

Additional Costs

All students need to be aware that they will incur additional costs whilst on programme. The list below will provide you with an overview of additional costs. Books are reviewed annually and are therefore subject to change, course welcome information will provide you with an indicative list for the year.

Course	Mental Health Nursing
Books & Journals	<p><i>The University library holds copies of core texts (including some as e-books accessible online).</i></p> <p>However, students may wish to purchase their own copies, in which case the following are recommended (although reviewed each year).</p> <p>Recommended books:</p> <p>Bottomly, J & Prymachuk, S (2017) Academic writing & referencing for your nursing degree. St Albans: Critical publishing (approx.. £15)</p> <p>Bottomly, J & Prymachuk, S (2017) Studying for your nursing degree. St Albans: Critical publishing (approx.. £15)</p> <p>Chambers, M (2017) Psychiatric and Mental Health Nursing. The craft of Caring. Third edition. Oxon: Routledge, Taylor and Francis (approx. £30)</p> <p>Evans, N & Hannigan B (2016) Therapeutic skills for mental health nurses. London: Oxford University Press (approx.. £24)</p> <p>Norman, I. and Ryrie. I. (2013). 3rd ed. <i>The Art and Science of Mental Health Nursing</i>. Open University Press. £31 approx.</p> <p>Reading S & Webster B (2014) Achieving Competencies for Nursing Practice: A Handbook for Student Nurses. Berkshire, Open University Press (approx. £21)</p> <p>Recommended Journals</p> <p><i>'Mental Health Practice' published by the Royal College of Nursing 'Mental Health Today' published by Pavilion Publishing & Media Ltd</i></p>
Stationery	<p>Students will incur costs for stationery and printing and other basic materials whilst on course and should budget accordingly. Where specifics are required they will be detailed below but items denoted are an outline rather than indicative list.</p> <p>Stationery for your own personal use (pens, papers and folders, etc.) Whilst you will choose how much you need, expect to pay around £10 - £20 per year for these.</p>
Equipment & Clothing	<p>A good pair of black sensible shoes & black socks– you will be doing a lot of standing and walking in placement (starting in November) so make sure your feet are comfortable – go for comfort over fashion for your uniform shoes!</p> <p>Approx. cost £35-90</p>

	<p>You will need to purchase a blue / black thigh length coat to cover your uniform when you are required to wear it (Cost variable)</p> <p>For some of your placements, you will be expected to wear smart, casual clothing that reflects a professional image (Cost variable)</p> <p>If you buy a fob watch (nurses' watch) please make sure it is one with an easy to keep clean silicone cover. Cost approx. £10</p>
Other	<p>For half of the programme, you will be engaged in practice based placements. Our placement circuit is across a wide geographical area and you may be required to travel for up to 90 minutes by public transport or car. Costs will vary depending on whether you use public transport with or without a discount, or your own transport, such as a car. You will have to fund any costs incurred by travelling to and from placement and any car parking charges.</p> <p>You are also expected to fund travel costs to and from the University of Cumbria.</p> <p>In Year 2 of the programme you have an opportunity to arrange a 2 week 'Enrichment Experience' either within the UK or abroad. Costs will vary depending on the location but you will be required to fund this experience.</p> <p>You may wish to ask friends and family for book tokens or vouchers for online book retailers to enable you to purchase any books once you start the programme.</p> <p>Membership of a union is strongly recommended (UNISON & Royal College of Nursing approx. £10 per year).</p> <p>During the programme there may be opportunities to be involved in optional extra-curricular learning opportunities which may incur additional costs</p>