

RCN Wales Study Centre Newsletter November 2024

Dear Colleague

Welcome to our November 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.



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

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 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

Voting closes on **Monday 11 November** – so get your votes in quick! 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](#)



Nursing Support Workers' Day 2024 - 23 November

Nursing Support Worker Day returns on 23 November 2024!

Nursing support workers are the bedrock of our wards, clinics and community teams.

Nursing Support Workers' Day is about shining a light on your roles and your skills and to say thank you for the essential care you give every single day.



In Wales, we are holding our annual **RCN Wales Health Care Support Worker Conference**, this year taking place at the RCN Wales headquarters in Cardiff on Wednesday 27 November – you can still [book a place](#) – **bookings close 19 November!**

This event is **FREE** for RCN Nursing Support Worker and Student members!

A Nursing Support Worker Conference will also be taking place in-person at the RCN headquarters in London on Saturday 23 November, with the theme being 'The Power of Inclusive Language'. [Find out more and book a place.](#)

Stay up to date with what is happening this year on the [Nursing Support Workers' Day webpage](#)

Support Nursing Support Worker day on social media and in your workplace with [downloadable graphics and posters](#)

Don't forget – our [Nursing Support Worker webpages](#) include lots of resources to help support your role development.

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.

How to talk about race equity at work: a new RCN resource

The RCN has launched a new interactive race equity resource, [Taking Time to Talk: Advancing Race Equity in Nursing and Midwifery](#), developed in partnership with NHS England.



It focuses on the kinds of conversations and actions that support movement towards race equity across all care settings in the UK.

The resource has been developed to help people better understand race dynamics at work. It covers microaggressions, psychological safety and allyship – as well as actions we can all take to promote race equity and how to speak up and get help.

[Another version of the resource is available for nursing leaders](#) to use to support race equity in their team



Coleg Nyrso Brenhinol
Cymru
Royal College of Nursing
Wales



RCN Wales: One world one profession - strengthening global nursing

Thursday 5 December 2024, 10am - 3pm

RCN Wales Headquarters, Ty Maeth, Cardiff, CF14 4XZ

FREE for all nursing roles working in any sector and nursing students to attend

The RCN in Wales recognises the enormous contribution internationally educated nursing staff make to health and social care, and the specific challenges they face before and while working in the UK.

Join us for this event - we'd like to hear about your experiences and the challenges you face as an internationally educated nurse or health care support worker or international nursing student, and use the information you provide to learn how we can better support you. We will share with you the existing RCN resources you can utilise.

You are welcome to attend whether you were educated internationally, have international roots, or work on an international stage.

Join our listening event and:

- **network** with other internationally educated nurses (IENs), and international nursing students, share stories and experiences
- **have your say** – take part in our listening event and Q&A with speakers
- **find out more about RCN member benefits**, including workplace protection, professional development, and our campaigns for fair pay and safe staffing
- hear our Keynote speaker from the Chief Nursing Officers for Wales office
- hear about what the RCN is doing for international nursing

Book online for this event at:
rcn.org.uk/wales-events

Consultant Nurses: Expert Patient Care - newly published report

Wales needs more consultant nurses. A consultant nurse is an expert nurse that bridges the worlds of clinical practice, research, education, strategy and leadership in order to improve patient care. It is a unique and important nursing role.

Through statistics and case studies, this new report shows how consultant nurses directly benefit patients as well as health services, setting out five practical actions for the Welsh government to take to support this critical role in NHS Wales.

Read the report [Consultant Nurses: Expert Patient Care](#)
Also available in [Welsh](#)



RCN Consultations

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

- **Proposed changes to the Codes of Professional Practice for workers (Social Care Wales)**
Social Care Wales is seeking your views on its ‘Proposed changes to the Codes of Professional Practice for workers’. The code is a list of statements that describe the standards of professional conduct and practice required of people employed in the social care profession in Wales.

The consultation document can be found here: <https://socialcare.wales/pdfs/scw-codes-of-professional-practice-consultation-584367.pdf>

Further information can be found on the Social Care Wales website:
<https://socialcare.wales/consultations/changes-codes-of-professional-practice>

Please email your comments to RCN Wales at policy&publicaffairs.wales@rcn.org.uk by Friday 15 November 2024.

RCN launches independent sector employment standards

Fair pay, terms and conditions – including pay scales, job evaluation schemes and equitable policies for staff – are all incorporated in our new [RCN Employment Standards for Independent Health and Social Care Sectors](#).

The 7 standards outline what we expect from employers of nursing staff in the independent health and social care sectors. For members, the employment standards state what nursing staff should expect from their employer, while for RCN representatives they highlight what they should seek from employers on behalf of members.

Read and download the [Employment Standards for Independent Health and Social Care Sectors](#)



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

[Community Care Learning Event](#)

12 November 2024, 1pm – 3pm (online)

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

[Library essentials: finding books and articles online](#)

13 November 2024, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[Nurse First! - RCN Institute Engagement Event for the Global Nursing Workforce](#)

13 November 2024, 10am – 1pm (online)

FREE – this event is open to RCN members only

This event is designed to engage RCN members of diverse backgrounds, including those with links to other countries and those who were educated and worked internationally to shape the direction of the new RCN Institute of Nursing Excellence.

[The Art of Nursing the Planet](#)

14 November 2024, 1pm – 2pm (online)

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

The second Art of Nursing Webinar, in partnership with Foundation of Nursing Studies, to showcase how nurses and artists can work together.

[You Mean the World: Nursing in a Climate Crisis Exhibition Launch](#)

14 November 2024, 5pm – 8pm (in-person at RCN HQ, London, or online from 6pm)

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

Join us for the launch of our new exhibition on nursing in the climate crisis.

[RCN Bladder and Bowel Forum Conference 2024](#)

15 November 2024, 9am – 4.30pm (in-person at RCN HQ, London)

RCN Member - £150 Non-member - £222

RCN Member (Nursing Support Worker/ Student/ Retired) - £90

[RCN Ophthalmic Nursing Conference 2024](#)

16 November 2024 – 9am – 3.45pm (in-person at RCN HQ, London)

RCN Member - £150; Non-member - £222; RCN Member (Nursing Support Worker/ Student/ Retired) - £90

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

19 November 2024, 2pm – 4.30pm (online)

FREE – this event is open to RCN members only

[Know How to Evaluate Healthcare Information](#)

21 November 2024, 10am – 12pm (online)

FREE – this event is open to RCN members only

[Gowns and Caps: The past, present & future of nursing uniforms](#)

23 November 2024, 11am – 1pm (in-person in London, see event for further details)

£5 + booking fee - this event is open to all, you do not have to be an RCN member to attend.

[RCN Neuroscience Forum Engagement and Session on Epilepsy](#)

26 November 2024, 2.30pm – 4pm (online)

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

RCN Events - continued...

[The Story of Britain's Black Nurses](#)

27 November 2024, 5.30pm – 7pm (in-person at RCN HQ, 20 Cavendish Square, London)

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

Join author Kandace Chimbiri for a potted history of Black nurses in Britain to launch her new book on the subject.

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

28 November 2024, 2pm – 2.45pm

FREE – this event is open to RCN members only

[RCN and SOM joint Occupational Health Nursing Conference 2024](#)

29 November 2024, 9am – 4.30pm (online or in-person in London)

[Lunch and Learn: A Leadership Journey](#)

3 December 2024, 12pm – 1pm (online)

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

We'll be joined by Patricia Hughes, RCN Associate Director of Nursing Practice, as she shares her remarkable leadership journey.

[Pregnancy loss seminar](#)

3 December 2024, 1pm – 2pm (online)

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

[UK Wide: Nursing Fundamentals](#)

3 December 2024 – 1pm – 4.30pm (online)

FREE – this event is open to all nursing staff working in the independent health and social care sectors across the UK, and you do not have to be an RCN member to attend.

Join us for our online webinar which focuses on nursing fundamentals within independent health and social care. Join us for this free event, where we will focus on topical areas including: safeguarding, best practice guidance, pain management, ageing well and hydration.

[Introduction to RCN Library Services](#)

5 December 2024, 11am – 11.45am (online)

FREE – this event is open to RCN members only

[The NHS Pension Scheme Explained Webinar](#)

5 December 2024 – 1pm – 2pm (online)

FREE – these events are open to RCN members only

[Building our future: shaping nursing student activism](#)

9 December 2024, 11am – 3.30pm (in-person in RCN HQ, 20 Cavendish Square, London)

FREE – this event is open to RCN student members only.

To inform our work around student activism we're holding this event in RCN HQ, open to all student members. You should attend if you're eager to build your activism skills and shape future campaigns, projects and training resources. Food, travel and accommodation will be fully funded for those who require it.

[Equity, Diversity and Inclusion Conference](#)

11 December 2024, 9.45am – 4.30pm (in-person at RCN HQ, 20 Cavendish Square, London)

RCN members - £30 Non-members - £60

Join the conversation on climate change and the nursing profession - upcoming events

Want to know more about how the RCN is engaged in action on climate change and wider sustainability work?

Want to help shape the RCN's sustainability priorities? Keen to have your voice heard?

We're hosting two virtual events to enable members to share their views and ideas on how the RCN can help our profession and patient care become more sustainable and resilient to the effects of climate change.

The sessions will concentrate on some of the key areas of sustainability in health and care, and you'll help shape the RCN's work on sustainability.

Both events are open to RCN members in the UK and those working internationally and will help to shape our RCN work on sustainability. Members can choose to attend one or both events.

Find out more and register for the events:

- Event 1 – [27 November 2024, 12.30pm – 2pm \(online\)](#)
- Event 2 – [5 December 2024, 12.30pm – 2pm \(online\)](#)

Wellbeing events

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

[Time to Sing for Breathing](#)

19 November 2024, 5.30pm – 6.30pm (online)

Join this online session and experience first-hand how singing can help to manage the breath, improve fitness and enhance wellbeing. The hour-long session will include relaxation techniques, breathing and vocal exercises, as well as singing from a wide range of songs.



'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

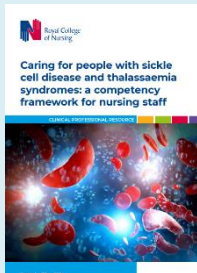
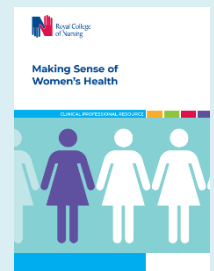
RCNi Portfolio in association with RCN Learn is now available for other parts of the nursing family who are not required to revalidate with the NMC (such as the nursing support workforce (NSW), students, assistant practitioners, health care assistants, trainee nursing associates, amongst others) but 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)

New professional development publications available:

[Making Sense of Women's Health](#)

This updated publication is designed for the non-specialist nurse. It highlights conditions that women can experience, the likely outcomes and how to access appropriate resources or treatment.



[Caring for people with sickle cell disease and thalassaemia syndromes: a competency framework for nursing staff - 2nd edition](#)

This updated competency framework is intended to guide all health care professionals working with sickle cell and thalassaemia patients.

[Fertility Preservation](#)

This publication provides information for nurses who are supporting and caring for those beginning treatment for potentially life-limiting diseases and where the treatment may adversely affect their ability to have children in the future. This updated guidance also encompasses those who may wish, for non-medical reasons, to defer having children until later in life, for example, members of the armed forces, transgender people, or those considering gender reassignment surgery.



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

**CORRIDOR
CARE IS NOT
SAFE CARE.**

Email Members
of the Welsh
Parliament
today.



RCN.ORG.UK/
EMAIL-YOUR-MS

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.

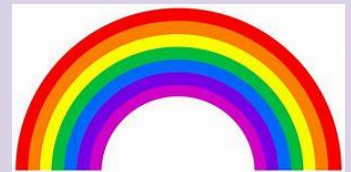
<https://www.rcn.org.uk/email-your-MS>

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

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

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](#)



 **Forums and networks**
rcn.org.uk/get-involved/forums

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

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

RCN Wales Library

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



Did you know that you can give us feedback and suggest books for our collection? Get in touch by email at wales.library@rcn.org.uk or online at [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](#)

Are you a student nurse who's passionate about improving things for yourself, fellow students and nursing as a whole? Are you full of ideas about what actions the RCN could be taking and supporting to empower student members?

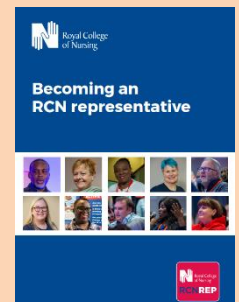
Join our event: [Building our future: shaping nursing student activism](#)

Taking place on 9 December 2024, 11am – 3.30pm, in-person in RCN HQ, 20 Cavendish Square, London. Food, travel and accommodation will be fully funded for those who require it.

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

Get involved as an RCN Student Ambassador

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

