



RCN Wales webinar

“Strategies for Promoting personal Health and Wellbeing”

(For all in the nursing and midwifery team, including Registered Nurses and Midwives, Health Care Support Workers and Nursing Students)

This seminar can contribute to participatory learning which can be used for revalidation

Thursday 23 April 2026

10am – 1pm

Online event – to be held via Microsoft Teams

Facilitator:

Pam Penman, Independent Sector and Community Adviser, RCN Wales

Aim:

This webinar aims to promote the importance of health and wellbeing of self and the team.

Learning outcomes:

- Define and understand what health and wellbeing is and what it means to you, your team and the organisation you work for
- Appreciate the legal implications
- Appreciate the professional expectations
- Identify sources of support available to you
- Identify strategies you can use

Cost:

RCN Member (Registered Nurse) £25.00 + VAT (£30)

Non-Member (Registered Nurse) £37.50 + VAT (£45)

RCN Member (HCSW/ nursing student/ career break/ retired member) £15.00 + VAT (£18)

Non-Member (HCSW/ nursing student) £20.00 + VAT (£24)

- Book online with credit/ debit card at www.rcn.org.uk/wales-events and click on the event listing for this event
- Phone (payment with credit card/Maestro): 029 2054 6460.

Unfortunately we are currently unable to take online bookings for Career Break Members, non-member Health Care Support Workers and non-member Nursing Students. Please book over the phone on the number above to pay by card.

THE CLOSING DATE FOR RECEIPT OF ALL APPLICATIONS AND PAYMENTS IS
THURSDAY 16 APRIL 2026

Cancellations received BEFORE 5PM THURSDAY 16 APRIL 2026 will be refunded, 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

Registration confirmation: All bookings will be confirmed in writing, and nearer to the event you will receive delegate information, including the Microsoft Teams joining link. If you want to confirm that you are registered for the event, please contact: RCN Event registrations on 029 2054 6460, Mon – Fri, 9am – 4pm.

It may be necessary for reasons beyond the control of the organisers to alter the content and timing of the programme or the occasional identity of the speakers.

To enquire about further details of the seminar please contact the organiser:

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

RCN EVENTS – BOOKING FORM

Online bookings are the easiest and fastest way to book 24 hours a day, 7 days a week. Visit rcn.org.uk/events

Bookings can be made by phone with payment by credit card/Maestro, by calling: +44 (0)2920 546460.

Lines are open from 9.30am - 4.30pm Monday to Friday.

Please complete all fields as appropriate

Name of Conference/Event:	
Date of Conference/Event:	

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RCN Membership No (If applicable):			
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Organisation town:			
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Any specific dietary or access requirements?			

Payment

Please select one of the payment methods shown below, and sign at the bottom. We cannot hold places provisionally. Event places are only confirmed upon receipt of payment.

I enclose a cheque made payable to the Royal College of Nursing for £ _____

I authorise you to debit my VISA/ MASTERCARD/ MAESTRO for £ _____

Name on card _____

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To pay by invoice you must send all of the below to eventsreg@rcn.org.uk

- A copy of the Purchase Order document from your organisation or company (we cannot process your order without it)
- Your Finance department/accounts payable contact email address to receive an electronic copy of the invoice from us
- A completed RCN Events Booking Form for each delegate in the booking.

Once the invoice has been raised, you will then receive confirmation of your delegate booking on the event requested. Invoices are to be paid within 30 days of the invoice being issued.

Signed _____ Date _____

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eventsreg@rcn.org.uk