

RCN Wales Study Centre Newsletter April 2024

Dear Colleague

Welcome to our April 2024 newsletter, featuring upcoming events and information about RCN resources we hope will be of interest to you in your continuing professional development and lifelong learning. We can also arrange bespoke learning for groups of 12 people or more – please contact us at CPDWales@rcn.org.uk for further details.

Follow us on a social media platforms and to support our campaigns, events and activities.



@RCNWales



/RCNWales



rcn_wales



RCN members – please check your emails and complete our survey, ‘Have your say about Continuing Professional Development with RCN Wales’, which is live from Wednesday 3 April – Wednesday 1 May.
We would really appreciate your input to help shape our learning events in the future!

RCN Wales Study Centre Events.

These events are currently open for bookings. You can find details of all our upcoming events on our website at rcn.org.uk/wales/wales-events.

Celebrating and promoting school nursing

Suitable for SCPHN (SN), Nurses, Midwives, SCPHN students, Health Care Support Workers and Nursing students

Wednesday 17 April 2024, 9.30am – 12.30pm (in-person at RCN Wales headquarters, Cardiff)
Join us for this FREE seminar which aims to demonstrate best practice and innovation in school nursing, and to promote the essential role it plays in supporting children, young people and their families. There will also be opportunity for networking and discussion around current challenges.
<https://bit.ly/3Vuwtlz>

Accountability and Delegation webinar

Afternoon event – for Registered Nurses, Health Care Support Workers and Nursing Students
Monday 10 June 2024, 1.30pm – 4.30pm (online)
<https://bit.ly/4a9ld1l>

RCN Congress 2024: Book your free place now!

RCN Congress 2024 comes to Wales for the first time at ICC Wales in Newport from 2-6 June.

Congress is the ultimate opportunity to network with peers, hear from exceptional keynote speakers and take part in hot-topic debates about the issues affecting the nursing workforce.



Bookings are now open – [book your free place today!](#)

[Be a Congress Ambassador](#) – We’re looking for volunteers to help make our annual networking and learning event better than ever before. As one of our ambassadors, you’ll be instrumental in helping our members feel welcome and get the most out of their Congress experience.

You can also find out more the [agenda](#) and [learning and wellbeing programme](#).

Visit our dedicated [RCN Congress web page](#) for updates.

RCN Events - April – some of the events and conferences coming up...

[Internationally educated nurse network event](#) - Join for full day or drop in for a session

10 April 2024, 9.30am – 4pm (online)

FREE – this event is open to all, you do not have to be a RCN member to attend

Join the Yorkshire and Humber region for this online event for a full day of activity and information, or drop in for the sessions that interest you. Any internationally educated nurse working in the UK is welcome to take part.

[Know How to Search CINAHL](#)

11 April 2024, 2pm – 3pm (online)

FREE – you need to be a RCN member to attend

[Library Search ... in 30 minutes](#)

16 April 2024, 12pm – 12.30pm (online)

FREE – you need to be a RCN member to attend

[Boost Your Writing Confidence Workshop with the Royal Literary Fund](#)

24 April 2024, 10am – 12.30pm (online)

FREE – you need to be a RCN member to attend

[RCN North Staffordshire learning event: Parkinson's and Motor Neurone Disease \(MND\) – what are they and what support is available?](#)

24 April 2024, 1pm – 3pm (online)

FREE – you need to be a RCN member to attend

[Street Clinic: Young Minds](#)

24 April 2024, 6pm – 8pm (online or in-person at RCN HQ, Cavendish Square, London)

FREE – this event is open to all, you do not have to be a RCN member to attend

What can we learn from young people about their mental health, and what impact did the COVID-19 pandemic have? We will hear from two projects carrying out innovative work with and including young people.

[Know How to Reference Accurately and Avoid Plagiarism](#)

25 April 2024, 11am – 12pm (online)

FREE – you need to be a RCN member to attend

[Professional Regulation of Nurses, Midwives and Health Visitors – NMC regulatory review and implications for SCPHN registrants](#)

29 April 2024, 12pm – 1.30pm (online)

FREE – this event is open to all, you do not have to be a RCN member to attend

This information sharing event is an open webinar for all Nursing and Midwifery Council (NMC) registrants to learn about and consider the implications of NMC regulatory review. Special consideration will be given to the future regulation of the Specialist Community Public Health Nursing (SCPHN) workforce which includes health visitors, school nurses and occupational health nurses.

[Easy referencing ... in 30 minutes](#)

3 May 2024, 12pm – 12.30pm (online)

FREE – you need to be a RCN member to attend

[Dying Matters: Seth's Legacy](#)

7 May 2024, 6pm – 7.30pm (online)

FREE – this event is open to all, you do not have to be a RCN member to attend

For Dying Matters Week 2024, we look at the past, present, and future of end-of-life care.

Upcoming conferences in 2024 - register your interest and book now!

[RCN Education Forum National Conference and Exhibition 2024](#) – 23 April 2024 (in-person in York)

[RCN Children in Care Nursing Conference](#) – 11 July 2024 (online) – save the date!

[RCN International Nursing Research Conference 2024](#) – 10 – 12 September 2024 (in-person in Newcastle)

[RCN Advanced Nurse Practitioner Conference 2024](#) – 11 October 2024 (online) – save the date!

Find out what's upcoming by visiting the [RCN events webpage](#)

Wellbeing events

The RCN are holding the following upcoming online events to help remind health care staff that looking after your own health and wellbeing is particularly important. These events aim to connect with our creative skills, learn something new and meet fellow RCN members.



[Time to Sing for Breathing](#)

16 April 2024, 5.30pm – 6.30pm (online)

Join this online session and experience first-hand how singing can help to manage the breath, improve fitness and enhance wellbeing.

[Time to tune in](#)

21 May 2024, 5.30pm – 6.30pm (online)

Join fellow RCN members and Hawa for some guided meditation to help us find silence, breath, and stillness.

Celebrating and supporting internationally educated nursing staff - our series of webinars inform and support

The RCN recognises the enormous contribution internationally educated nursing staff make to health and social care, and the specific challenges you face when you first arrive and start working in the UK. Our live events aim to assist you with some of the challenges and questions you may have.

These events continue in 2024, but you can catch up on previous events on the [IEN Live Events webpage](#).

Webinars available to view now include:

- What is the NMC register?
- On arrival and settling in the UK
- Immigration and personal matters
- Understanding statutory pay within the Independent Sector
- Terms and Conditions of Employment in the Independent Sector
- The RCN's professional offer and support with career progression
- Understanding the NMC Test of Competence

The next live event is:

- [On arrival and settling in the UK](#) – Thursday 18 April, 6pm – 7pm – *this event is also aimed at international nursing students who are studying in the UK*

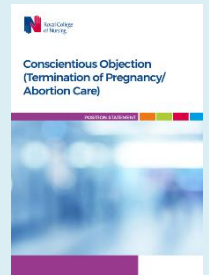
See more about how the [RCN can support International nursing members](#)



New professional development publications available:

Conscientious Objection - Termination of Pregnancy/Abortion Care

This updated publication details the RCN position on conscientious objection and provides guidance on the issue for nurses, midwives and nursing associates. It also provides signposts to sources of further information.



The RCN produces a wide range of publications to develop practice and

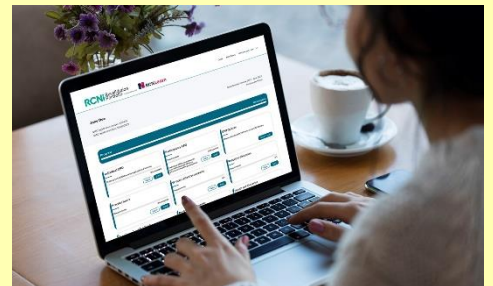
improve patient care. They can be downloaded free of charge from: rcn.org.uk/publications

Resources from the RCN that can support your professional development:

- [RCN Learn](#) – including free resources
- [Learning Resources for the Nursing Support Worker workforce](#)
- [RCN Accredited events and resources](#) – clinical learning from external sources, which have been accredited by the RCN as meeting standards of excellence
- [RCN Endorsed resources](#) – clinical learning from external sources, which meet the RCN's quality criteria for professional standards

'RCNi Revalidation Portfolio in association with RCN Learn', a tool for registered nurses, midwives and nursing associates.

The RCNi Revalidation Portfolio tool is **free** for RCN Members and RCNi Plus subscribers. You can store, track and build revalidation evidence quickly – all in one easy-to-manage online space.



Our tool enables you to record practice hours, collate continuing professional development (CPD) activity and compile feedback and reflections all in compliance with the Nursing and Midwifery Council (NMC)'s requirements. Portfolio takes the pressure off revalidation, making sure that you can focus on your practise and learning while building your evidence.

[Access the RCNi Revalidation Portfolio tool here on RCN Learn](#) (membership login required)

Further Revalidation resources

Please find below useful links to resources supporting revalidation:

RCNi magazine article – [Nurse revalidation: here's some help to build your CPD hours](#)

<https://www.rcn.org.uk/professional-development/revalidation>

<https://www.nmc.org.uk/revalidation/>

<https://www.nmc.org.uk/standards/code/>

NEWLY LAUNCHED – 'RCNi Portfolio in association with RCN Learn'

We are pleased to announce the launch of RCNi Portfolio in association with RCN Learn. Now other parts of the nursing family who are not required to revalidate with the NMC (such as the nursing support workforce (NSW), students, assistant practitioners, health care assistants, trainee nursing associates, amongst others) but still wish to easily track and evidence their continuing professional development (CPD), now have a dedicated space to collate CPD activity and documents. **Free** to use for RCN members or RCNi Plus subscribers, check it out today!

[Access the RCNi Portfolio tool here on RCN Learn](#) (membership login or RCNi Plus required)

EDUCATION GRANTS NOW OPEN!



CLOSING DATE: 31 MAY

Open to applications from nurses, midwives, nursing associates, maternity assistants and healthcare support workers.

You don't need to be a member of the RCN to apply.



These grants range from £500 to £1,600

RCN Foundation Professional Bursary Scheme: for nurses, midwives, healthcare support workers, nursing associates, and maternity assistants seeking professional development

RCN Foundation Leathersellers' Grant: for non-mental health registered nurses and midwives working with children and young people who are experiencing challenges with their mental health and emotional wellbeing

RCN Foundation Kershaw: for healthcare support workers wishing to further their career

RCN Foundation Marcia Mackie and Rae Bequest: for UK registered nurses and midwives working and residing in Northern Ireland wishing to develop their practice

RCN Foundation Scholarship MSc Advanced Practice - Learning Disability: 5 funded scholarships available for Registered Nurses Learning Disability (RNLDs) working in social care settings or across social care and the NHS in the UK

RCN Foundation Monica Baly Grant - grants of up to £1,000 for nurses and midwives to undertake a research project, course, or activity relating to the history of nursing and midwifery

Our Spring education grants are now open! If you're thinking of taking a course to help your career and professional development, look no further!

RCN Foundation education grants range from up to £500 - £1,600 and could be just what you're looking for to financially support your educational and professional development.

There are 6 grants open, and you don't need to be a member of the RCN to apply.

Closing date: 31 May. Please share with colleagues and your networks!

Visit our website to find out more & to apply: <https://bit.ly/3LOBroe>

RCN FORUMS THE VOICE OF NURSING

There are **more than 35 forums** to choose from covering areas such as education, research, leadership, public health and women's health.

For further information visit rcn.org.uk/forums

Interested in a particular nursing topic?
Join a forum via [MyRCN](#)

RCN forums allow you to follow developments in your field, contribute to consultations, network with peers and explore career development opportunities.

RCN Consultations

We are currently seeking views on the following consultations – please see the [RCN Wales Consultation Page](#) for all the details:

- **Proposed changes to the Putting Things Right process** - The Welsh Government want your views on the [way concerns and complaints about NHS care are raised, investigated, and responded to](#). Please email your responses to our Policy, Parliamentary and Public Affairs team by **22 April** at policy&publicaffairs.wales@rcn.org.uk
- **Draft suicide and self-harm prevention strategy** - The Welsh Government are seeking your views on the [draft Suicide and Self-harm Prevention Strategy 2024 to 2034](#). Please email your responses to our Policy, Parliamentary and Public Affairs team by **27 May** at policy&publicaffairs.wales@rcn.org.uk
- **Draft mental health and wellbeing strategy** - The Welsh Government are seeking your views on the [draft Mental Health and Wellbeing Strategy for Wales 2024 to 2034](#). Please email your responses to our Policy, Parliamentary and Public Affairs team by **27 May** at policy&publicaffairs.wales@rcn.org.uk

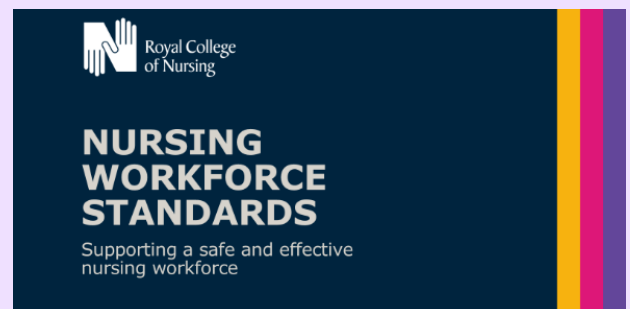
Nursing Workforce Standards: Team Manager Workshops

This series of free webinars has been designed for team managers across the UK, to increase awareness of the RCN's Nursing Workforce Standards. These webinars can be attended by all, whether RCN members or not.

You'll discover how the Standards can be used as a benchmarking tool in your own organisation, and as a resource to support the delivery of safe and effective patient care.

You'll learn how to use the Standards in a practical way to support staff and drive continuous improvement. The webinars are also a great way to network with other nurse leaders from across the UK.

[25 April 2024](#) – 10am – 1pm
[23 May 2024](#) – 10am – 1pm
[20 June 2024](#) – 10am – 1pm
[18 July 2024](#) – 10am – 1pm
[22 August 2024](#) – 10am – 1pm
[19 September 2024](#) – 10am – 1pm



We want to hear your story!

The pressure on you and our profession is greater than ever before. As the Voice of Nursing, the RCN wants to hear your story so we can understand the professional and personal impact of today's pressures and demonstrate to politicians, employers, the public and the media the issues that are affecting the nursing workforce. SenseMaker uses the experiences of nursing staff to provide evidence that helps us advocate for change.

Your story matters, and we want to hear it.

Tell us about your experiences of nursing through SenseMaker, and we will use your stories to better represent you and strengthen our calls for change.

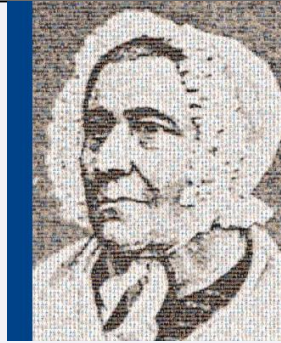


Taking part is easy: Simply tell your story by answering a series of questions.

[Find out more and share your story via SenseMaker here](#)

RCN Wales Betsi Cadwaladr Lecture
Thursday 9 May 2024, 6pm – 8pm
Faenol Fawr Hotel, Bodelwyddan,
St. Asaph, LL18 5UN

Join us for an exciting evening, opened by Professor Donna Mead OBE, CStJ, FRCN with additional special guests, giving a brief history of the life of Welsh nurse, Betsi Cadwaladr, and hear from special guest speaker, International Bestselling author, Amanda Prowse.



 Coleg Nyrso Brenhinol
Cymru
Royal College of Nursing
Wales

**Darlith Betsi
Cadwaladr**

.....
**Betsi Cadwaladr
Lecture**

Registration and welcome refreshments will be available from 5.30pm, with the lecture commencing at 6pm and will be followed by a buffet dinner at approx. 7.15pm, with the event closing at 8pm. Further information available on our [event webpage](#).

The event is open to both RCN members and non-members. The event is free but **booking is essential** - places at the lecture will be allocated on a first come first served basis.

To book, please email CPDWales@rcn.org.uk by Wednesday 1 May 2024 with the following details:

- Name,
- Job title and organisation
- Email address
- Confirmation if you will require a meal to be booked for you at the post lecture buffet dinner, including any specific dietary requirements.

RCN Wales Library

RCN Libraries are open to RCN members as 'warm spaces', so pop in and see us for your learning needs, a chat, or a cuppa. We're open Monday to Friday in Cardiff, 9:00am-5:00pm. RCN Libraries will be open as warm spaces for members to relax, check email, meet friends, charge your phone, and do your printing.

Did you know that you can give us feedback and suggest books for our collection? Get in touch by email at wales.library@rcn.org.uk or online at rcn.org.uk/library/about-us/feedback-and-book-suggestions

As always, our eBooks, eJournals and databases are available 24/7, and you can contact the library team by email any time. The [getting started](#) guide also addresses several common queries.

The postal loan service is still available and dispatching books once a week to members across Wales. You can use our [library catalogue](#) to check your account online and renew books at any time.

The RCN have produced subject guides on a wide range of topics. Our selection includes guides on academic skills, leadership, and information to help you provide specialised care, no matter where you work. There is always something new to learn at: rcn.org.uk/library/subject-guides

Please don't hesitate to contact us at any time on wales.library@rcn.org.uk or 029 2068 0734 if you have any questions at all.



Leadership for the Independent Sector

Healthcare delivery is evolving and many Registered Nurses work in increasingly demanding roles in the Independent, Health and Social Care sector, where there are expectations and a need to shift the perceptions of the role.

This 5-day programme is ideal for Registered Nurses working outside the NHS, people currently working in a management or aspiring to work in a management role. Ideal for organisations who would like to invest in a group of aspiring leaders.

On this programme participants will:

- Understand the characteristics of effective leadership and how this underpins your role.
- Develop skills to positively influence those around you including colleagues, managers and the wider health and social care teams.
- Learn to identify and challenge barriers which have an impact on the safe delivery of care.
- Develop a service improvement project based on the RCN Workforce standards
- Become a RCN Workforce standards champion
- Develop an understanding of resilience and leadership during times of change

- DAY 1: Values and understanding self
- DAY 2: Leadership in context of the world of healthcare
- DAY 3: Change Management and useful tools
- DAY 4: Professionalism
- DAY 5: Reflection on your role as a leader

Course dates:

This 5-day programme will be delivered in-person, with dates separated by two to three weeks to encourage reflection during the programme.

Day 1 – Monday 11 November 2024

Day 2 – Monday 25 November 2024

Day 3 – Monday 9 December 2024

Day 4 – Monday 6 January 2025

Day 5 – Monday 27 January 2025

Venue: in-person attendance at RCN Wales HQ, Cardiff, CF14 4XZ

Course fees:

£945 + VAT per person (£1134 total inc. VAT per person).

This fee includes all course resources and refreshments and lunch each day of in-person attendance.

Places are limited and will be first-come-first-served.

Cancellations:

Cancellations received before 5pm on Friday 1 November 2024 will be refunded, minus a 25% administration fee. No refunds can be processed after this date. Places can be substituted with the prior knowledge and agreement of RCN Events.

RCN Events take no responsibility for non-refundable travel/accommodation in the case of a changed programme or cancelled event.

Find out more and book:
rcn.org.uk/LeadershipHSC

RCN Member Support Services – providing emotional and practical support for you

As an RCN member, you can get free, confidential help and advice on a range of issues that affect you at home and at work. Check out our [Member Support Services leaflet](#)

- Access to free professional telephone [counselling](#)
- [Careers service](#), including help with writing your CV and interview skills, and one-to-one telephone career coaching. Read the new [Thinking About Your Career](#) publication.
- [Financial Wellbeing](#) – the RCN can support members with providing benefit and income maximisation advice
- Get expert support and advice on benefits, tax credits, debt, and housing through our [Welfare Service](#)
- A free 30 minute [legal advice session](#) on matters not connected to work
- The [Peer Support Service](#) is a network for sharing experiences and resources for ill and disabled members.
- If you're an RCN member and you are already in the UK, you can get free, confidential support and assistance on [immigration issues](#)
- [RCN Foundation Hardship Grants](#) – The RCNF supports members of the nursing and midwifery professions who are experiencing financial hardship. **You do not have to be a member of the RCN to access funding.** Full eligibility criteria and application are both available online.

Launching in April – the RCN Wales Nurse of the Year Awards 2024!



Keep an eye on our [website](#) and social media throughout April as we launch the nominations for the 2024 awards.

More details in the next newsletter.

RCN Care Home and Social Care Network

The RCN Care Home and Social Care Network is a space for all members of the college who work, or have an interest in the Independent Health and Social Care (IHSC) Sector. This closed Facebook group is an opportunity to engage with colleagues within your area of practice and share your good news stories and areas to improve and learn from.

<https://www.facebook.com/groups/RCNCareHomeNetwork/>



RCN Newly Registered Nurses Network

The RCN Newly Registered Nurse Network aims to provide a voice for newly registered nurses within the RCN from six months pre-registration throughout preceptorship (roughly 18 months post-registration).

Find out more about the [RCN Newly Registered Nurses Network](#)

Interact and get involved by joining the [Facebook](#) and [Twitter](#) groups

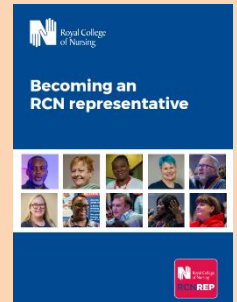
Make your voice heard and become more active in the RCN...

Become an RCN Rep

Reps are vital links between the RCN and our members. They are the RCN's ambassadors in the workplace, helping to influence policies, assist members and shape our profession. If you are an RCN member and a registered nurse or a health care assistant in employment, you can apply to become an RCN learning representative, safety representative or steward.

<https://www.rcn.org.uk/get-involved/rcn-reps>

Read more in our [Becoming an RCN Representative](#) booklet



Student member? Get involved as an RCN Student Ambassador

Championing the student voice – this is a role for a nursing student who is passionate, who wants to make a difference, who has energy and enthusiasm and who is willing to become active with the RCN to make positive changes. The RCN Student Ambassador role is open to RCN members who are in the student member category.

We will support you to help you get involved in:

- Signposting and supporting your fellow students
- Connecting and campaigning
- Questioning and influencing

Find out more details at: rcn.org.uk/student-ambassadors



We want your views!



CPD learning events for nursing

We're committed to lifelong learning and the development of the nursing workforce and are looking to better shape our RCN Wales learning events.



Scan the QR code to start the survey



**[Survey open](#) until
Wednesday 1 May 2024.**

**We welcome responses
from both RCN members
and non-members.**

We'd love for you to be part of our community of over half a million members
www.rcn.org.uk/joining for professional support and other benefits or call 0345 772 6100.



The voice of nursing