

RCN Wales Study Centre Newsletter March 2025

Dear Colleague

Welcome to our March 2025 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.



/RCNWales



rcn_wales



@thercnwales.bsky.social



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RCN Wales Study Centre learning events.

These CPD learning events are currently open for bookings. You can find details of all our upcoming events on our website at rcn.org.uk/wales-events

Making sense of Women's Health in Wales – bookings close 13 March!

Afternoon event - for Registered Nurses, Health Care Support Workers and Nursing Students
Thursday 20 March 2025, 1pm – 4.30pm (online)
<https://bit.ly/4jHsrjr>

Record Keeping webinar

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Thursday 10 April 2025, 9.30am – 12pm (online)
<https://bit.ly/421q4kQ>

Strategies for Promoting Personal Health and Wellbeing

Morning event – suitable for all roles in the nursing and midwifery team
Wednesday 30 April 2025, 9.30am – 12.30pm (online)
<https://bit.ly/3CFSCpM>

Myth Busting – The approach the NMC takes when investigating concerns – FREE webinar

Thursday 22 May 2025, 10am – 12pm (online)
This webinar is aimed at nursing and midwifery health care professionals who are registered with the Nursing and Midwifery Council (NMC), or are about to be registered with the NMC – e.g. 3rd year nursing students - working in any sector.
<https://bit.ly/4i2Le7G>

RCN Wales Independent Health and Social Care Roundtable Discussions: 'Unlocking Continued Professional Development Opportunities in Rural Practice' Date: 13 March 2025 Time: 10.30am – 1pm Venue: Skanda Vale Hospice, Llandysul

Join us in Llandysul, West Wales for our first [roundtable discussion](#) of the year, exploring the unique challenges of accessing CPD in rural and independent care settings, focusing on:

- **Practical Solutions:** How can we find and create meaningful CPD opportunities in areas with limited resources.
- **Building Local Networks:** Strategies for connecting with peers and organizations to share knowledge and resources.

We hope this event will develop relationships across the sector which will build confidence and amplify the voice of nurses. This event is open both RCN members and non-members who work in Wales in the Independent Health and Social Care sector.

To book your place and for further information about the roundtable events, please email: sian.wilson@rcn.org.uk Bookings close Thursday 6 March 2025.

Show your support in the campaign against the proposed Cardiff University cuts to nursing degree education

Cardiff University is considering whether to cease providing nursing education, even though its courses are ranked top in Wales and 5th in the UK. We're campaigning to stop this shocking proposal, which would cause all 78 academic staff to lose their jobs.



Find out more:

Read the RCN Wales briefing, titled Wales Needs Nurses – Protect Nursing Education, in [English](#) and [Welsh](#)

Read the [blog post](#) 'Raising our voices: Protesting with RCN student members in Cardiff' about a recent protest against the proposed school closures.

Actions you can take:

[Sign the petition](#) to help secure a debate in the Senedd.

Keep up to date with RCN Wales social media channels for further updates and ways you can show your support against these proposed cuts.

Facebook: [/RCNWales](#) Bluesky: [@thercnwales.bsky.social](#) Instagram: [rcn_wales](#)

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>



CORRIDOR CARE IS NOT SAFE CARE.

Email Members of the Welsh Parliament today.

[RCN.ORG.UK/EMAIL-YOUR-MS](https://www.rcn.org.uk/email-your-MS)

 Coleg Nyrsio Brenhinol Cymru Royal College of Nursing Wales

 SAFE STAFFING SAVES LIVES
MAE STAFFIO DIOGEL YN ACHUB BYWYDAU

Calling RCN Reps - new webinars available about the RCN Employment Standards for the Independent Health and Social Care Sector

A new set of webinars will explain the RCN positions relating to fair and appropriate pay, terms and conditions for nursing staff working across independent health and social care settings and talk through how Reps can use the standards in their workplaces.

The webinars will be run on the following dates:

- [5 March 2025](#), 6pm – 8pm
- [18 March 2025](#), 10am – 12pm
- [3 April 2025](#), 6pm – 8pm

Want to know more?

The [Employment Standards for Independent Health and Social Care Sectors](#) are 7 standards which 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.

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

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

6 March 2025, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[In Conversation with Nursing Pioneers: 'Dirty Nursing' – Pioneers in transforming Women's Health](#)

6 March 2025, 6pm – 7.30pm (hybrid – online or in-person in London, RCN headquarters)

In conversation with nursing pioneers brings together RCN Fellows and women's health experts to explore how nurses have led change

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

[RCN Pain and Palliative Care Conference](#)

7 March 2025, 9am – 4.30pm (in-person in London, RCN headquarters, 20 Cavendish Square)

RCN Member: £162 inc. VAT Non-member: £240 inc. VAT

RCN Member (Nursing Support Worker/ Student/ Retired): £90 inc. VAT

[Managing Professional Behaviours in Defence Nursing](#)

11 March 2025, 7pm – 8pm (online)

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

[Introduction to RCN Library Services](#)

12 March 2025, 12.30pm – 1.15pm (online)

FREE – this event is open to RCN members only

[Optimising Dementia Care](#)

13 March 2025, 12.30pm – 2pm (online)

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

[The Art of Nursing: Creative Health in the Curriculum](#)

13 March 2025, 1pm – 2pm (online)

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

[Nursing and Covid-19: Past, Present and Future](#)

15 March 2025, 10am – 4pm (hybrid – online or in-person at RCN HQ 20 Cavendish Square, London)

FREE – this event is open to RCN members only

[RCN Careers Interview skills and techniques webinar](#)

18 March 2025, 2.30pm (online)

FREE – this event is open to RCN members only

[Stay up to date with online journals](#)

20 March 2025, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[The Value of Nursing in the Digital Age](#)

20 March 2025, 4pm – 6.30pm (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 Professor Dawn Dowding as she delivers the annual RCN Winifred Raphael Memorial Lecture on nursing in a digital age.

RCN Events - March (cont.)

[Going Green: The history of gardens and health](#)

20 March 2025, 5.30pm – 6.30pm (online)

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

[Know How to Search CINAHL](#)

21 March 2025, 11am – 12pm (online)

FREE – this event is open to RCN members only

[RCN and NaTHNaC 8th Joint Travel Health Conference](#)

22 March 2025, 9am – 3.30pm (online)

[See event webpage for conference fees](#)

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

27 March 2025, 2pm – 2.45pm (online)

FREE – this event is open to RCN members only

[RCN Critical Care and Flight Nursing Conference](#)

29 March 2025, 9am – 4.30pm (in-person at RCN HQ, 20 Cavendish Square, London)

[See event webpage for conference fees](#)

[RCN Education Forum National Conference and Exhibition](#)

31 March – 1 April 2025 (in-person in Glasgow)

[See event webpage for conference fees](#)

Upcoming conferences in 2025 - register your interest and book now!

[RCN Acute Care Symposium](#) – 20 June 2025 (in-person in London)

[RCN Children in Care Nursing Conference](#) – 23 June 2025 (online) – bookings now open!

[RCN International Nursing Research Conference](#) – 8 Sept – 10 Sept 2025 (in-person in Exeter)

[RCN Fertility Nursing Conference](#) – 2 October 2025 (in-person in London) – register your interest!

[RCN Trauma and Orthopaedic Nursing Conference](#) – 14 November 2025 (in-person in London)

[RCN Womens Health Forum Conference](#) – 9 December 2025 (in-person in London)

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

Call for abstracts for the RCN International Nursing Research Conference are open! Closes - Midnight, Sunday 16 March 2025

The RCN International Nursing Research Conference 2025 will be held in-person in Exeter on 8 – 10 September, and the call for abstracts is now open.

The conference will explore the pivotal role of nursing research in tackling pressing health challenges and highlight how innovative research can drive equitable, evidence-based care.

Find out more and submit your abstract here: <http://rcn.org.uk/research25>



Wellbeing events

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



Time to Rest and Restore

24 March 2025, 5.30pm – 6.30pm (online)

Join fellow RCN members for a relaxing meditation session to help you transform your state of mind and find balance in your busy day. Practice the art of "Relaxing" fully with a Yoga Nidra guided meditation by Hawwa.

Known as yogic sleep, this is a meditation and conscious relaxation practice that is intended to induce total physical, mental, and emotional relaxation.

RCN Congress 2025 – find out what's on the agenda!

RCN Congress 2025 will take place in Liverpool from 12 to 15 May. Congress is the ultimate opportunity to network, hear from exceptional keynote speakers and take part in vibrant debates about the issues affecting the nursing workforce.



The Congress debates agenda is set entirely by our members. From work-life balance to health tourism, and international student hardship and understanding neurodiversity, our 2025 Congress agenda offers a huge selection of vibrant and vital debates.

Plus, with a dynamic learning and wellbeing programme, industry exhibition and buzzing Liverpool location, you're sure to leave Congress feeling energised and inspired.

Explore the agenda now and book your free place at the [RCN Congress website](#)

Workshops to help you prepare for the Congress debates

RCN Libraries are helping you to prepare to get involved in the Congress debates, with a series of one hour workshops as part of our 'Preparing for Congress' series. These workshops will focus on clear communication, presentation skills, critical thinking and evaluating evidence. Available for RCN members, online sessions are available on the following topics:

➤ **Finding and Evaluating Evidence and Critical Thinking**

[18 March, 10.30am – 11.30am](#)

[3 April, 11am – 12pm](#)

➤ **Criticality and Effective Presentation Skills**

[19 March, 2pm – 3pm](#)

[4 April, 10am – 11am](#)

In addition to the above online workshops, the Libraries team will also be hosting in-person sessions at Congress on 'Practicing Your Pitch'.



RCN Demonstrating Value Masterclass - new course available

The [RCN Demonstrating Value masterclass](#) is designed for health and social care staff leading service transformation and improvement. This one-day online masterclass focuses on enabling strategic and operational decision making based on the best available evidence through the application of the principles of economic assessment in practice. It will provide a broad understanding of principles of economic assessment; and how they inform service transformation and improvement.

The masterclass costs £190+ VAT, and is open to all, including RCN members and non-members. It will run online on the following dates in 2025:

- Tuesday 1 April 2025 (9.30am to 4pm)
- Monday 23 June 2025 (9.30am to 4pm)
- Tuesday 7 October 2025 (9.30am to 4pm)
- Tuesday 2 December 2025 (9.30am to 4pm)

Find out more and book on the [RCN Demonstrating Value masterclass](#) webpage

'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)

Also available - the 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). **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)

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

- [Learning Resources](#) – Includes resources that are free to access for RCN members and provide an introduction to a growing range of nursing essentials. Includes Introduction to Prehabilitation, Every Nurse an eNurse, Skin Health Toolkit, 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 and Social Care Nursing 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 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.

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

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:

- **Starting 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 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 search for books and journals, and once logged in, you can 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

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.

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](#)

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

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.