



Living Well North Tyneside

Supporting Health and Wellbeing

Every year on **12 May**, the world comes together to recognise and honour the invaluable work of nurses. **International Nurses Day** isn't just a date in the diary—it's a global celebration of compassion, commitment, and the crucial role nurses play in our health and care systems. It also happens to fall on the birthday of Florence Nightingale, the founder of modern nursing.

A Brief History of International Nurses Day

International Nurses Day was established in **1974** by the International **Council of Nurses (ICN)**, who continue to coordinate and promote the event to this day. The date, 12 May, pays tribute to Florence Nightingale, whose pioneering work during the Crimean War laid the foundation for professional nursing.

Each year, the ICN chooses a theme to highlight the challenges and achievements within the nursing profession. The **2025 theme** is: “**Our Nurses. Our Future. The Economic Power of Care**”—focusing on how investing in nursing is not only essential for health systems but also brings wider economic and social benefits.

Why This Day Matters

Nurses are often the first point of contact in our healthcare journeys—offering care, comfort, expertise, and reassurance. They work in hospitals, GP practices, schools, care homes, communities and homes, often going above and beyond under challenging circumstances. International Nurses Day provides a chance to shine a light on their stories, their impact, and their ongoing dedication to patient care.

It's also a moment to reflect on the future of nursing: how we train, support, and value this vital workforce as healthcare demands grow.

How to Celebrate International Nurses Day

Whether you're a healthcare organisation, a patient, or a community group, there are plenty of ways to mark the day:

- **Share stories:** Use social media to share the stories of local nurses, past and present. If you know someone who's made a difference, give them a shout-out.
- **Host an event:** Celebrate your nursing staff with a coffee morning, awards ceremony, or an appreciation wall.
- **Get creative:** Local schools and care homes can get involved by making cards, posters, or videos thanking nurses.
- **Raise awareness:** Share information about nursing career paths and the impact nurses have on communities.
- **Support nurses' wellbeing:** Organisations can use the day to promote mental health support and professional development opportunities for nurses.

Get Involved in North Tyneside

If you're in North Tyneside and want to show your support:

Healthwatch North Tyneside often features community stories and feedback about local care services, including nursing teams.

Northumbria Healthcare NHS Foundation Trust regularly highlights stories from its staff and celebrates special awareness days.

Want to explore nursing as a career? Visit the NHS North East and North Cumbria careers hub.

Final Thoughts

On 12 May, take a moment to reflect on the many ways nurses shape our lives and communities—not just in times of crisis, but every single day. Their resilience, empathy and skill deserve more than applause—they deserve support, recognition, and investment in their future. Let's use this day not just to say thank you, but to ensure nurses feel truly valued all year round.

Related Links

- [International Council of Nurses \(ICN\)](#)
- [NHS England – Celebrating the Nursing Workforce](#)
- [Royal College of Nursing](#)
- [Healthwatch North Tyneside](#)
- [Northumbria Healthcare NHS Foundation Trust](#)
- [NHS North East and North Cumbria career hub](#)



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