

RCN Wales Study Centre Newsletter August 2025

Dear Colleague

Welcome to our August 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



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RCN Wales Study Centre learning events.

You can find details of all our upcoming learning events on our website at rcn.org.uk/wales-events

Accountability and Delegation webinar – bookings close 5 August!

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Tuesday 12 August 2025, 9.30am – 12.30pm (online) <https://bit.ly/3X0ZftS>

Addressing health inequalities for people with dementia webinar

Morning event – for Registered Nurses, Health Care Support Workers and Nursing Students
Thursday 25 September 2025, 9.30am – 12.30pm (online) <https://bit.ly/4lymqWE>

Introduction to Diabetes: Foundations for Nursing Practice webinar

Morning event – for Registered Nurses, and nursing students in the final year of a pre-reg. nursing degree programme

Tuesday 30 September 2025, 9.30am – 12.30pm (online) <https://bit.ly/4dPuzmC>

RCN Wales Health Care Support Worker Conference

Wednesday 26 November 2025, 10am – 4pm (in-person at RCN Wales headquarters, Cardiff)

Join us for a day of reflection and celebration, focussing on the contribution of Health Care Support Workers across Wales – register your interest now! www.rcn.org.uk/WalesHCSWConf

Lead the RCN webinar series

Representation is a vital part of encouraging and developing new leaders, and some members have been historically underrepresented in RCN governance roles. We're working to change that.

Our new [Lead the RCN webinar series](#) invites you to hear directly from women, Global Majority and disabled and neurodivergent members in RCN governance roles, about their experiences paving a positive future for nursing staff.

- 11 August, 5.30pm – 6.30pm - Global Majority Members Lead the RCN
- 13 August, 5.30pm – 6.30pm - Disabled and Neurodivergent Members Lead the RCN
- 18 August, 5.30pm – 6.30pm - Women Members Lead the RCN

🔔 Opportunities are open for Registered Nurse, Nursing Support Worker and student leaders in Wales to sit on the RCN Professional Nursing Committee. 🔔

Nominations for the Wales Registered Nurse seat and the Nursing Support Worker and Student member (from anywhere in the UK), are currently open, with a term of office between 1 January 2026 to 31 December 2027.

Find out more and submit your nomination by 2 September ➡ bit.ly/4m2BQCw

See all the current [RCN Elections and Appointments](#) and find your next opportunity to shape the work of the College.



Rest, Refuel, Rehydrate

As temperatures rise over the Summer months, it's important to be mindful of the adverse effects that the heat can pose, as well as your rights in the workplace during warm weather.

Read our advice guide about [Working in hot weather](#)

Read the RCN Magazine article [Why Hydration is important for nursing staff](#)



Also see the RCN's [Rest, Rehydrate, Refuel resources](#) - we encourage you to assert your right to take your breaks, refuel and rehydrate!

Compassionate Conversations - new accredited educational programme

The Compassionate Conversations programme is designed to support you to hold compassionate conversations in your practice, with the goal of creating a sense of trust and emotional connection, ensuring patients feel valued and understood, especially during challenging times.



About this programme

Study this online programme to understand the guiding principles of holding compassionate conversations, to evaluate own practice and support others to hold compassionate conversations.

The programme consists of 3 days of taught online sessions plus additional self-directed learning and an assessment. Successful completion of the unit will gain you 4 academic credits at Level 3, accredited by Agored Cymru.

Learning Outcomes

- Understand compassionate conversations
- Know how to adopt compassionate conversations in own role
- Be able to hold compassionate conversations
- Be able to support others to hold compassionate conversations.

Who is this programme suitable for?

- ❖ This programme is open to staff across health and social care.
- ❖ On successful completion of the programme you will gain 4 academic credits at Level 3.
- ❖ This programme is open to both RCN members and non-members.
- ❖ NMC registration is not a requirement of enrolment on this programme.

Programme dates

This unit will be delivered online, over three days, one day per week for three weeks, on the following dates:

- Day 1 - Wednesday 17 September 2025, 9.15am – 4.15pm
- Day 2 - Wednesday 24 September 2025, 9.15am – 4.15pm
- Day 3 - Wednesday 1 October 2025, 9.15am – 4.15pm

There will also be additional self-directed learning and an assessment. There is 40 hours learning time for this unit in total.

Cost

£250 + VAT per person (£300 inc. VAT)

How to enrol

Booking closing date for all applications and payments is Friday 5 September 2025.

Find out more and book online:

[Compassionate Conversations unit at Level 3 | Events | Royal College of Nursing](#)

ACTION NOW ON CORRIDOR CARE – Sign our petition and 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, and sign the petition to help secure a debate in the Senedd on this critical issue:

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

See also: [watch and share the campaign animation](#)

jointly produced by The Royal College of Nursing and the British Medical Association Wales



RCN Wales at the Senedd: launching the 2026 election campaign – sign up to attend now!

This is where it starts. Kick off election season with us at this limited-capacity event

Date: Wednesday 24 September 2025 **Time:** 6pm – 8pm,

Venue: Senedd Cymru/Welsh Parliament, Cardiff Bay



Next May, Wales will elect a new Welsh Government.

[Join us at the Senedd](#) this September when we launch our 2026 election campaign.

This is a space for you to talk directly to politicians as they gear up for next year's elections, and for them to find out what matters to you and your colleagues.

At this special members-only evening reception, you'll:

- connect with fellow members from across Wales,
- get first sight of our manifesto and what we've got planned, and
- meet the elected politicians who'll be asking for your vote again next May.
- Help send a clear message to political parties: Nursing must be at the heart of this election.

Find out more and register to attend:

[2026 Senedd election campaign launch | Royal College of Nursing](#)

Sign up now for the RCN Wales Political Leadership Programme – 2-3 December 2025

Get yourself invaluable insight into the Welsh political landscape and how policy is shaped.

The [RCN Wales Political Leadership Programme](#) is a prestigious course where you can develop your influencing skills and expand your knowledge of how health and social care policy is made.

Further details can be found by downloading the [programme flyer](#). You can register your interest in attending the programme by emailing Policy.PublicAffairs.Wales@rcn.org.uk



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

[Food for thought - hydration, nutrition and skin care learning event](#)

5 August 2025, 2pm – 4pm (online)

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

Hosted by the RCN Eastern Region – all nursing support worker roles welcome to attend.

[RCN branch roles - explainer session](#)

12 August 2025, 5pm – 6pm (online)

FREE – this event is open to RCN members only

[IEN webinar: Changes to Immigration Rules](#)

19 August 2025, 6pm – 7pm (online)

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

This webinar is for all internationally educated registered nurses and nursing support workers on a health and care worker visa, family visa, student visa, or graduate visa.

[Support for nursing staff following a death in custody](#)

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

Join us for this series of three webinars where our legal team will be exploring the many issues and challenges facing nursing staff working in custodial setting that surround a death in custody.

Webinar 2 – 21 August 2025, 1pm – 2pm (online)

Webinar 3 – 18 September 2025, 1pm – 2pm (online)

[RCN Careers CV Masterclass webinar: How To Stand Out and Secure Your Next Role](#)

21 August 2025, 2.30pm – 3.30pm (online)

FREE – this event is open to RCN members only

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

28 August 2025, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[Shaping a sustainable future: health care and the climate crisis](#) (hybrid)

28 August 2025, 5.30pm – 8pm (hybrid – online or in-person at RCN Scotland, Edinburgh)

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

Join event chair Professor Aisha Holloway, Fellow of the RCN, and our panel to discover measures to tackle climate change and explore planetary health.

[Biz in the Pris: A history of drug use in prisons](#)

4 September 2025, 6pm – 7.30pm (online)

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

Substance misuse is widespread in prison settings. Find out about the history of drug misuse in the nineteenth and twentieth centuries, alongside recent creative interventions to explain the dangers of drug abuse to young offenders and beyond.

[The role of primary care nurses in early cancer diagnosis](#)

9 September 2025, 6.30pm – 7.30pm (online)

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

RCN Events – September (cont.) – some of the events and conferences coming up...

[Introduction to continuous glucose monitoring for secondary care healthcare professionals](#)

11 September 2025, 6pm – 7.30pm (online)

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

[Activism in Retirement: What the future holds](#)

15 September 2025, 10am – 3.30pm (in-person at RCN HQ, London)

FREE - This event is open to all retired or retiring RCN members

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

16 September 2025, 10am - 12.30pm (online)

FREE – this event is open to RCN members only

[Becoming a Designated Prescribing Practitioner 2025](#)

16 September 2025 – 12.30pm – 5pm (online)

RCN members: £60 Non-members: £150

Back by popular demand, join this interactive and multidisciplinary event for new or aspiring DPPs, in collaboration with the Royal Pharmaceutical Society.

[Grow your CPD with RCN membership](#)

17 September 2-25, 6pm – 7pm (online)

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

[How to tackle your first revalidation](#)

23 September 2025, 6pm – 7pm (online)

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

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

[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)

[RCN Advanced Nurse Practitioner Conference](#) – 10 October 2025 (online)

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

[RCN SOM joint Occupational Health Nursing Conference](#) – 28 November 2025 (online or in-person)

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

[RCN Equity, Diversity and Inclusion Conference](#) – 15 December 2025 (in-person in London)

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

Wellbeing events

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

[Time to do yoga](#)

25 September 2025 – 5.30pm – 6.30pm (hybrid – online or in-person in London)

Join fellow RCN members for a yoga session led by Chloe George, yoga teacher and postnatal doula.



New Accredited Learning Opportunities from RCN Wales – open to all

We are pleased to share that RCN Wales is now a registered Agored Centre, enabling us to offer accredited, credit-bearing taught units that contribute to the ongoing professional development of health care support workers and registered nurses working across Wales.

These units are open to all nursing staff – not just RCN members – and have been designed to support professional growth, reflective practice, and leadership development across a range of roles. Boost your knowledge and skills and find your next learning opportunity!

Our current offer includes the following programmes

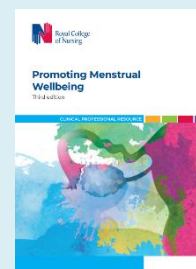
- ❖ **Compassionate Leadership** – 2 credits at Level 3
- ❖ **Compassionate Conversations** – 4 credits at Level 3 – starting September: [open for bookings!](#)
- ❖ **Professional Nurse Advocate** – 20 credits at Level 7
- ❖ **Advanced Leadership** – 20 credits at Level 7

Find out more about our [Agored accredited learning programmes](#)

New professional development publication available:

[Promoting Menstrual Wellbeing](#)

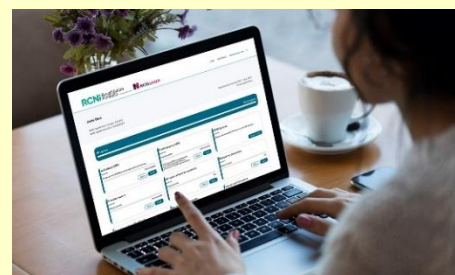
Menstruation is both a physiological and psychological milestone in a woman's life. This updated publication has been developed to help nurses breakdown the stigma that can be associated with what is a completely natural process. It is important to use appropriate and flexible communication methods to ensure information on the menstrual cycle is delivered in an accessible format for women.



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

'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)

Recently graduated? Check out our Early Career Nurses resources

Congratulations and welcome to the next steps in starting your nursing career!

By joining the RCN as a newly registered nurse (NRN), you'll benefit both professionally and personally. We're here to help with difficulties, as well as your development. RCN Membership is discounted by 50% - for newly registered nurses in their first year of registration with the NMC.



RCN Early Career Nurses Network

The [RCN Early Career Nurses Network](#) – created by ECNs for ECNs, we aim to add the unique perspective of the newly registered and early career to the voice of nursing while providing peer-to-peer support and guidance at the beginning of the nursing journey, up to 5 years post NMC registration.

➤ Upcoming webinar – register now: [How to tackle your first revalidation](#) – 23 Sept, 6pm-7pm

Catch up on previous Early career nurses network webinars:

All previous events available here: [Early career nurses network events | Royal College of Nursing](#)

- Transitioning from student to newly registered nurse
- Applying for and getting your first job as a Registered Nurse
- Finances after graduation
- Leading your first shift in charge

Career resources for student nurses and newly registered nurses

Whether you're looking to apply for your first nursing role or gain work as a healthcare assistant alongside your studies, our [careers resources](#) can help you to improve your employability and be job ready.

Read the Blog post: [Breaking barriers between you and your first job as a registered nurse](#)

RCN Starting Out – for student and newly registered nurses

[RCN Starting Out](#) is the exclusive online resource for student, newly registered nurse (NRN) and early careers nurse (ECN) members. Whether you're about to start your nursing degree, already studying or transitioning to a registered nurse, RCN Starting Out provides the latest knowledge, expertise and support straight to your phone or the web.



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



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](#)

Get Active locally with your RCN Branch!

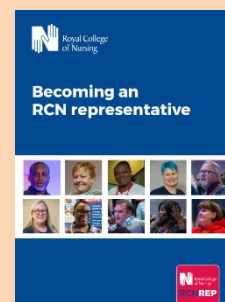
Link in with your local RCN and connect with your branch to get your voice heard on local issues. As an RCN member, you can find out which branch you belong to by checking MyRCN. Find out more about the branches in Wales here: [Branches | Wales | Royal College of Nursing](#)

RCN branches will shortly be holding their AGMs - but what are the positions that are open and what do you need to do in one of these roles? Find out more in this online session on **12 August, 5pm – 6pm:** [Branch role explainer session | Events | Royal College of Nursing](#)

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

New learning and development events for RCN Reps!

As a valued rep we are continually looking to make your learning with us more accessible. We have curated new learning and development sessions that will help you in your role.

- **Health and safety masterclass** – for all health and safety reps
 - [20 August, 2pm – 4pm](#)
 - [12 September, 10am – 12pm](#)
 - [19 September, 2pm – 4pm](#)
- **Mastering the art of representation** – for all Stewards
 - [4 August, 2pm – 4pm](#)
 - [5 September, 10am – 12pm](#)
 - [17 September, 10am – 12pm](#)
- **Shape policy with purpose** – for all representatives
 - [13 August, 2pm – 4pm](#)
 - [9 September, 10am – 12pm](#)
 - [26 September, 10am – 12pm](#)
- **Navigating organisational change and MARS/VR** – for all representatives
 - [19 August, 2pm – 4pm](#)
 - [16 September, 10am – 12pm](#)
 - [22 September, 2pm – 4pm](#)

RCN Wales Library

RCN Libraries are open Monday to Friday in Cardiff, 9:00am-5:00pm, so pop in and see us for your learning needs, a chat, 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.



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.

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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The voice of nursing