**8th CNF EUROPEAN REGION CONFERENCE**

The Cyprus Nurses and Midwives Association hosted a very successful 8th CNF European Region Conference: *Advancing health through nursing*, 12-13 March in Paphos, Cyprus. Over 200 nurses attended from countries both within and outside the CNF European Region. The CNF European Region is made up of Cyprus, Malta and the UK.

![Ioannis Leontiou President CYNMA](image1)

Ioannis Leontiou President CYNMA

![Delegates from Australia](image2)

Delegates from Australia

![Ioannis Leontiou and Christos Andreou (Secretary and President)](image3)

Ioannis Leontiou and Christos Andreou (Secretary and President)

Three Presidents: Ioannis Leontiou, Cyprus; Maura Buchanan, UK and Paul Pace, Malta

![Young traditional dancers entertained the delegates at the closing ceremony.](image4)

Young traditional dancers entertained the delegates at the closing ceremony.

![Sophia Michaelidou, one of the founders of the CNF European Region Conferences, then President of CYNMA](image5)

Sophia Michaelidou, one of the founders of the CNF European Region Conferences, then President of CYNMA

**WEST AFRICA 4 SAFETY WORKSHOPS**

**Ghana 26-27 April 2010**

**Sierra Leone 21-22 April 2010**

The CNF in partnership with the Ghana Nurses Association and the Sierra Leone Nurses Association will be conducting two two-day workshops in the CNF West Africa Region as part of the 4 Safety series: a safe patient, a safe workplace, a safe profession and a safe nurse. Nurses from other West Africa countries are also invited to attend. A third West Africa workshop will be conducted in Cameroon in June.

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**CALL FOR ABSTRACTS**

**15th South Pacific Nurses Forum**

8-11 November 2010 Auckland New Zealand

**NURSES AT THE HELM**

*Steering health across the Pacific*

**CLOSING DATE: 26 March 2010**

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

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NURSES CELEBRATE 100\textsuperscript{TH} ANNIVERSARY OF INTERNATIONAL WOMEN’S DAY

Monday 8 March

The CNF joined the White Ribbon Alliance for Safe Motherhood to celebrate the 100\textsuperscript{th} anniversary of International Women’s Day by wearing white to highlight the need for universal access to safe health care services for birthing women and their babies. Around the world, CNF members and nurses and midwives joined the celebration.

Commonwealth Day was celebrated Monday 8 March with a flag raising ceremony to commemorate the admission of Rwanda as the 54\textsuperscript{th} member of the Commonwealth.

Royal College of Nursing UK march to London’s Millennium Bridge

Susie Kong, CNF President joins the Malaysian Nurses Association

Former Board member Alumita Bulicokocoko celebrates in Fiji

The Rwandan flag joins 53 others at Marlborough House

Traditional dancers from Rwanda at the flag raising ceremony
Ampusam Symonette, a senior nurse from the Bahamas, responded to a request from the Bahamas Ministry of Health for volunteers to go to Haiti to help provide health care following the devastating earthquake 12 January 2010. Ampusam, as part of a team of three doctors and four nurses from the Bahamas, joined other Caribbean colleagues and spent from 27 February to 6 March in Haiti. The volunteers were well prepared: briefings, immunisations, equipment and skills refreshers were provided before they left the Bahamas for Jamaica and then on to Haiti in a Caribbean Regional Security Force military plane and taken to their base in Port of Prince a short distance from the airport.

Accommodation was a United Nations health workers unisex tent with stretchers and sleeping bags with open air showers and toilets at the edge of the camp. Volunteers were advised not to move away from the camp without an escort. Their day started at 0500 hours with prayers and breakfast before hitting the rough and bumpy road to drive a couple of hours to a local community where they provided health care and distribute food packages. To ensure their safety, each team of one doctor, one nurse and one interpreter were driven to the local community by United Nations military personnel supported by the Jamaican Defence Forces.

Ampusam said that when she thinks back about her time in devastated Haiti she remembers the resilience of the Haitian people; their ability to rise above the squalor and despair; their pride, their warmth, their simplicity; their industriousness; their love of family; their receptiveness to learning and acquiring new skills; their need to survive. The response from the international community was awesome. I saw caring people from all around the world who extended compassionate hearts and loving hands: the UN, the Jamaican Defence Force, the USA Army, the Canadian Army, the Red Cross, Roman Catholic nuns from India, church groups, NGOs, the Pakistani Army.

Ampusam found the experience humbling, gratifying and fulfilling as she and the other members of the team discovered they had abilities, strength and determination they did not realise they had. They learned to be innovative in the practical application of nursing care and health knowledge that was as effective as possible with the limited time and resources available. Ampusam said: We worked harmoniously together with no complaints and rolled our sleeves up and gave of our best and managed our time well. We worked with an extended team from other Caribbean countries and learned from them as they learned from us.