobbying their governments for an implementation plan which includes midwives and nurses and the forefront of health promotion and early detection programs.



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INTERNATIONAL DAYS OF OBSERVANCE

February

- 04 [World Cancer Day](#)
- 06 [International Day Against Female Genital Mutilation](#)
- 20 [World Day of Social Justice](#)

March

- 08 [Commonwealth Day](#)
- 08 [International Womens Day](#)
- 21 [International Day for the Elimination of Racial Discrimination](#)
- 22 [World Water Day](#)
- 24 [World Tuberculosis Day](#)

April

- 07 [World Health Day](#)
- 22 [Earth Day](#)
- 25 [World Malaria Day](#)
- 28 [International Workers Memorial Day](#)

May

- 01 [Labour Day](#)
- 04 [World Asthma Day](#)
- 07 [International Day of the Midwife](#)
- 08 [World Red Cross and Red Crescent Day](#)
- 12 [International Nurses Day](#)
- 15 [World Hepatitis Day](#)
- 15 [International Day of Families](#)
- 22 [International Day for Biological Diversity](#)
- 31 [World No-Tobacco Day](#)

June

- 01 International [Children's Day](#)
- 05 [World Environment Day](#)
- 12 [World Day Against Child Labour](#)
- 14 [World Blood Donor Day](#)
- 20 [World Refugee Day](#)
- 26 [International Day in Support of Victims of Torture](#)

July

- 11 [World Population Day](#)

August

- 09 [International Day of the Worlds Indigenous People](#)
- 12 [International Youth Day](#)
- 19 [World Humanitarian Day](#)

September

- 08 [International Literacy Day](#)
- 10 [World Suicide Prevention Day](#)
- 15 [International Day of Democracy](#)
- 21 [International Day of Peace](#)
- 21 [World Alzheimer's Day](#)
- 27 [World Heart Day](#)

October

- 01 [International Day of Older Persons](#)
- 02 [International Day of Non-Violence](#)
- 03 [World Smile Day](#)
- 10 [World Mental Health Day](#)
- 14 [World Sight Day](#)
- 15 [Global Handwashing Day](#)
- 16 [World Food Day](#)
- 17 [International Day for the Eradication of Poverty](#)

November

- 09 [World Freedom Day](#)
- 14 [World Diabetes Day](#)
- 16 [International Day for Tolerance](#)
- 17 [International Students Day](#)
- 19 [International Men's Day](#)
- 25 [International Day for the Elimination of Violence against Women](#)

December

- 01 [World AIDS Day](#)
- 03 [International Day of People with Disability](#)
- 10 [Human Rights Day](#)
- 18 [International Migrants Day](#)

CELEBRATE COMMONWEALTH DAY

Commonwealth Day 2010 will be celebrated on Monday 8 March. The 54 members of the Commonwealth have endorsed a set of core principles which include:

- ⇒ the promotion of democracy and good governance,
- ⇒ the promotion of sustainable economic and social development,
- ⇒ respect for human rights and the rule of law,
- ⇒ gender equality,
- ⇒ protection of the environment,
- ⇒ partnerships and cooperation among its members,
- ⇒ understanding and tolerance among its citizens, and
- ⇒ the reduction of prejudice, ignorance, disease and poverty.

CNF members are encouraged to celebrate Commonwealth Day by sending a message to their government and the media that in a world increasingly exposed to conflict and disaster, nurses and midwives consider it more important than ever to promote and uphold the principles of the Commonwealth.

