Welcome

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elcome to the July issue of VNJ, which covers topics such as balancing the welfare of both cats and wildlife, life-stage nutrition for dogs and cats, the endocrine system, communicating information to clients, and advice for students preparing for practical assessments.

We hope you enjoy reading the professional thoughts, experiences and advice of other vet nurses, and warmly invite you to share yours too. We're excited about the range of topics covered in the articles we've received from readers and would like to thank everyone who has submitted a feature. If you'd like to contribute to *VNJ* but aren't sure where to start, please be assured that we're a friendly team and can mentor you through the submission process.

Writing articles contributes to your CPD hours, and we'll pay between £40 and £100 for each article published. If you have an idea for a piece you'd like to submit, please get in touch via vnj@bvna.co.uk.

You may have noticed we're using environmentally friendly paper for the journal. Another way you can reduce our use of paper is to opt to receive *VNJ* in digital form (via email) instead of in print. To join the 400 members who have already opted to do this, go to your BVNA profile on the website and untick the 'request to receive a printed copy of *VNJ*' box.

As always, your Council members are working hard to represent you in a variety of working parties. You can find out more about the VN Diversity, Inclusivity and Widening Participation (DIWP) Working Group (a VN Futures initiative led by the BVNA) and about the role models in the industry who are leading the way.

As I sit writing this in the middle of a thunderstorm, I wish you all a lovely summer! I hope you can take time away to relax and look after yourselves.

