

RCN Wales Study Centre Newsletter October 2024

Dear Colleague

Welcome to our October 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.



NHS pay award in Wales: our consultation is now open

The consultative ballot is open until 12 noon,

Friday 25 October 2024

Welsh government [announced a 5.5% pay award for NHS staff on Agenda for Change contracts in Wales.](#)

As an award, this will be implemented in November and backdated to April 2024. [Find out more about the award.](#)



We're now consulting eligible members on whether they accept or reject this award. The consultation is open until 12 noon on Friday 25 October and RCN members will help determine the College's next steps to ensure nursing staff working in the NHS are properly rewarded for their safety-critical work.

Make sure your voice is heard:

RCN members working in NHS Wales on Agenda for Change contracts can now [vote online here.](#)

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

Leadership for the Independent Sector – 5-day development programme

5 days between 11 November 2024 – 27 January 2025 – in-person at RCN Wales HQ, Cardiff
Join RCN Wales for this professional development programme for Registered Nurses working outside the NHS in the independent health and social care sector. This course is ideal for people currently working in or aspiring to work in a management role.
rcn.org.uk/LeadershipIHSC

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 Workers' Day!
rcn.org.uk/WalesHCSWConf

Record Keeping webinar

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Tuesday 10 December 2024, 9.30am – 12.30pm (online)
<https://bit.ly/3zMxNrn>

Introduction to Leadership webinar

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Thursday 23 January 2025, 9.30am – 12.30pm (online)
<https://bit.ly/46xj0l9>

RCN celebrates Black History Month

October is [Black History Month](#) and represents a welcome opportunity to celebrate the continuing contribution that Black nurses, health care support workers and students have made to the art and science of nursing.



Read our interview with Omobola Akinade, a Practice Development Nurse with Swansea Bay UHB:
[Advocating for diversity and inclusion in the nursing profession](#)

Other resources also available:

[RCN London's Black History Month event](#) – 25 October, 9.30am – 4pm (online)

Join RCN London online for an interactive programme, our speakers will share their personal journeys; how they developed and progressed in their careers; and tell us about the people they met along the way who encouraged them.

[Mary Seacole lecture: The urgency of anti-racist action, insights from the Welsh experience](#)

RCN members can log in and watch this lecture, given at RCN Congress in June 2024. Professor Emmanuel Ogbonna, from Cardiff University, co-chairs the external oversight group on the implementation of the Welsh Anti-racism plan, the only plan committing a country to anti-racism across the UK. In his lecture, he will share his thoughts on the urgency and the necessity of anti-racism for all of us.

[RCN Library reading list for Black History Month](#)

The RCN library team has also put together a great reading list for this Black History Month. Our reading list highlights the lived experience and contributions of the Black nursing workforce. It also offers a selection of resources that voice the critical conversations that must continue to happen to address systemic inequality.

[Nursing Whilst Black](#)

In this podcast series, we asked Black nurses, healthcare support workers, and students to share their thoughts, reflections, and insights on their lived experiences of working in healthcare. They also provide recommendations on how we can all be better equipped to tackle issues of race and racism in the profession.



Keep the discussion going using [@RCN_inclusion](#) and [#RCNInclusion](#)

RCN Wales Independent Health and Social Care Roundtable Discussions: “Caring for ourselves to be able to care for others”

Date: 7 November 2024 Time: 11am – 1.30pm Venue: Pendine Park, Wrexham

Join us in Wrexham, North Wales for our last roundtable discussion of the year, this time exploring self-care and how we can look after ourselves and our teams. How do you look after your own wellbeing? If you have an example or story to share, please get in touch, we would love to hear from you with examples.

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 both RCN members and non-members who work in Wales in the Independent Health and Social Care sector.

To book your place and for further information about the roundtable events, please email: sian.wilson@rcn.org.uk Bookings close Friday 1 November 2024.

RCN Council elections - have your say and vote for your chosen representative!

The important role of RCN Council

As the world's largest nursing union and professional body, we must be at the top of our game in decision making. Achieving that requires dynamic, experienced nursing leaders who ask the right questions and represent every one of our members, at every career stage.

That's the role of RCN Council, a group of 17 elected members from across the UK.

Candidates are standing in elections for the following roles on RCN Council, which you can vote on if you are a RCN member in Wales:

- President and Deputy President
- Wales member on Council
- Nursing Support Worker member on Council
- Student member on Council

Online hustings will take place so that you can meet the candidates for the upcoming elections. These are taking place:

[Student member of Council hustings](#) - 10 October, 6pm - 7.30pm

[President and Deputy President hustings](#) - 15 October, 5.30pm - 8pm

[Wales member of Council hustings](#) - 15 October, 6pm - 7pm

[Nursing Support Worker member of Council hustings](#) - 16 October, 6pm - 7pm

Voting will open on **Monday 14 October**, and voting takes place by post, so you will receive your ballot paper to your registered home address.

Find out more here: [Current RCN elections and appointments | Royal College of Nursing](#)



Live events for the nursing support workforce - our series of webinars to inform and support

The nursing support workforce is a vital part of the nursing team, working across a diverse range of workplace settings in health and social care.

We're extremely proud to have the nursing support workforce within our membership. That's why we've organised this series of live events - designed to showcase RCN support, resources, and ways NSWs can get involved and get active with our membership.

The next live events are:

- [Get support with the RCN](#) - Tuesday 29 October 6-7pm
Join us to discover more about the support available through RCN membership
- [Get active with the RCN](#) - Tuesday 5 November 6-7pm
This event is a great way for you to learn more about the impact you can make as an activist and how to get involved as part of your RCN membership.

These events are recorded so if you miss the event live, you can catch up at a time convenient to you. You can catch up on previous events on the [Live events for the nursing support workforce webpage](#).

Webinars available to view now include:

- Introduction to RCN learning resources
- Career service tips and RCN Foundation



Coleg Nyrso 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



DDP gyda RCN Cymru
CPD with RCN Wales

RCN Foundation Annual Lecture – “Falling through the cracks? Making the case for Learning Disability Nursing.”

Date and time: 22 October, 5.30pm – 8pm
Venue: Royal College of Nursing,
20 Cavendish Square, London



Against a backdrop of a significant decrease in the number of learning disability nurses training to work in England’s health and care services, and the needs of people with Learning Disability becoming more complex as they live longer, the time is right to examine how the workforce can be supported and strengthened.

This event will exclusively present the findings of an independent research study commissioned by the RCN Foundation on the economic impact of Learning Disability Nursing.

Secure your spot

The event will take place at the Royal College of Nursing, 20 Cavendish Square, London, W1G 0RN on Tuesday 22 October at 5.30pm.

There will be light refreshments on the evening and networking opportunities starting at 5:30pm, with the panel discussion starting at 6:15pm. The event will finish at 8pm.

[Find out more and book your free place.](#)

Becoming a Designated Prescribing Practitioner, learning event

Date: Tuesday 22 October 2024,
Time: 12.30pm – 5pm

Back by popular demand! Join our interactive and multidisciplinary online event in collaboration with the Royal Pharmaceutical Society to hear from Designated Prescribing Practitioners (DPPs) and experts across healthcare.



If you are a new DPP, or thinking about becoming this event is for you!
RCN members - £60 Non-members - £150

Find out more: [Becoming a Designated Prescribing Practitioner](#)

More Resources from the RCN that can support your professional development:

- [Learning Resources](#) - These online resources are free to access and provide an introduction to a growing range of nursing essentials. Includes Diabetes Essentials, Safety in Numbers, Fundamentals of End of Life Care, and more!
- [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

Get set for Nursing Live 2024 - 23 - 24 October, in Liverpool!

Nursing Live is an annual event run by RCNi. It's designed to bring the nursing community together for high-quality professional development, peer-to-peer collaboration, well-being, networking, lifestyle activities and inspiration.



This year's Nursing Live offers a wealth of insightful sessions to enhance your personal and professional development. Every session counts towards participatory CPD for revalidation. Experience 4 theatres, 2 workshop areas, and a well-being space that will leave you feeling empowered.

Where and when

Date and time: 23 October (9.30am – 5pm) and 24 October (9.30am – 4.30pm)

Location: ACC Liverpool

Click here to view our event programme: [Nursing Event Programme](#) | [Nursing Live](#) | [RCNi](#)

Register for your FREE ticket here: [Nursing Live 2024 \(eventdata.uk\)](#)

RCN Congress 2025 - applications open now to be a voting member!

Congress 2025 will take place in Liverpool from 12 to 15 May.



Applications are now open to apply to become a voting member. Vote on important debates, represent fellow members and help shape the work we focus on next. Successful applicants also enjoy free travel, accommodation and meals during Congress.

The deadline for applications is Monday 2 December 2024.

See the [RCN Congress website](#) for more information.

Call for abstracts for the RCN Education Forum National Conference are open! Closes - Midnight, Sunday 20 October 2024

The RCN Education Forum National Conference and Exhibition 2025 will be held in-person in Glasgow on 31 March – 1 April, and the call for abstracts is now open. Whether you're an experienced or a first-time presenter working in the NHS, independent sector or higher ed, we want to hear from you!



Abstracts are invited around the following four topic areas:

- New approaches in preregistration nurse and nursing associate education
- Sustaining and developing the nursing workforce – from support workers to advanced practitioners
- Innovations in inclusive education
- The use of technology in nurse education

Find out more and submit your abstract here: <http://rcn.org.uk/ED25>

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

[Delirium in Older People](#)

8 October 2024, 12.30pm – 1.45pm (online)

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

[MOVE against cancer](#)

8 October 2024, 6pm – 7pm (online)

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

This webinar in collaboration with MOVE against cancer charity and the RCN aims to educate nurses to promote physical activity to patients (in any clinical setting), especially those living with and beyond cancer, and give details on how to refer patients to MOVE's services where appropriate.

[Introduction to RCN Library Services](#)

10 October 2024, 12pm – 12.45pm (online)

5 November 2024, 2pm - 2.45pm (online)

FREE – this event is open to RCN members only

[Learning on the Job: A History of Mental Health Care](#)

10 October 2024, 5.30pm – 7.30pm (online)

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

[RCN Advanced Nurse Practitioner Conference 2024](#)

11 October 2024, 9am – 4.30pm (online)

RCN members - £96 inc. VAT Non-members - £144 inc. VAT

[Know How to Search CINAHL](#)

16 October 2024, 2pm – 3pm (online)

FREE – this event is open to RCN members only

[Researching Racism in Nursing: Reflexive Accounts and Personal Stories](#)

16 October 2024, 5.30pm – 7.30pm (in-person in London at RCN HQ, Cavendish Square)

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

[RCN Law Wills Webinar](#) - Navigating the Will-Writing Process with RCN Law

22 October 2024, 6pm – 7pm (online)

FREE – this event is open to RCN members only

[Writing Case Studies with the Royal Literary Fund](#)

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

FREE – this event is open to RCN members only

[Know How to Reference Accurately](#)

24 October 2024, 11am – 12pm (online)

FREE – this event is open to RCN members only

[Easy referencing ... in 45 minutes](#)

30 October 2024, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

Conferences in 2024 – register your interest and book now!

[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)

[Equity, Diversity and Inclusion Conference](#) – 11 December 2024 (in-person in London)

SAVE THE DATE for conferences in 2025 – register your interest now!

[RCN Diabetes Forum Conference](#) – 7 February 2025 (in-person in London)

[RCN Pain and Palliative Care Conference](#) – 7 March 2025 (in-person in London)

[RCN and NaTHNaC 8th Joint Travel Health Conference](#) – 22 March 2025 (online)

[RCN Critical Care and Flight Nursing Forum Conference](#) – 29 March 2025 (in-person in London)

[RCN Education Forum National Conference and Exhibition 2025](#) – 31 March 2025 – 1 April 2025 (in-person in Glasgow)

[RCN Acute Care Symposium 2025](#) – 6 June 2025 (in-person in London)

[RCN International Nursing Research Conference 2025](#) – 9 – 11 September 2025 (in-person in Exeter).

Wellbeing events

These free events aim to connect with our creative skills, learn something new and meet fellow RCN members.

[Time to write poetry](#)

17 October 2024, 6pm – 7pm (online)

Join nurse and poet, Romalyn Ante, for a relaxed poetry workshop. Romalyn Ante FRSL is a Filipino-British poet, essayist, and editor. Her debut poetry collection, *Antiemetic for Homesickness* (Chatto, 2020), was shortlisted for the Jhalak Prize and longlisted for the Dylan Thomas Prize.



RCN Care Home Network

The [Care Home Network](#) provides RCN Members with a supportive environment to share best practice, offer solutions and help improve care in nursing homes. It is open to RCN members who provide nursing care in homes for the entire age range, across all clinical needs. Join this network by logging in through your [MyRCN](#) account and get involved today!

You can also join The RCN Care Home Network Facebook group, which is a space for you to get involved in open discussions with colleagues on the issues that affect you in Care Homes. <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



RCN FORUMS
THE VOICE OF NURSING

Interested in a particular nursing topic?

Join a forum via [MyRCN](#)

New professional development publications available:

[Nurses Performing Ultrasound Scanning in Fertility Care](#)

This guidance has been developed to support best practice for nurses working at advanced level practice on performing and reporting on ultrasound scanning, especially in fertility care. Nurses are well placed to develop competency in ultrasound scanning, which can improve continuity of care, patient experience, and safety.

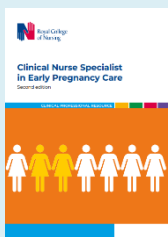
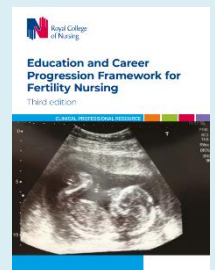


[What are PMS and PMDD?](#)

This resource has been designed to raise awareness of both premenstrual syndrome (PMS) and premenstrual dysphoric disorder (PMDD), to support patient assessment and care, and to signpost nursing staff to further helpful resources.

[Education and Career Progression Framework for Fertility Nursing](#)

This updated framework highlights recommended education and training pathways for career development within fertility nursing. It can be used to facilitate a conversation and enable career development for all nurses and HCSWs in fertility services.

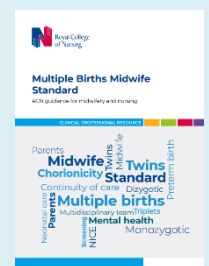


[Clinical Nurse Specialist in Early Pregnancy Care](#)

This updated publication outlines the key skills and knowledge required to develop the role of a specialist nurse/midwife in early pregnancy care.

[Multiple Births Midwife Standard](#)

Midwives have an essential role to play in delivering and co-ordinating care for women, partners and families, who are experiencing a multiple pregnancy. These standards are intended to provide clear direction for commissioners and managers when creating roles to support best practice and policies in local service provision for women and their families. The skills and knowledge to provide this service are also outlined in the standards.

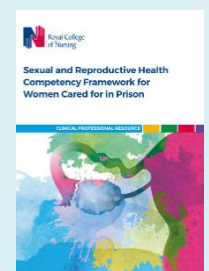


[Bladder and Bowel Care in Childbirth](#)

Bladder and bowel care during childbirth is a critical part of maternity care, as the consequences can have short and long-term consequences for the woman and her family. This updated guidance provides information about bladder and bowel care throughout pregnancy, labour and into the postnatal period.

[Sexual and Reproductive Health Competency Framework for Women Cared for in Prison](#)

This competencies framework has been developed for nurses, midwives, and those supporting nursing teams, who provide sexual and reproductive health care to women in prison. It takes account of nursing teams who may have limited experience caring for pregnant women.



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

RCN Foundation Education Grants now open – apply by 18 October!

Are you looking for funding to support your career and professional development? RCN Foundation education grants are now open!

Our open education grants range from up to £1,600 - £2,500 and could be just what you're looking for to financially support your education and professional development.

There are 5 grants open, and you don't need to be a member of the RCN to apply.

Applications close at 5pm on 18 October. Visit our website to find out more and to apply: [Education grants | RCN Foundation | Royal College of Nursing](#)



Open to applications from nurses, midwives, nursing associates, maternity assistants, healthcare support workers, and student nurses. You don't need to be a member of the RCN to apply.

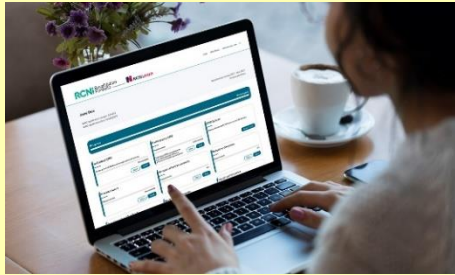
RCN Foundation Professional Bursary Scheme: grants of up to £1,600 for nurses, midwives, healthcare support workers, nursing associates, and maternity assistants seeking professional development

RCN Foundation Into Nursing Grant: if you're a graduate thinking about going into nursing, we can offer up to £2,500 a year to support you as you study a nursing degree

RCN Foundation Olufunke Adeyeye Education Grant: grants of up to £1,600 for nurses, midwives, healthcare support workers, and maternity support workers from the Global Majority, looking to develop their training and skills

RCN Foundation Needlemakers Grant: grants of up to £1,600 for UK registered nurses and midwives working with needles

RCN Foundation Kidby Student Grant: one off grant of up to £2,500 towards your study if you are a student nurse that is an RCN member, studying and living in the South East of England



'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](#)

RCNi Portfolio in association with RCN Learn

RCNi Portfolio in association with RCN Learn is now available for 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)

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](#)

CORRIDOR CARE IS NOT SAFE CARE.

Email Members of the Welsh Parliament today.



RCN.ORG.UK/
EMAIL-YOUR-MS

 Coleg Nyrsio Brenhinol
Cymru
Royal College of Nursing
Wales

 SAFE STAFFING SAVES LIVES
MAE STAFFIO DIOGEL YN ACHUB BYWYDAU

ACTION NOW - Email your MS!
Corridor care is unsafe, undignified, and unacceptable. Welsh government needs to take immediate action to eradicate it.

Click the link below to send a message to your politicians today letting them know why you want them to take action.

<https://www.rcn.org.uk/email-your-MS>

BOOKINGS OPEN!

**RCN Wales
Health Care**

**Support Worker Conference:
Connecting, collaborating and
celebrating success together**



Wednesday 27 November 2024

RCN Wales HQ, Ty Maeth, Cardiff

10am - 4pm

**This event is FREE for RCN Nursing Support Worker Members.
£12 for non-members**

Join RCN Wales for our annual Health Care Support Worker Conference as we celebrate Nursing Support Worker Day (23 November).

Our conference theme this year is celebrating diversity. This event will include an informative and energising programme to update your knowledge and celebrate your Health Care Support Worker role.

Further programme information will be available on our event webpage shortly.

**Find out more and book onto this event,
scan the QR code or visit:
rcn.org.uk/WalesHCSWConf**

The closing date for receipt of all bookings and payments (if applicable) is Tuesday 19 November 2024.

Cancellations received BEFORE 5PM WEDNESDAY 20 NOVEMBER 2024 will be refunded (if applicable), minus a 25% administration fee. Regrettably, no refunds can be processed after this date. Places can only be substituted with the prior knowledge and agreement of RCN Events.

To enquire about further details of this event please contact the organiser:

E-mail: CPDWales@rcn.org.uk Tel: 029 2068 0757



@RCNWales



RCNWales



rcn_wales



DDP gyda RCN Cymru
CPD with RCN Wales

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 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

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 or 029 2068 0734 if you have any questions at all.

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.

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

The voice of nursing needs to be heard.

Our power comes from our ability to stand together and demand what we need for our profession. [Find out how to get involved with your union](#) ↓

Get involved with the RCN through our Activism Academy. The Activism Academy is here to empower you to win meaningful improvements and positive change in your workplaces and the nursing profession.

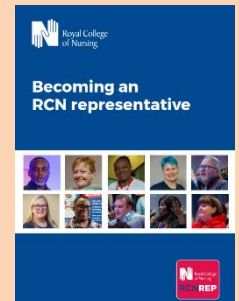


We want you to be part of nursing activism and lead on the issues that matter most to you. You are the RCN. By joining with other members, you can make nursing activism a force to be reckoned with! [Sign up for Activism News](#)

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

Find out more about the role of a health and safety representative in this upcoming webinar, taking place on Wednesday 30 October 2024, 6pm – 7pm: [Creating safe and healthy workplaces: The power of RCN health and safety reps](#)

Get involved as an RCN Student Ambassador

Championing the student voice – this is a role for a nursing student 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'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.

