

Jayne Biddiscombe

On the eve of International Nurses' Day (12th May), we speak to our very own 'running nurse', Jayne Biddiscombe, who in her spare time completes competitive runs to raise money for various local charities in the area.



Can you tell us more about your role at the Trust?

I joined the Trust 14 years ago and have enjoyed various opportunities in the Trust, including nursing in Critical Care, Training and Education and Patient Safety.

This year, I have been very fortunate to have been given another new opportunity working in the Safeguarding Team as Complex Needs Sister.

My role involves assisting and advising staff to support patients with particular vulnerabilities, including learning disabilities, patients without mental capacity, victims of domestic abuse and patients with other wide ranging complex needs.

It is a very interesting and diverse role, which can sometimes present challenges but also has many very fulfilling and rewarding opportunities.

Jayne Biddiscombe, pictured above

Why did you decide to start running to raise money for charity?



A few years ago I lost my wonderful uncle Paul to bowel cancer – he was just 57 when he died.

He and his partner Anna received such compassionate and dignified care and support from staff in a wonderful hospice in Cornwall so I wanted to raise some money for my own local hospice to help them continue to deliver the same care for others.

I decided to raise money for Weston Hospice by completing the Weston Colour Run – it was my way of showing support to the hospice and remembering my uncle who loved colour, beaches and nature.

Since then have you caught the 'running bug'?

I certainly have! I've developed a real passion for running; firstly, as bereavement therapy after my uncle passed, but now I find it to be an excellent way to run off steam and clear my mind.

Running, aside from being great exercise, helps me to relax. Sometimes, I like to listen to comedy podcasts while I run – though laughing out loud whilst out on a run can attract a few odd stares!

How many charity runs have you completed?

I've completed a number of runs over the last few years to help raise money for local charities, including a local youth project. This year I will be completing the Bubble Run to raise money for Weston Hospice.

I'll also be running the Swansea Half Marathon and the Cardiff Half Marathon to raise money for a bowel cancer charity – that means a great deal to me because bowel cancer took my uncle, but also because my dad was diagnosed with bowel cancer. He survived because he received early diagnosis, which is so important.



How much money have you raised for local charities through your runs?

I've probably raised more than £1,300 through my charity runs, which I didn't realise until I added it all up! Every penny counts and I hope my support has helped in some way.

I try not to miss opportunities that I have been given, so if anyone would like to donate a few pennies online or via text, towards my charity run in Swansea for cancer research, please visit my just giving page.

Turning attention to International Nurses Day – why is it so important?

It's an opportunity for nurses to cherish each other, themselves and to be proud of their chosen profession. Nurses should take some time on the 12th May to stop, think and be proud of all that they do.

Of course, it's also important that we celebrate the birthday of the most celebrated nurse of all, Florence Nightingale and raise a slice of cake to her.

Please support Jayne in her upcoming charity run for cancer research by visiting her Just Giving page [here](#).

Jayne Biddiscombe is Complex Needs Sister at Weston Area Health NHS Trust.

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