

When a Nurse says 'No'

When a Nurse says 'sorry I can't',

When a Nurse says 'give me 5 minutes, I'll come back'

When a Nurse says 'there aren't any beds we have to cancel'

When a Nurse says 'I need to take a break'

When a Nurse says 'I have to go now'

When a Nurse says 'sorry we really can't'

When a Nurse says 'I can't do this anymore'

When a Nurse says 'I don't feel well'

When a Nurse says 'I need some unpaid leave'

When a Nurse says 'sorry I can't swap'

When a Nurse says 'No'.

When we hear these words, remember there's a reason.

When a Nurse says 'No' it means they've tried everything they can,

When a Nurse says 'No' it means they care,

When a Nurse says 'No' it means it's not safe,

When a Nurse says 'No' it means they're exhausted,

When a Nurse says 'No' it means they can't.

When a Nurse says 'No' it means they're hurting.

When a Nurse says 'No' it means the system's broken,

When a Nurse says 'No' it means they've been let down,

When a Nurse says 'No'... Listen!

Try not to roll your eyes,

Try not to shout and scream,

Try not to ask 'can you just'

Try not to think out loud.

They know you're disappointed,

They know you're in despair,

They know you're disillusioned,

They know your discontent.

They feel your pain,

They see your sadness,

They share your frustrations,

They hear your anger.

Let's be kind, let's understand, let's just say 'OK'

This one little word means Nurses can carry on, can eat, can sleep, can cry, can rest.

This one little word means we hear, we understand, we know, we care.

This one little word, means those who've failed the nation have to face the facts.

It won't be easy, but is it now?

It won't feel fair, but is it now?

Let's stop a moment, take a breath.

We can get through this, it won't always be this way, one day Nurses will be heard and cared for, free from choosing targets over time.

Let's all make this day come sooner by doing what we can,

Let's listen when they speak, say OK we understand.

Let's care for those who care for us so we can make it through.

Let's not wait till it's too late for them, for me or for you.

