

RCN Wales Study Centre Newsletter May 2023

Dear Colleague

Welcome to our May newsletter! You can find a flavour of our upcoming events below hosted by RCN Wales. We can also arrange bespoke learning for groups of 12 people or more – please contact Rhona Workman at rhona.workman@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

REMINDER: All eligible members can now vote on the Welsh government's latest NHS Wales pay offer.

The consultative ballot is open until 9am Wednesday 10 May 2023.

Make sure your voice is heard:

[Vote in the consultative ballot](#)



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.

Managing the Menopause – bookings close 9 May!

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Thursday 11 May 2023, 9.30am – 12.30pm (Online)

<https://bit.ly/3LJluZ>

Introduction to Academic Reading and Writing for Nursing Students

Morning event – for Nursing Students and other health care professionals new to research
Wednesday 7 June 2023, 9.30am – 12.30pm (In-person at RCN Wales HQ, Cardiff)

<https://bit.ly/3Ji8TC7>

Accountability and Delegation

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Friday 16 June 2023, 9.30am – 12.30pm (Online)

<https://bit.ly/408fllk>

Introduction to Diabetes

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Tuesday 4 July 2023, 9.30am – 12.30pm (Online)

<https://bit.ly/3mPftXX>

Introduction to Leadership

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Thursday 10 August 2023, 9.30am – 12.30pm (Online)

<https://bit.ly/3JWpSdE>

Looking after yourself and your career: for nursing staff working in substance misuse – Register your interest now!

Tuesday 3 October 2023, 9.30am – 12.30pm (in-person at RCN Wales HQ, Cardiff)

<https://bit.ly/3zZLFes>

Get ready for Nurses' Day 2023 - 12 May

The difference you make every day.

Whatever the setting, wherever the location, whomever the patient, the one thing all nursing staff have in common, is their unwavering commitment to make a difference to people's lives. Not just to their patients, but to their patients' families and loved ones too.

Three years on since the start of the COVID-19 pandemic, you continue to work in extremely challenging circumstances. Yet despite this, your patients remain your priority. And for that, we want to thank you.

This Nurses' Day, join us in demonstrating the difference nursing makes. On 12 May we'll be asking RCN members, their colleagues, patients, the public and celebrities to share stories on social media about a time a nurse, nursing support worker or student nurse made a difference to them.

This #NursesDay help us to show the vital difference that nursing makes.



RCN Congress 2023 - this month!

Last call for bookings [RCN Congress 2023](#), the largest event in the nursing calendar. This year's in-person event will take place from 14-18 May at the Brighton Centre on the seafront and is free for members to attend.

The [Congress Agenda](#) has now been published.

Come to Brighton in May for your chance to contribute to the changing conversations around nursing. Don't miss out, [book your place today](#)



Enhance your career development with RCN Learn - webinar 31 May

RCN Learn brings you instant access to the latest nursing, social and health care learning resources from the RCN and RCNi.

There are a range of free resources accessible to all registered users, and additional resources which RCN members can access. RCNi Plus subscribers can access RCNi Plus content including thousands of RCNi peer-reviewed articles and learning modules.

Access the RCN Learn portal here: <https://rcnlearn.rcn.org.uk>

Find out more about RCN Learn in this free webinar - 31 May 2023, 6pm – 7pm
[Enhance your career development with RCN Learn](#)

Join us for a free webinar, introducing you to RCN Learn, focussing on the revalidation portfolio for nurses and nursing associates, as well as spotlighting our CPD courses with academic credits.

During this free webinar, you'll be introduced to RCN Learn, including a live demonstration showing you how you can access the latest quality assured nursing, health and social care learning resources. Our expert clinical leads also will be on hand to answer any questions you have during a Q&A session.



Celebrating and supporting internationally educated nursing staff - a new 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.

Join our informative events to learn about:

- What is the Nursing and Midwifery Council (NMC) register?
- Understanding the NMC Test of Competence (ToC)
- Career progression and professional development
- Starting work checklist and understanding employment contracts
- Immigration and support with personal matters
- Tips for settling into the UK.

The first two events are:

- [What is the NMC Register?](#) - Monday 22 May, 6pm – 7pm
- [Understanding the Nursing and Midwifery Council's \(NMC\) Test of Competence \(ToC\)](#) – Tuesday 20 June, 6pm – 7pm

If you are unable to join the webinars on the day, they will be recorded and available to view back on the [IEN Live Events webpage](#), following the event.

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

Spring round of RCN Foundation grants now open

Education grants for nurses, midwives, nursing associates and health care support workers are open for applications until 31 May 2023.

Grants range from £500 - £1600 and there are three different ones to choose from:

- RCN Foundation Professional Bursary Scheme – for nurses, midwives, nursing associates and health care support workers
- RCN Foundation Kershaw Grant – for healthcare support workers
- RCN Foundation Olufunke Adyeye Education Grant – for nurses, midwives, nursing associates and health care support workers from minority ethnic backgrounds.



RCN Events - May - June – some of the events and conferences coming up in Spring 2023.

[Student Event – A Day in the Emergency Department](#)

3 May 2023, 4pm – 6pm (Online)

FREE – this event is open to both RCN student members and non-members.

Nursing students are invited to join this online event to learn about a typical day working in an emergency department.

[Know How to Search CINAHL](#)

4 May 2023, 2pm – 3pm (Online)

FREE – this event is for RCN Members only

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

10 May 2023, 12.30pm – 1pm (Online)

FREE – this event is for RCN Members only

[Unmasked: Exhibition Launch](#)

11 May 2023, 5.30pm – 8pm (In-person attendance 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 the launch of our new exhibition in the Library and Archive - Unmasked: Real Nursing Stories of COVID-19.

[Know How to Search Emcare](#)

15 May 2023, 2pm – 3pm (Online)

FREE – this event is for RCN Members only

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

22 May 2023, 10am – 12.30pm (Online)

FREE – this event is for RCN Members only

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

25 May 2023, 2pm – 3pm (Online)

FREE – this event is for RCN Members only

[A Duty to Care: The Emotional Community of Nursing in the Second World War](#)

7 June 2023, 6pm – 8pm (Online)

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

[Transitioning from student to newly registered nurse](#)

7 June 2023, 6.30pm – 7.30pm (Online)

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

Join us for a free online event focussing on supporting you through the transition from student nurse to newly registered nurse (NRN).

[Making Sense Of Women's Health - RCN Women's Health Forum Mini Seminar](#)

13 June 2023, 12.30pm – 1.30pm (Online)

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

Join this seminar to learn how the Women's Health Strategy sets out its ambitions for improving the health and well-being of women and girls, and what this means for the healthcare professionals delivering care to women.

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

14 June 2023, 2pm – 4.30pm

FREE – this event is for RCN Members only

RCN Events cont.

[In Conversation with Nursing Pioneers: The Health of the Next Generation](#)

28 June 2023, 5pm – 7pm (online or 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

[Joint RCN and NaTHNaC Travel Health Conference](#)

1 July 2023, 9.30am – 4pm (online)

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

Discounted rates available for student members/ nursing support worker members/ retired members, and Accredited RCN Trade Union Representatives

Save the dates – upcoming conferences in 2023 – register your interest now!

[RCN International Nursing Research Conference 2023](#) – 6 – 8 September (in-person in Manchester)

[Management & Leadership Conference](#) – 20 September 2023 (in-person in London)

[RCN Children in Care Conference](#) – 2 October 2023 (online)

[RCN Fertility Nursing Forum Conference](#) – 5 October 2023 (in-person in London)

[RCN Ophthalmic Nursing Conference](#) – 11 November 2023 (online)

[Womens Health Conference](#) – 6 December 2023 (in-person in London)

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

Wellbeing events

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



[Time to Tune In](#)

22 May 2023, 6.30pm – 7.30pm

To celebrate World Meditation Day, Hawa will guide us with her voice to help us find silence, breath, and stillness. All you need to do is log in, get comfortable, and listen.

[Time to make your self-portrait](#)

13 June 2023, 5.30pm – 6.30pm

Join artist Birungi Kawooya who will help you to create an impactful pop-art style self-portrait.

[Time to do Yoga](#)

19 June 2023, 5.30pm – 6.30pm

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

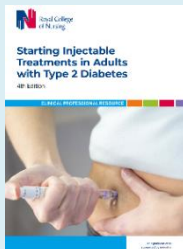
Resources from the RCN that can support your professional development:

- [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

Recent professional development publications available:

[How to safely support and promote play within health care settings](#)

This publication provides guidance to staff working across the health and care setting on the use of play materials and equipment to facilitate play. The importance of play cannot be underestimated and consideration of infection prevention and control elements is central to supporting its continuity for children and young people receiving care.



[Starting Injectable Treatments in Adults with Type 2 Diabetes](#)

This guidance has been developed as a resource for nurses and clinical staff working in general practice and community settings to effectively care for people living with Type 2 diabetes, who are starting or using injectable treatments.

RCN FORUMS

THE VOICE OF NURSING

Join one or more of our online forums and networks and make a vital contribution to the professional voice of the RCN

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

All RCN Members, can join up to three forums!

For further information visit rcn.org.uk/forums

Interested in a particular nursing topic?

Join a forum via [MyRCN](#)

[Watch this video](#) to see how easy it is to join a forum!

- **Contribute to consultations**
- **Keep up to date with latest practice and developments**
- **Join forum discussions**

Nursing Students - resources to help support you and your studies

Introduction to Academic Reading and Writing for Nursing Students - in-person event in Cardiff

Wednesday 7 June 2023, 9.30am – 12.30pm (In-person at RCN Wales HQ, Cardiff)

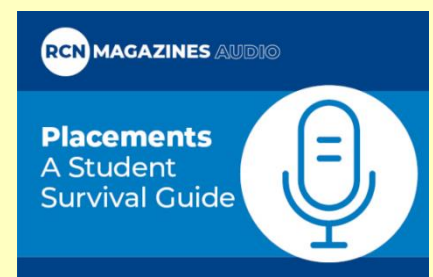
This seminar introduces reading and writing in an academic context. These are skills that can be learned and attendees will leave with techniques to approach their academic work with confidence and know where to seek additional help and support. This seminar is suitable for Nursing Students and other health care professionals new to research.

Book here: <https://bit.ly/3Ji8TC7>

Placements: A Student Survival Guide

Listen to our new 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.



Transitioning from student to newly registered nurse - webinar

Wednesday 7 June 2023, 6.30pm – 7.30pm (Online)

[Join us for a free online event](#) focussing on supporting you through the transition from student nurse to newly registered nurse (NRN).

RCN Wales Library

Starting in January 2023, RCN Libraries will be 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.



You can book one to one appointments with the library team from 10am. Please email wales.library@rcn.org.uk or phone 02920680734.

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

Stay tuned for our upcoming centenary celebrations, commemorating 100 years of RCN libraries.

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.

You can return your books to the library by appointment or contact the library to arrange a free postal return. We are continuing to waive late fees.

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.



Follow us on Twitter and take a virtual tour of the library here:

<https://twitter.com/RCNLibraries/status/1604748376964304896?s=20&t=ftjpnXE0YahiszFrdXdj-A>



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.

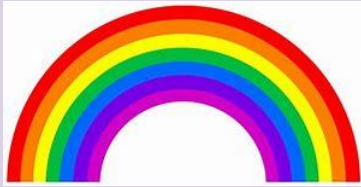
What you can do on RCN Starting Out:

- **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

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RCN Care Home Network



The RCN Care Home Network is a space for all RCN members who work, or have an interest in, nursing care home settings during the COVID-19 pandemic. This closed Facebook group is an opportunity to engage with colleagues within your areas of practice and the RCN, raise concerns, share good practice and support peers

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

RCN Return to Practice Network

Have you returned to clinical practice to support COVID-19?

We have established a network to support nurses who are returning to clinical practice in response to the COVID-19 pandemic. The network will provide a safe space to connect and share professional concerns or questions.

Please visit the Return to Practice Network webpage for more information:

<https://www.rcn.org.uk/get-involved/forums/return-to-practice-network>

or email return.practice@rcn.org.uk

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 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 the new [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 Benevolent Service](#) – from 4 January 2022 this service will be available to Nurses and midwives who have been registered with the NMC, as well as Health Care Support Workers, and Nursing Apprentices with three years of experience in these roles, who will be able to apply for a grant via a simple online form on the RCN Foundation website. You don't have to be a member of the Royal College of Nursing to qualify for a grant.

COVID-19: Information on what we are doing to support you

Our [COVID-19](#) webpages include a wealth of information on this topic. Find out how to protect yourself, what you should expect from your employer and what to do if you have concerns.

To help support you

- [COVID-19 FAQ's](#) – frequently asked questions about COVID-19 and work
- [COVID-19 workplace risk assessment toolkit](#)
- [COVID-19 and individual risk assessments](#)
- [Long COVID](#) – a guide providing information and advice about long covid
- [Personal Protective Equipment \(PPE\) and COVID-19.](#)
- [COVID-19 and your mental wellbeing](#)
- [RCN Member Support Services](#) – RCN members can access services such as counselling and welfare support

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>

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.

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://www.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.