

RCN Wales Study Centre Newsletter December 2023

Dear Colleague

Welcome to our December newsletter! We hope you are all well and looking forward to the holiday period. Providing health care never stops but we hope you find some time for rest and relaxation as we approach the end of the year.

Is there anything you would like to see in future editions of this newsletter? Please send your suggestions through to CPDWales@rcn.org.uk



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/wales-events.

Accountability and Delegation webinar – bookings close 19 January!

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students

Friday 26 January 2024, 9.30am – 12.30pm (online)

<https://bit.ly/44VZk3j>

End of year review.... catch up on past events

Our Library and Archive services have held a number of fascinating educational events this year, and many of these past events are now available to watch online, offering the opportunity to catch up at a time convenient to you.

Just some of the events you can catch up on include:

- Richard D. France - Being Bipolar In a Deaf World
- A Duty to Care: The Emotional Community of Nursing in the Second World War
- At the Heart of the Nation: Migration and the NHS
- BEHIND THE MASK: The Black Frontline
- Medicine Politics Emotions: Historical Reflections on Pandemics in the 20s
- In Conversation with Nursing Pioneers: The Health of the Next Generation
- Nursing Beyond Borders: A History of International Nursing

Visit the RCN Library [Previous Events webpage](#) for further information.

Catch up on Congress 2023

The voice of nursing rang out loud and clear during [RCN Congress 2023](#) in Brighton. Thank you for bringing your passion, sharing your vision and engaging in change-making debates.

Check out some of the highlights in our [wrap film](#), catch up via our [recordings of debates and keynote speeches](#).



Save the date for Congress 2024 in Newport, Wales, 2-6 June – more information later on in the newsletter!

RCN Events – looking ahead into 2024 – some of the events and conferences coming up in the new year...

[RCN Birmingham East, North and Solihull Learning Event: Transgender awareness - adapting your practice to support transgender patients and service users](#)

5 January 2024, 2pm – 3.30pm (online)

FREE – you need to be a RCN member to attend

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

9 January 2024, 2pm – 4.30pm (online)

FREE – you need to be a RCN member to attend

[Know How to Search CINAHL](#)

15 January 2024, 12pm – 1pm (online)

FREE – you need to be a RCN member to attend

[Nurses' Voices from the Second World War: The Ireland Connection](#)

18 January 2024, 5pm – 7.30pm (online)

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

[Easy referencing ... in 30 minutes](#)

26 January 2024, 12pm – 12.30pm (online)

FREE – you need to be a RCN member to attend

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

30 January 2024, 2pm – 4pm (online)

FREE – you need to be a RCN member to attend

[Children's experiences of the first children's wards in late-nineteenth and early-twentieth-century England](#)

31 January 2024, 5.30pm – 6.30pm (online)

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

[Library Search ... in 30 minutes](#)

8 February 2024, 11am – 11.30am (online)

FREE – you need to be a RCN member to attend

[Sharing Stories from the Archive](#)

15 February 2024, 6pm – 7.30pm (online)

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

Upcoming conferences in 2024 – register your interest and book now!

[RCN Flight Nursing Conference](#) – 24 February 2024 (in-person in London)

[RCN Management and Leadership Conference](#) – 5 March 2024 (in-person in London)

[RCN Acute Care Symposium](#) – 15 March 2024 (in-person in London)

[Advanced Nurse Practitioner Conference - Career Pathway in Advanced Practice](#) – 15 March 2024 (in-person event, location TBC)

[RCN Education Forum National Conference and Exhibition 2024](#) – 23 April 2024 (in-person in York)

[RCN International Nursing Research Conference 2024](#) – 10 – 12 September 2024 (in-person in Newcastle)

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

Wellbeing events

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



Time to Tune in

8 January 2024, 5.30pm – 6.30pm (online)

Join fellow RCN members for our first guided meditation of the new year.

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.

Celebrating and supporting internationally educated nursing staff – our 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.

These events will continue in 2024, but you can catch up on previous events on the [IEN Live Events webpage](#).

Webinars available to view now include:

- What is the NMC register?
- On arrival and settling in the UK
- Immigration and personal matters
- Understanding statutory pay within the Independent Sector
- Terms and Conditions of Employment in the Independent Sector
- The RCN's professional offer and support with career progression

The next live event is:

- [RCN professional offer and support for career progression](#) – Tuesday 30 January, 6pm – 7pm

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



**Live events for
internationally
educated nursing staff**



RCN Congress 2024:

Applications for voting members close 8 Jan!

Planning is well underway for RCN Congress 2024 at ICC Wales in Newport from 2-6 June.

Applications to be a [voting member](#) at Congress are open, and will close on 8 January 2024. As a Congress voting member, you'll be representing up to 1,000 of your colleagues at the most important agenda-setting event in the nursing calendar.

If you've got a great idea for a nursing issue that should be debated in Newport next year, find out [how you can suggest it](#), and also how you can submit a proposal to host a session as part of the [Learning and Wellbeing programme](#).

[Be a Congress Ambassador](#) – We're looking for volunteers to help make our annual networking and learning event better than ever before. As one of our ambassadors, you'll be instrumental in helping our members feel welcome and get the most out of their Congress experience.

Save the date and prepare for days of dynamic debate, events, networking and decision-making. Visit our dedicated [RCN Congress web page](#) for updates.



Healthcare Support Workers: Apply for an education grant!

The RCN Foundation and LV= have teamed up to provide education grants of up to £1,600 for healthcare support workers (not apprentices) to undertake courses including: phlebotomy, cannulation, and wound care

You do not need to be a member of the RCN to apply

Applications open on
23 November 2023
and close on
12 January 2024

For more info, scan the
QR code:



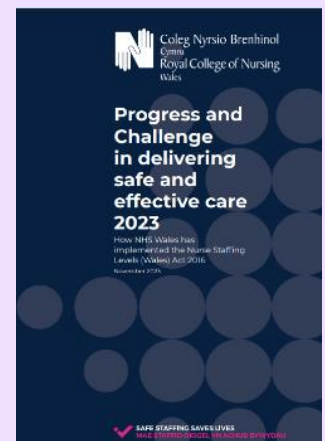
Progress and challenge in delivering safe and effective care 2023 – newly published report

We've launched our latest report on the impact of the Nurse Staffing Levels (Wales) Act 2016 on health care delivery.

Our third annual [progress and challenge report](#) has shown that the act has increased the number of nurses on wards covered by Section 25B. This requires health boards to calculate and take 'responsible steps' to maintain the nurse staffing level in all wards where it applies. This requirement is directly improving patient care, but stricter operational guidance must be developed to ensure that the benefits of safe staffing levels are seen across all NHS nursing care settings.

We're campaigning for the extension of section 25B to community and inpatient mental health units and for the application of statutory guidance to section 25A. In 2018, 25B applied in adult acute medical and surgical wards. It was then extended to children's wards in 2021.

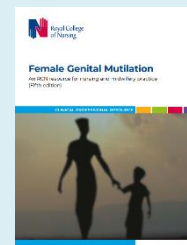
Download and read the full [Progress and Challenge 2023](#) report



New professional development publications available:

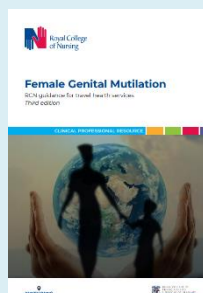
[Female Genital Mutilation. An RCN resource for Nursing and Midwifery Practice](#)

This updated guidance considers many aspects of FGM from its history to contemporary socio-cultural, legal and clinical components to aid raising awareness and improving the quality of care to those who have been adversely affected by FGM.



[Female Genital Mutilation. RCN Guidance for Sexual Health Care](#)

This updated publication acts as a supplement to Female Genital Mutilation: An RCN Resource for Nursing and Midwifery Practice (011 168) and focuses on professionals working in sexual health services such as sexual health clinics, genitourinary medicine clinics and children's services.

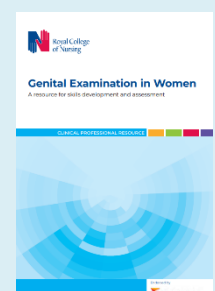


[Female Genital Mutilation. RCN Guidance for Travel Health Services](#)

This updated publication acts as a supplement to Female Genital Mutilation: An RCN Resource for Nursing and Midwifery Practice (011 168) and focuses on professionals working in travel health services. Travel health organisations, clinics and health care professionals will find it useful as it highlights how important it is for processes within travel health settings to be reviewed to ensure services provide an effective safeguarding process around FGM.

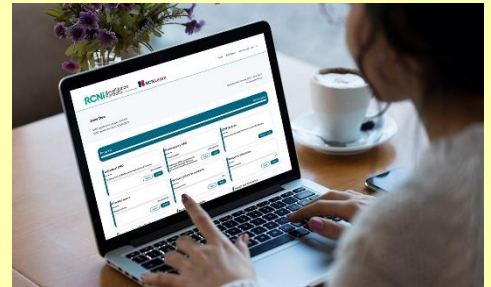
[Genital Examination in Women](#)

This latest edition provides standards and sample assessment tools for training in genital examination in women for registered nurses working in sexual and reproductive health settings, and related health and social care settings.



'RCNi Revalidation Portfolio in association with RCN Learn', a tool for registered nurses, midwives and nursing associates.

The RCNi Revalidation Portfolio tool is **free** for RCN Members and RCNi Plus subscribers. You can store, track and build revalidation evidence quickly – all in one easy-to-manage online space.



Our 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. Portfolio takes the pressure off revalidation, making sure that you can focus on your practise and learning while building your evidence.

[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/>

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

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

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.

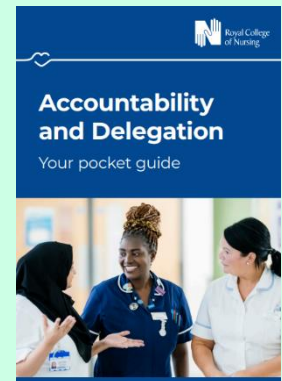
[Find out more and share your story via SenseMaker here](#)

In case you missed it... Updated RCN Accountability and Delegation guide now available

Our online [accountability and delegation guide](#) has recently been refreshed and is now available on our website and to [download as a pocket guide](#)

The guide details the aims to support safe practice and gives some practical examples of how it can be applied. It also helps to explain the definition of accountability and delegation for nursing staff.

Our Accountability and Delegation online guide supports all members of the nursing team to understand and apply accountability and delegation principles in your workplace.



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**

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 Benevolent Service](#) – from 4 January 2022 this service is 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.

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 rcn.org.uk/library/about-us/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 Care Home and Social Care Network

The RCN Care Home and Social Care Network is a space for all members of the college who work, or have an interest in the Independent Health and Social Care (IHSC) Sector. This closed Facebook group is an opportunity to engage with colleagues within your area of practice and share your good news stories and areas to improve and learn from.

<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

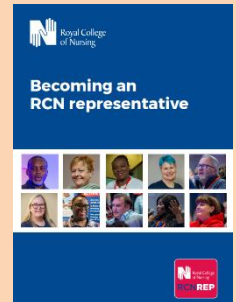
Make your voice heard and become more active in the RCN...

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>

Read more in our [Becoming an RCN Representative](#) booklet



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. 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.



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LV= are proud of their long-standing and successful partnership with the RCN, and are delighted to support many projects organised for RCN members.

RCN Members are entitled to a number of discounted insurance products from LV=. For further information please visit LV.com/RCN

RCN members are able to benefit from exclusive discounts and savings on a range of LV= insurance products through their RCN membership. Members can get discounts on both LV= Car, Multi Car and Home insurance and can also receive 10% online discount on Pet insurance (for the first year only) and 15% online discount on Travel insurance. For a quote or for more information visit LV.com/RCN.

