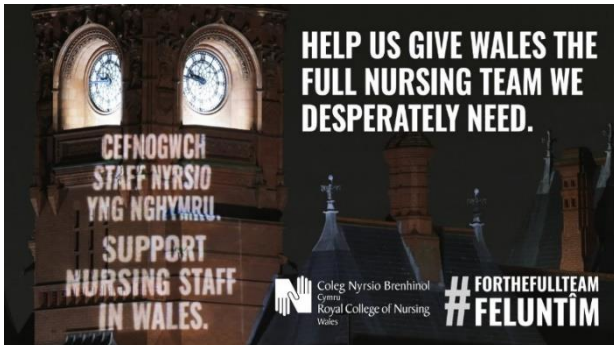


## RCN Wales Study Centre Newsletter May 2022

Dear Colleague

We are pleased to announce our RCN Wales Library at our Cardiff Headquarters is now open Monday – Friday, and appointments can be made with our library team for advice and training, so please take this opportunity to contact us (please see the library section of the newsletter for further details). Please note that Ty Maeth general visitor access is still restricted and will be reviewed in May 2022.



### Over 10,000 have signed our safe staffing petition. Have you?

RCN Wales are [campaigning](#) for the extension of nurse staffing legislation.

Please help make sure the petition gets debated in the Senedd: [sign today](#) and encourage your friends, family, and colleagues to do the same. Closing is midnight on 12 May 2022.

Let's [extend Section 25B](#) to mental health wards and community nursing!

### RCN Wales Study Centre Events.

You can find details of all our upcoming events on our website at [rcn.org.uk/wales/wales-events](https://rcn.org.uk/wales/wales-events)

#### Honour Based Violence

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students  
Thursday 16 June 2022, 9.30am – 12.30pm

<https://bit.ly/39flchA>

#### An Introduction to Diabetes

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students  
Friday 1 July 2022, 9.30am – 12.30pm

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

#### Leadership – Providing Psychological Safety in Teams

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students  
Tuesday 12 July 2022, 9.30am – 12.30pm

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

#### Adverse Childhood Experiences

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students  
Friday 15 July 2022, 9.30am – 12.30pm

<https://bit.ly/3koa9pN>

#### Accountability and Delegation

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students  
Thursday 11 August 2022, 9.30am – 12.30pm

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

#### RCN Wales Health Care Support Worker Conference – register your interest now!

Wednesday 23 November 2022

Register your interest now! This event is for all nursing support worker roles.

<https://bit.ly/38lnpc7>

## RCN Wales Leadership 'lunch and learn' webinars - throughout May

Join RCN Wales for a [series of events](#) looking at different aspects of Leadership in Nursing, to be held on Thursdays throughout May (5, 12, 19, and 26 May)



These are free, hour-long events taking place from 1pm – 2pm, and open to all, both RCN members and non-members. Each event will focus on a different speaker, who will share their leadership experiences, with a Q&A section where participants can get involved and ask questions.

This year's theme is 'leadership, resilience and wellbeing', and we kick off the series with the RCN Wales Betsi Cadwaladr biennial lecture, on 5 May, and are very pleased to have Professor Donna Mead OBE, CStJ, FRCN, and Kirsty John, our RCN Wales Nurse of the Year 2021, join us for this event.

We are also celebrating International Nurses' Day on 12 May with guest speaker Professor Brendan McCormack FRCN, who will be discussing 'Leading and Facilitating Healthful Cultures'.

For more information and to book, see the events below:

- [5 May, 1pm – 2pm](#)
- [12 May, 1pm – 2pm](#)
- [19 May, 1pm – 2pm](#)
- [26 May, 1pm – 2pm](#)

## Glove Awareness Week 2022

Professional resources  
#GAW22



## Glove Awareness Week - 2 – 5 May 2022

This [Glove Awareness Week](#), we're asking our members to 'make one change' to how and when they use gloves to help make health care more sustainable.

When used correctly, medical gloves are a vital part of Personal Protective Equipment (PPE). But there are many occasions when gloves are not needed and hand hygiene is completely effective in protecting you and your patients.

Glove Awareness Week is an opportunity for you to reflect on your personal glove use and identify one change you could make to reduce your glove use.

There are plenty of resources to support the campaign including [social media graphics](#), and [resources to share in your workplace](#)

## Nurses Day 2022 - showcasing the #BestOfNursing

This [Nurses' Day](#) (12 May), we will be showcasing your incredible work and the difference you and your colleagues make to patients' lives across the UK by sharing stories that demonstrate the #BestOfNursing.

Nurses' Day is a chance to celebrate what you do, as well as an opportunity to say thank you.



[Join us this Nurses' Day](#) and share your #BestOfNursing story – it might be about colleague or an example of care you provided, or care provided to yourself or a loved one. Nurses' Day is your opportunity to share that story and say thank you.

**Online RCN Events - May** – some of the events and conferences coming up in May...

[RCN Looked After Children's Nurses Conference: Moving Practice Forward](#)

3 May 2022, 9.30am – 4.15pm

RCN Member (Registered Nurse) - £96 Non-member - £144

RCN member (Health Practitioner, pre-reg. nursing student and Retired members) - £57.60

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

4 May 2022, 12pm – 1pm

FREE – you need to be an RCN member to attend

[In Conversation with Nursing Pioneers: Nursing and Politics](#)

12 May 2022, 5pm – 6.30pm

FREE – all can attend, you do not need to be an RCN member

[RCN Shropshire Learning Event: The latest advice and guidance on sepsis](#)

12 May 2022, 2.30pm – 3.30pm

RCN Members – Free Non-members – £24

[Know How to Search British Nursing Index](#)

13 May 2022, 11am – 12pm

FREE – you need to be an RCN member to attend

[A History of Learning Disability: Exhibition Launch](#)

18 May 2022, 6pm – 7.30pm

FREE – all can attend, you do not need to be an RCN member

[Know How to Search MEDLINE](#)

19 May 2022, 11am – 12pm

FREE – you need to be an RCN member to attend

[RCN and NaTHNaC 5th Joint Travel Health Conference](#)

21 May 2022, 9am – 4.05pm

RCN Member (Registered Nurse) - £96 Non-member - £144

RCN member (Health Practitioner, pre-reg. nursing student and Retired members) - £57.60

[Expressive Writing workshop with the Royal Literary Fund](#)

25 May 2022, 2pm – 4.30pm

FREE – you need to be an RCN member to attend

[Know How to Evaluate Healthcare Information](#)

30 May 2022, 1pm – 3pm

FREE – you need to be an RCN member to attend

**Congress 2022: booking now open with an exciting agenda**

Booking is now open for [RCN Congress 2022](#), the largest event in the nursing calendar.

This year's in-person event will take place from 5-9 June at the Scottish Event Campus in Glasgow and is free for members to attend.

Members who cannot attend in person will be able to view the livestream of debates and learning events during Congress. All content will be available to watch again online after Congress concludes.

Find out about the [Congress Agenda](#) and the [Learning and Wellbeing Programme](#)



### 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 Garden

4 May 2022, 11am – 12pm

Royal College of Physicians, 11 St Andrews Place, London, NW1 4LE

Celebrate National Gardening Week (2 - 8 May) with this guided tour of the Royal College of Physicians' garden. This unique space in the centre of London contains over 1,100 plants, all with links to medicine.

<https://www.rcn.org.uk/news-and-events/events/lib-time-to-garden-040522>

#### Time to Tune in

19 May 2022, 5.30pm – 6.30pm

May's edition of our monthly guided meditations.

<https://www.rcn.org.uk/news-and-events/events/lib-time-to-tune-in-190522>

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

- [RCN Clinical Topic pages](#)
- [Learning Resources for the Nursing Support Worker workforce](#)
- [RCNi Learning](#) – including free modules
- [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

### Revalidation

The NMC are recommending that you revalidate on time if you can, however if you feel you may need more time to complete your application, you can request an eight-week extension through your NMC Online account once your revalidation application is open. These requests are being considered on a case-by-case basis.

[See the NMC website for information on how to revalidate during COVID-19](#)



New! Do you struggle with the revalidation process? This new episode of the Nursing Standard podcast could help: [CPD and Revalidation: Getting it Right](#)

Please find below useful links to resources supporting revalidation:

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

<https://www.nmc.org.uk/standards/code/>

### RCN Spiritual Care Survey 2022

The NMC is considering including spiritual aspects of care in its revised Code. The RCN wants to ensure that its revised 'spiritual care in nursing' resources support nurses in this aspect of their practice. Will you help us to do this by [completing our brief survey](#)? This survey will help us to find out about your experiences of providing spiritual care to patients.

It is being conducted in partnership with the RCN and will also contribute to Marla Forrest's KESS Funded PhD studies at the University of South Wales. This survey is designed for completion in less than 10 minutes.

<https://southwales.onlinesurveys.ac.uk/rcn-brief-spiritual-care-survey-2022>



## Nominations now open - the RCN Wales Nurse of the Year Awards 2022!



Do you know someone who deserves to be celebrated for their work? [Nominations are now open](#) for the 17 categories in the RCN Wales Nurse of the Year Awards 2022.

## RCN Foundation Education Grants - applications now open!

### RCN Foundation Kershaw Grant

The RCN Foundation Kershaw Grant is for health care support workers to encourage and support them in furthering their careers. Grants of up to £500 are available. Applications are open until 31 May 2022.

This grant is open to:

- Health care support workers based in the UK, who are
- Undertaking a UK-accredited course between 1 September 2022 and 1 September 2023

To find out more and apply, see:

<https://rcnfoundation.rcn.org.uk/apply-for-funding/educational-grants/rcn-foundation-kershaw-grant>

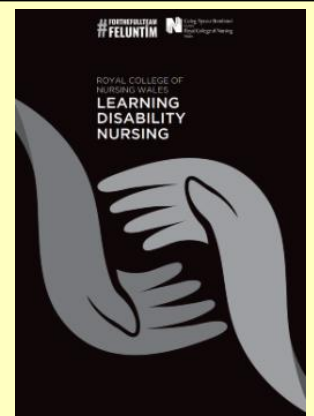


## We're calling for more learning disability nurses in Wales

The life expectancy of a woman with a learning disability is 18 years shorter than a woman in the general population. For a man, it is 14 years shorter.

In April we were excited to launch our new [report](#) highlighting the important role of the learning disability nurse in supporting people with learning disabilities in Wales.

See more on our [Safe and Effective care webpage](#)



## Care Home Manager? Join us for Coffee @ Cwtch

Coffee @ Cwtch is a partnership between Social Care Wales, Age Cymru and Royal College of Nursing. If you're a busy care home manager, we run a fortnightly online meet up where you can connect with other care home managers across Wales. The session is for anyone in a management role, including deputy managers and clinical nursing leads and managers.

The next dates over the coming months are:

- Wednesday 11th May
- Wednesday 25th May
- Wednesday 8th June

If you'd like a chat about what to expect, and find out how to join, please email [wellbeing@socialcare.wales](mailto:wellbeing@socialcare.wales) or text 07780 993649.

### RCN Wales Library

The library is now open between 9am – 5pm, with appointments available with the library team between 10am and 4pm. Please email [wales.library@rcn.org.uk](mailto:wales.library@rcn.org.uk) or phone 02920680734 ahead of time so we know to expect you.

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 [rcn.org.uk/library/about-us/feedback-and-book-suggestions](https://rcn.org.uk/library/about-us/feedback-and-book-suggestions)

The second Journal Club was held on 28 April, addressing the integration of health and social care services. We would love to hear from you if you would like to suggest a topic or paper for a future session. You can contact us in all the usual ways.

As always, our eBooks, eJournals and databases are available 24/7, and it's easy to arrange one to one or group training sessions over email, no matter where you are. 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. With guides on academic skills, specialisations you might like to explore, stepping up to a leadership role, and addressing the needs of marginalised patients, there is always something new to learn at <https://www.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.



### Book giveaway to celebrate World Book Night!

RCN Wales Library have copies of the three books pictured left, available to give away to members, in partnership with World Book Night

You can email [wales.library@rcn.org.uk](mailto:wales.library@rcn.org.uk) with your membership number, address, and chosen book to claim yours, or visit the library. Email us your membership number and address to claim yours. More info [here](#).





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 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](mailto: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

### A Day in the Life of a Newly Registered Nurse - short film series

Curious about what life's like as a newly registered nurse? Members from the RCN NRN Network have produced a series of short films shining a light on the opportunities offered by nursing.

The films are available on the [Day in the life of a newly registered nurse](#) webpage, and also on the [RCN Youtube channel](#)

## RCN FORUMS

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](https://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**



### **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.
- 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](#)
- [Financial Wellbeing](#) – the RCN can support members with providing benefit and income maximisation advice
- [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 have a wealth of information on this topic, which is being updated all the time. Find out how to protect yourself, what you should expect from your employer and what to do if you have concerns.

#### **To help you support your patients**

##### [COVID-19 vaccination](#)

- [COVID-19 vaccination FAQ's](#)
- [Education and training to support delivery of large-scale vaccination](#)
- [Immunisation services and large-scale vaccination delivery during COVID-19](#)
- [Practical and clinical guidance for vaccine administration](#)
- [COVID-19 and Domestic Abuse](#) – professional resources and signposting
- [End of Life Care clinical guidance](#) in response to COVID-19
- [Prescribing Safely under COVID-19](#) – guidance around remote prescribing

#### **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 time off](#) – to help you understand your rights to pay and time off during COVID-19.
- [COVID-19 and your mental wellbeing](#)
- [COVID-19 and your finances guide](#)
- [RCN Member Support Services](#) – RCN members can access services such as counselling and welfare support

Additional information for healthcare staff working in Wales during COVID-19 can be found on the [RCN Wales website](#)

## 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.

See <https://www.rcn.org.uk/get-involved/rcn-reps>

[Read](#) about why Mark Barclay, a Health Care Assistant, became an RCN rep and why he wants to see more nursing support workers take on the role

### 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://rcn.org.uk/student-ambassadors)

We'd love for you to be part of our community of close to half a million members [www.rcn.org.uk/joining](https://www.rcn.org.uk/joining) for professional support and other benefits or call 0345 772 6100.

If you have any thoughts on what you would like us to cover in this RCN Wales Study Centre Newsletter going forward, please email [CPDWales@rcn.org.uk](mailto:CPDWales@rcn.org.uk)



#FORTHETEAM  
#FELUNTIM

 Coleg Nyrso Brenhinol  
Cymru  
Royal College of Nursing  
Wales

**Extending**  
Section 25B means  
**protecting**  
**patients.**

Instantly sign the petition today.

## Sign our petition: make sure nurse staffing gets a Senedd debate!

Please [sign the petition](#) to extend the nurse staffing legislation to mental health and community nursing and encourage your friends, family, and colleagues to do the same. Over 10,000 have already signed.

The petition closes on 12 May 2022 so please sign today!