

## RCN Wales Study Centre Newsletter July 2024

Dear Colleague

Welcome to our July 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.



**Nomination period extended to 7 July – RCN Wales Nurse of the Year Awards 2024!**



**Do you know someone who deserves to be celebrated for their outstanding work? The nomination period has been extended until Sunday 7 July for the [RCN Wales Nurse of the Year Awards 2024](#). There are 14 categories available – don't delay, nominate today!**

### **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)

### **Introduction to Leadership webinar – bookings close 1 August!**

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students  
Thursday 8 August 2024, 9.30am – 12.30pm (online)  
<https://bit.ly/3VpWfWm>

### **RCN Wales Health Care Support Worker Conference**

Wednesday 27 November 2024, 10am – 4pm (in-person at RCN Wales HQ, Cardiff).  
FREE for RCN Nursing Support Worker members. Join RCN Wales for our annual Health Care Support Worker Conference as we celebrate Nursing Support Worker Day!  
This event is for all nursing support worker roles.  
[rcn.org.uk/WalesHCSWConf](https://rcn.org.uk/WalesHCSWConf)



### **General Election 2024: Every politician needs the nursing vote.**

**When you invest in nursing, you invest in patients, you invest in society. The voices of nursing staff and patients must be heard loud and clear.**

**We won't hold back in speaking up for our members and the people they devote their working lives to care for.**

**This must be a nursing election.**

**Read our General Election 2024 manifesto: <https://bit.ly/3VoV0bb>**

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

[Have your say on the Agency Workforce Toolkit](#) – 2 sessions available

1 July 2024, 6.30pm – 7.30pm (online)

9 July 2024, 11am – 12pm (online)

FREE – you need to be a RCN member to attend

[Live event for new nursing support worker members: Introducing learning and development resources](#)

2 July 2024, 6pm – 7pm (online)

FREE – you need to be a RCN member to attend

[RCN Northern Region hosted event: The Power in Me, the Power of Many](#)

3 July 2024, 9.30am – 4.30pm (online)

FREE – you need to be a RCN member to attend

Student members, join RCN Northern and RCN Yorkshire and Humber Region for this day filled with facts and information on bullying, harassment and its impact on you as a student, and learn how the RCN can support you in your placements, personally and professionally.

[Writing for Publication with the Royal Literary Fund](#)

3 July 2024, 10am – 12.30pm (online)

FREE – you need to be a RCN member to attend

[Introduction to RCN Library Services](#)

9 July 2024, 1pm – 1.45pm (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 Bladder and Bowel Forum engagement and current research in continence – changing the landscape.](#)

11 July 2024, 1.30pm – 3pm (online)

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

[Student webinar: The NHS Pension Scheme - what you need to know](#)

16 July 2024, 6pm – 7.30pm (online)

FREE – you need to be a RCN member to attend

[Live event for healthcare support workers: Career Service tips and RCN Foundation funding](#)

16 July 2024, 6pm – 7pm (online)

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

[Weaving Wonders: A Red Cross Auxiliary Hospital during the First World War](#)

24 July 2024, 5.30pm – 7pm (online or in-person in London (University of London))

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

Join us for a hybrid event on the overlooked Voluntary Aid Detachment nursing support workforce in a Pennine mill town.

[RCN North Staffordshire learning event: Neuropsychiatry - an overview of Huntington's disease](#)

31 July 2024, 1.30pm – 3pm (online)

FREE for RCN members; £24 for non-members

## 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 Bladder and Bowel Forum Conference 2024](#) – 15 November 2024 (in-person in London)

[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](#)

## RCN Annual General Meeting – join us in July.

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

We encourage all our members to attend the [RCN Annual General Meeting 2024](#) 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.



## 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 do yoga](#)

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

Join fellow RCN members for a yoga session led by Chloe George, yoga teacher and postnatal doula.



## Catch up on RCN Congress 2024

The largest event in the nursing calendar, [RCN Congress 2024](#), took place from 2 – 6 June in Newport.

RCN members can [catch up on the debates](#) and keynote speeches now on the Congress webpages.



If you didn't get chance to visit Congress in person this year, we very much hope you can join us between 12 – 15 May 2025, as Congress heads to Liverpool!

### **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.

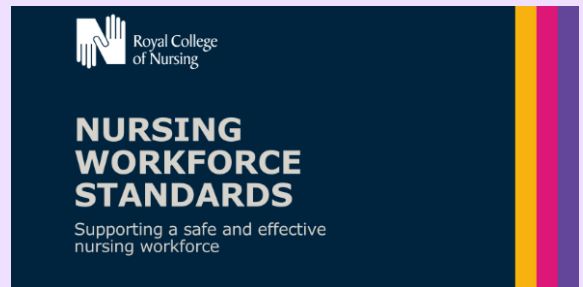
You'll discover how the Standards can be used as a benchmarking tool in your own organisation, and as a resource to support the delivery of safe and effective patient care.

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.

[18 July 2024](#) – 10am – 1pm

[22 August 2024](#) – 10am – 1pm

[19 September 2024](#) – 10am – 1pm



### **New professional development publications available:**

#### **[Corridor care: unsafe, undignified, unacceptable](#)**

The impact on patients and staff of providing care in corridors and other inappropriate areas.

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)

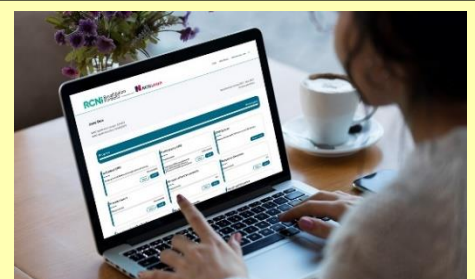


### **Resources from the RCN that can support your professional development:**

- [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 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. The tool is **free** for RCN Members and RCNi Plus subscribers.



[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:

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

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

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

### 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 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.

**Relax and recharge  
with RCN libraries**



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.

## 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](http://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.**

# 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)

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

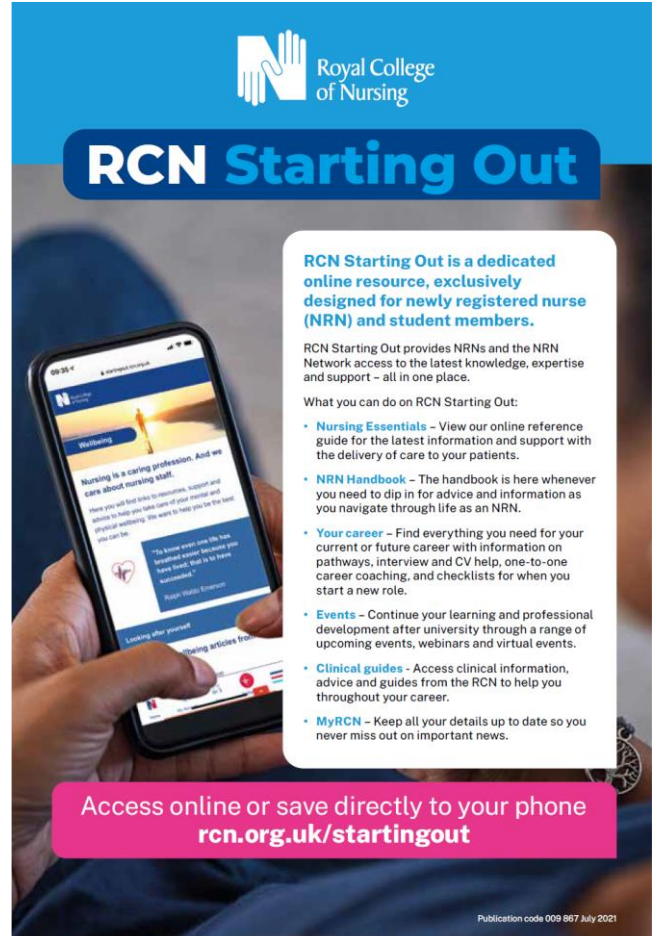
Championing the student voice – this is a role for a nursing student who is passionate, who wants to make a difference, who has energy and enthusiasm and who is willing to become active with the RCN to make positive changes. The RCN Student Ambassador role is open to RCN members who are in the student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

Royal College of Nursing

## 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

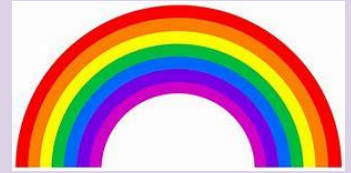
As an RCN member, you can get free, confidential help and advice on a range of issues that affect you at home and at work. Check out our [Member Support Services leaflet](#)

- 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

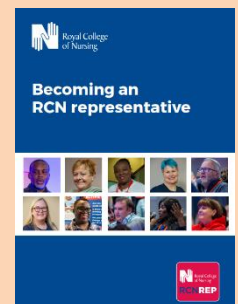
### Make your voice heard and become more active in the RCN...

#### 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.