

## RCN Wales Study Centre Newsletter June 2024

Dear Colleague

Welcome to our June 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](mailto:CPDWales@rcn.org.uk) for further details.

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



### Nominations now open – the RCN Wales Nurse of the Year Awards 2024!



**Do you know someone who deserves to be celebrated for their work? Nominations are now open for the 14 categories in the [RCN Wales Nurse of the Year Awards 2024](#).**

#### 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-events](https://rcn.org.uk/wales-events)

#### Accountability and Delegation webinar – bookings close 7 June!

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>

#### Incoming – RCN Congress 2024!

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.

Visit our dedicated [RCN Congress web page](#) for updates, and to view the full [agenda](#) and [learning and wellbeing programme](#).



### RCN Wales Journal Club: 12 June

Join us for this online journal club session on **12 June, 1.00pm – 2.00pm** – our RCN Wales Professional Practice Advisers, will be facilitating a discussion, looking at the paper - Whybrow D. et al. (2024) “The perceived helpfulness and acceptability of a bespoke psychological therapy service for registered nurses experiencing psychological distress: A qualitative study” *Journal of advanced nursing*. Available to RCN members at: <https://go.exlibris.link/cmsNfNS4>  
This event is for RCN members only.

### RCN Wales Journal Club



Further information and book your place on our [Journal Club event webpage](#)

### RCN Wales Independent Health and Social Care Roundtable Discussions: Exploring the RCN Nursing Workforce Standards and how they can support you and your teams

**Date: 2 July 2024 Time: 1.30pm – 4pm Venue: Dyfodol, Grove House, Grove Place, Swansea SA1 5DF**

RCN Wales will be holding an in-person roundtable discussion on “Exploring the RCN Nursing Workforce Standards and how they can support you and your teams.”

This event will be facilitated by RCN Wales Independent Sector & Community Advisor Majella Kavanagh, and Bryn Celyn Care Home, General Manager Nicki Hockly. RCN Wales are delighted to welcome Nicki to share her story and experience of implementing the RCN Workforce Standards at Bryn Celyn Care Home with us.

We are aware of the scale of clinically complex caseloads that you and your teams are managing. The [RCN Nursing Workforce Standards](#) support a safe and effective nursing workforce particularly during challenging times. The RCN safe and effective care campaign is applicable to both the NHS and the independent sector.

This event provides an opportunity to network with other colleagues based within the Independent Sector to share stories and your unique experiences of working in Wales. We hope this event will develop relationships across the sector which will build confidence and amplify the voice of nurses.

This event is open to RCN members and non-members working in the independent health and social care sector in Wales.

A tour of the facility will also be available from 1.15pm – 1.30pm – please indicate when booking if you would like to attend for the tour as well. The agenda for the afternoon is as follows:

- **13:15 -13:30** - Tour of the facility (optional extra, please indicate on booking)
- **13:30 -14:00** - Welcome with refreshments available, and networking.
- **14:00** - Event starts.

To book your place, and for further information about the RCN Wales Independent Sector Roundtable events please email: [sian.wilson@rcn.org.uk](mailto:sian.wilson@rcn.org.uk) by Friday 21 June 2024.

**Future Independent Sector Roundtable dates for the diary are:**  
October 2024 – North Wales  
December 2024 – virtual event

## Visit RCN Wales at Pride Cymru, Cardiff on 22 June as we celebrate #PrideInNursing

June is Pride Month, dedicated to celebration and commemoration of lesbian, gay, bisexual, and transgender pride.

RCN Wales will be at Pride Cymru, at Cardiff Castle on Saturday 22 June, where we will have a stall in the market place, with information and freebies!

You can also visit our [Pride in Nursing webpage](#) to find digital materials to download and badges to order while stocks last - badges will be dispatched as soon as possible.



## Sign up now for the RCN Wales Political Leadership Programme - 25 - 26 June 2024

Get yourself invaluable insight into the Welsh political landscape and how policy is shaped.

The [RCN Wales Political Leadership Programme](#) is a prestigious course where you can develop your influencing skills and expand your knowledge of how health and social care policy is made.

Further details can be found by downloading the [programme flyer](#). You can register your interest in attending the programme by emailing [Policy.PublicAffairs.Wales@rcn.org.uk](mailto:Policy.PublicAffairs.Wales@rcn.org.uk)



## UK-wide series of care home focussed events, and looking forward to Care Home Open Week - 24 - 30 June

Care Home Nursing is a varied career with the opportunity to work with a variety of people with complex needs. These services are nurse-led services where people are supported to live fulfilling lives. During this series of events, we will be celebrating the contribution of care home nursing staff and hearing from expert speakers regarding innovations and excellence in this sector. These events are open to all, you do not need to be a RCN member to attend. Register now by clicking on the event title of interest below.

- ['There Is No Place Like \(Care\) Home'](#) event – 12 June 2024, 1pm – 4pm (online)
- ['Let's Explore Person-Centeredness'](#) event – 18 June 2024, 4pm – 5pm (online)
- ['Recognising Care Homes as the Lynchpin of our Communities'](#) event – 24 June 2024, 1pm – 2.30pm (online)

### Celebrating Care Home Open Week - 24 - 30 June 2024

Led by [Championing Social Care](#), [Care Home Open Week](#) is a valuable opportunity for care homes to open their doors to the local community, share more about what they do, and create lasting connections. Care home staff are an integral part of nursing in social care, and the RCN are proud to show our support this Care Home Open Week.

RCN Wales will be celebrating Care Home Open Week with participating care homes, keep an eye on our [social media](#) across the week to find out more!



**RCN Events – June-early July** – some of the events and conferences coming up...

[Making the Rounds: Stories of Workhouse Nursing](#)

23 May 2024, 6pm – 7.30pm (online)

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

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

30 May 2024, 12pm – 12.30pm (online)

FREE – you need to be a RCN member to attend

[Know How to Manage References with Zotero](#)

4 June 2024, 2pm – 3.30pm (online)

FREE – you need to be a RCN member to attend

[Reflective Writing with the Royal Literary Fund](#)

11 June 2024, 2pm – 4.30pm (online)

FREE – you need to be a RCN member to attend

This workshop is led by published writers, who will help you to examine the skills needed for reflective writing.

[Introduction to RCN Library Services](#)

13 June 2024, 12pm – 12.45pm (online)

FREE – you need to be a RCN member to attend

[UK IHSC Nursing Support Worker Listening Event: Shaping tomorrow together](#)

13 June 2024, 12.30pm – 1.30pm (online)

FREE – you need to be a RCN member to attend

Are you a nursing support worker, health care assistant or similar role working in the independent health and social care (IHSC)? If so, we want to know more about your experience with the RCN.

[Know How to Reference Accurately](#)

18 June 2024, 2pm – 3pm (online)

FREE – you need to be a RCN member to attend

[From Windrush to Workforce Equality: Collecting Diversity in Nursing](#)

22 June 2024, 1.30pm – 4.30pm (in-person at RCN HQ, 20 Cavendish Square, London)

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

Join us for an afternoon of history and activities celebrating Windrush Day.

[E-journals ... in 30 minutes](#)

26 June 2024, 12pm – 12.30pm (online)

FREE – you need to be a RCN member to attend

[RCN Children in Care Nursing Conference](#)

11 July 2024, 9am – 4pm (online)

RCN Members: £96 inc vat      Non-members: £144 inc VAT

Discounts available for nursing student members, nursing support worker members, retired members, accredited RCN representatives, and group bookings (see webpage for further details).

[RCN Annual General Meeting 2024](#)

17 July 2024, 2pm – 5.30pm (online or in-person at RCN HQ, 20 Cavendish Square, London)

For RCN members

We encourage all our members to attend online or in person to hear about the work we've been doing with and on behalf of members, receive our annual accounts and more. You will need to register if you would like to attend in person, but there is no need to register to attend online. All members will receive an email from Civica in advance of the AGM containing a unique joining link which they can use to access the meeting.

## Upcoming conferences in 2024 – register your interest and book now!

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

[RCN Fertility Nursing Conference](#) – 2 October 2024 (in-person in London) – register your interest!

[RCN Advanced Nurse Practitioner Conference 2024](#) – 11 October 2024 (online)

[RCN Ophthalmic Nursing Conference 2024](#) – 16 November 2024 (in-person in London)

[RCN and SOM joint Occupational Health Nursing Conference 2024](#) – 29 November 2024 (online or in-person in London)

[RCN Women's Health Conference](#) – 10 December 2024 (in-person in London)

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 run your own creative workshop](#)

**25 June 2024, 5.30pm – 6.30pm (online)**

Join this online session where artist Alice Briggs will explore how to deliver a creative workshop to care home residents using the 'Story Swap Activity Guide'.

Alice will run a practical session on how staff can use the activity guide to recreate the workshop in their own health care setting. Using examples of previous workshops, Alice will guide you through a collage workshop which she led with care home workers and residents in Ceredigion, Wales. Have a go at the activities in this guided session and learn how to run a workshop yourself.

## 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 webinars held throughout 2023 and early 2024, aim to assist you with some of the challenges and questions you may have. You can catch up on these webinars 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



**Live events for internationally educated nursing staff**



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

### **Newly developed definitions and standards for the enhanced, advanced and consultant levels of nursing.**

The RCN has developed definitions and standards for the enhanced, advanced and consultant levels of nursing to provide clarity for those members of the nursing workforce who aspire to practice at these levels, as well as for employers and higher education institutes (HEIs).

These new definitions will help registered nurses as they aspire to practice at these levels, as well as give clarity to employers, higher education institutions and the public. They can be applied across all fields of nursing and in all settings. You can read and download the framework documents at the links below:

[RCN Professional Development Framework - Advanced Level Nursing](#)

[RCN Professional Development Framework - Consultant Level Nursing](#)

[RCN Professional Development Framework - Enhanced Level Nursing](#)

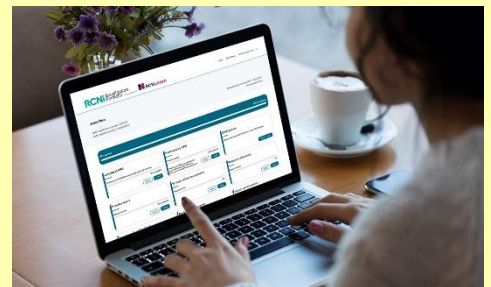
The RCN produces a wide range of publications to develop practice and improve patient care. They can be downloaded free of charge from: [rcn.org.uk/publications](https://rcn.org.uk/publications)

### **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/>



# 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](https://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:

- **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](mailto: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](mailto:policy&publicaffairs.wales@rcn.org.uk)
- **Draft Partnership Arrangements (Miscellaneous Amendments) (Wales) Regulations 2024** - The Welsh Government want your views on [draft rules to clarify and strengthen regional partnerships that affect social care and support](#). Please email your responses to our Policy, Parliamentary and Public Affairs team by **25 June** at [policy&publicaffairs.wales@rcn.org.uk](mailto:policy&publicaffairs.wales@rcn.org.uk)

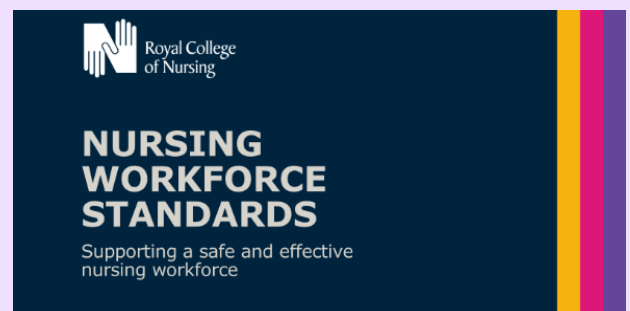
### Nursing Workforce Standards: Team Manager Workshops

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.

[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.

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

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

#### 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.





## Introducing the RCN Wales Nursing, Policy and Professional Practice team...



Hello/Shwmae from Katrina Hall,  
Librarian & Information Services Manager, RCN Wales

I joined RCN Wales at the beginning of April this year so I am still the NPP Team 'newbie' but am very much enjoying working with the Team here at Ty Maeth and of course with our Members across Wales.

I qualified as a Librarian in 1996, completing a degree in Librarianship & Information Studies at Robert Gordon University. I always knew I wanted to work in health libraries – my mother was a District Nursing Sister in Scotland for 30 plus years and instilled in me an interest in healthcare – so I began my career as Assistant Librarian in the Royal Alexandra Hospital in Paisley.

In 2005 I moved to Wales to work as Subject Librarian for Medicine & Health at Swansea University. I made a permanent home in lovely Wales and I've since worked as Librarian for Public Health Wales and Hywel Dda University Health Board.

I'm here to help you find and access relevant and trustworthy information whatever your information needs so do get in touch if I can help you in supporting practice, research or learning & teaching. You can reach me at [wales.library@rcn.org.uk](mailto:wales.library@rcn.org.uk) or on 029 2068 0734.

## RCN Wales Library

RCN Libraries are open to RCN members as 'warm spaces' in response to the cost of living crisis, 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](mailto:wales.library@rcn.org.uk) or online at [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](http://rcn.org.uk/library/subject-guides)

In addition, RCN Wales library staff have information sheets specific to certain study days. If you are interested in a particular topic, please get in touch.

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



Coleg Nyrsio Brenhinol  
Cymru  
Royal College of Nursing  
Wales

# 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](https://rcn.org.uk/LeadershipHSC)



DDP gyda RCN Cymru  
CPD with RCN Wales

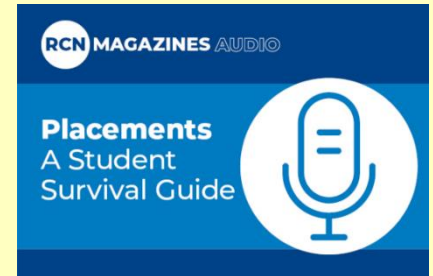


## Nursing Students - resources to help support you and your studies

### Placements: A Student Survival Guide

#### Listen to our audio series for nursing students

In this [three-part audio series](#) for nursing students, Dr Sharon Black, experienced nurse educator and the RCN's professional lead for education and leadership, shares her top tips on nursing placements. From battling nerves and what you need on your first day, to making the most of the whole experience, get stuck in to our student survival guide.



Also available, RCN Magazines article: [Students: conquering placement nerves](#)

### The power in me, the power of many - webinar

Wednesday 3 July 2024, 9.30am – 4.30pm (online)

[Join us for this free online event](#) filled with facts and information on bullying, harassment and its impact on you as a student.

### Student webinar: The NHS Pension Scheme - what you need to know

16 July 2024, 6pm – 7.30pm (online)

[Join us for this free online webinar](#) where RCN National Officer - Employment Relations Chris Musgrave to hear about the NHS Pension Scheme and why it's so important to prepare properly for retirement.

### Student finances: practical tips

RCN Magazines article, [Student finances: practical tips](#) gives some practical advice and signposting to useful sources of information, including the RCN Student Money Guide and RCN Member Support Services.

### Student member? Get involved as an RCN Student Ambassador

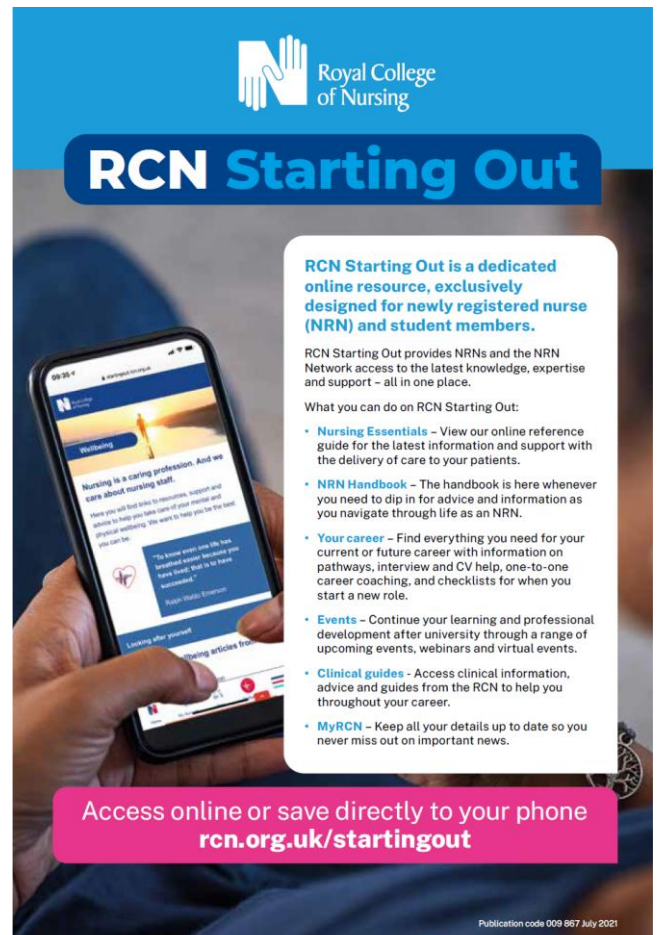
Championing the student voice – this is a role for a nursing student who is passionate, who wants to make a difference, who has energy and enthusiasm and who is willing to become active with the RCN to make positive changes. The RCN Student Ambassador role is open to RCN members who are in the student 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](https://rcn.org.uk/student-ambassadors)

  
**RCN Starting Out**

**RCN Starting Out is a dedicated online resource, exclusively designed for newly registered nurse (NRN) and student members.**

RCN Starting Out provides NRNs and the NRN Network access to the latest knowledge, expertise and support – all in one place.

What you can do on RCN Starting Out:

- **Nursing Essentials** – View our online reference guide for the latest information and support with the delivery of care to your patients.
- **NRN Handbook** – The handbook is here whenever you need to dip in for advice and information as you navigate through life as an NRN.
- **Your career** – Find everything you need for your current or future career with information on pathways, interview and CV help, one-to-one career coaching, and checklists for when you start a new role.
- **Events** – Continue your learning and professional development after university through a range of upcoming events, webinars and virtual events.
- **Clinical guides** – Access clinical information, advice and guides from the RCN to help you throughout your career.
- **MyRCN** – Keep all your details up to date so you never miss out on important news.

Access online or save directly to your phone  
[rcn.org.uk/startingout](https://rcn.org.uk/startingout)

Publication code 009 867 July 2021



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

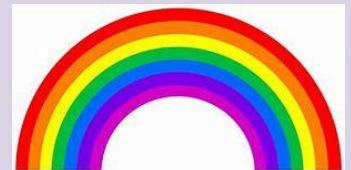
As an RCN member, you can get free, confidential help and advice on a range of issues that affect you at home and at work. Check out our [Member Support Services leaflet](#)

- 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.

## 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

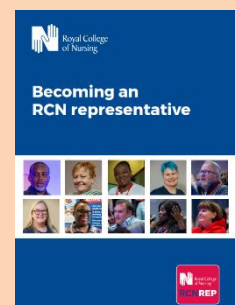
## Make your voice heard and become more active in the RCN...

### 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



We'd love for you to be part of our community of over half a million members

[www.rcn.org.uk/joining](http://www.rcn.org.uk/joining) for professional support and other benefits or call 0345 772 6100.