

RCN Wales Study Centre Newsletter October 2025

Dear Colleague

Welcome to our October 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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Please sign and share our petition today – closing date 29 October!



Corridor care is unsafe, undignified, and unacceptable. Welsh government needs to take immediate action to eradicate it – sign and share the petition to help secure a debate in the Senedd on this critical issue: <https://petitions.senedd.wales/petitions/246599>

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

Developments in Mental Health policy and its implications for the mental health workforce

Tuesday 21 October 2025, 10am – 1.30pm (in-person at RCN Wales headquarters, Cardiff)

This event is aimed at those who work in mental health in any sector, who are interested in strategic development of the services. All roles in the team are welcome to attend, including registered nurses, health care support workers and nursing students, people with lived experience, and other health care professionals. Book now at: <https://bit.ly/45OskxB>

Nurse workplace resilience: a top priority – webinar

Wednesday 12 November 2025, 1.30pm – 4.30pm (online)

Suitable for all members of the nursing team, this interactive webinar session will explore the meaning of resilience to you, an opportunity for you to reflect on your personal and external resources to promote your own resilience, and who you work with, for the benefit of all. As well as some stress management strategies. Book now at: <https://bit.ly/4nbg8wZ>

RCN Wales Health Care Support Worker Conference

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

FREE for RCN Nursing Support Worker and Student Members!

Join us for a day of reflection and celebration, focussing on the contribution of Health Care Support Workers across Wales. Book now at: www.rcn.org.uk/WalesHCSWConf

Record Keeping webinar

Thursday 12 December 2025, 9.30am – 12.30pm (online)

Suitable for all members of the nursing team, this webinar aims to reflect on how good record keeping supports health care practice and quality of care, describe expectations and standards for record keeping, and highlight resources to support good record keeping practice. Book now at: <https://bit.ly/46tLF6g>

RCN celebrates Black History Month

October is [Black History Month](#) and represents a welcome opportunity to celebrate the continuing contribution that Black nurses, health care support workers and students have made to the art and science of nursing. This year's theme is "Standing firm in power and pride" which aims to recognise and pay tribute to the strong, powerful Black leaders, activists, or pioneers who have shaped history, while also looking towards a future of continued empowerment, unity, and growth.



Read our interview with Omobola Akinade, a Practice Development Nurse with Swansea Bay UHB (originally published in 2023):
[Advocating for diversity and inclusion in the nursing profession](#)

Other resources also available:

[RCN Library reading list for Black History Month](#)

The RCN library team has also put together a great reading list for this Black History Month. Our reading list highlights the lived experience and contributions of the Black nursing workforce. It also offers a selection of resources that voice the critical conversations that must continue to happen to address systemic inequality.

[Nursing Whilst Black](#)

In this podcast series, we asked Black nurses, healthcare support workers, and students to share their thoughts, reflections, and insights on their lived experiences of working in healthcare. They also provide recommendations on how we can all be better equipped to tackle issues of race and racism in the profession.



[Mary Seacole lecture: The urgency of anti-racist action, insights from the Welsh experience](#)

RCN members can log in and watch this lecture, given at RCN Congress in June 2024. Professor Emmanuel Ogbonna, from Cardiff University, co-chairs the external oversight group on the implementation of the Welsh Anti-racism plan, the only plan committing a country to anti-racism across the UK. In his lecture, he will share his thoughts on the urgency and the necessity of anti-racism for all of us.

Let's talk.... equity, diversity and inclusion webinar series

As part of the [RCN's EDI strategy](#) we are committed to bringing you, our members, a series of EDI events through webinars, conferences and seminars that support you to build your EDI knowledge and confidence even further. Last December saw the launch of our annual EDI conference, and you can sign up for this year's conference [here](#).



Our focus for these webinars is on providing you with a space where you can interact and learn more about a topic area, reflect on what that means to you and in your practice and share and learn from one another about that topic. The webinars are standalone so you do not need to attend all sessions, just the ones where the topic area is of interest to you.

Book a webinar:

- **Let's Talk.... Anti-Racism** - 15 October 2025, 11 am - 12 noon - [Book now](#)
- **Let's Talk....Allyship** - 11 November 2025, 2 pm - 3 pm - [Book now](#)
- **Let's Talk....Disability** - 10 December 2025, 3 pm - 4 pm - [Book now](#)
- **Let's Talk....LGBTQIA+ History month** - 9 February 2026, 11 am - 12 noon - [Book now](#)
- **Let's Talk....Women's History month** - 10 March 2026, 10 am - 11 am - [Book now](#)

Professional Nurse Advocate – new accredited educational programme

The professional nurse advocate online programme is designed to support the wellbeing and professional development of nurses, leading to improved patient care and retention within the healthcare system.



About this programme

This online programme for registered nurses equips you with the knowledge and skills to become professional nurse advocates (PNAs), supporting colleagues through restorative clinical supervision (RCS) and embedding the Advocacy and Supervision Framework (A-EQUIP) within healthcare settings. The programme equips nurses to enhance staff well-being, improve patient care, and drive quality improvement initiatives.

This unit will be delivered online over several months with 10 taught days. In addition to the taught sessions, there will be self-directed learning, and assessments which must be completed and passed, to receive a certificate of completion.

This equates to 200 hours learning time for this unit in total.

Successful completion of the unit will gain you 20 credits at Level 7, accredited by Agored Cymru.

Learning Outcomes

1. Understand the Professional Nurse Advocate (PNA) role.
2. Be able to apply the Advocacy and Supervision Framework (A-EQUIP) model.
3. Be able to deliver restorative clinical supervision (RCS) in nursing teams.
4. Be able to demonstrate leadership and advocacy skills.
5. Be able to implement quality improvement.
6. Be able to reflect on personal and professional growth.

Who is this programme suitable for?

- ❖ This programme is open to Registered Nurses, who hold current registration with the NMC, who are working in any sector
- ❖ On successful completion of the programme you will gain 20 academic credits at Level 7.
- ❖ This programme is open to both RCN members and non-members.

Programme dates

This unit will be delivered online, over 10 days, starting in October 2025:

- First taught day (day 1) – Tuesday 21 October 2025
- Final taught day (day 10) – Tuesday 3 March 2026

In addition to the taught sessions, there will be self-directed learning, and assessments which must be completed and passed, to receive a certificate of completion. There is 200 hours learning time for this unit in total.

Cost

£833.33 + VAT per person (£1000 inc. VAT)

How to enrol

Booking closing date for all applications and payments is Friday 10 October 2025.

Find out more and book online:

[Professional Nurse Advocate programme | Events | Royal College of Nursing](#)



RCN Wales is 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. Find out more about our [current programmes on offer](#).



Stronger Nursing, Stronger Nation – the RCN launches its manifesto for nursing

In May 2026, Wales will elect a new Welsh Government. The next government will shape health, social care, education, and more. And when it comes to improving the health of people in Wales, our members have the blueprint.

Our members know best how the next Welsh Government should tackle the crisis of corridor care.

They know how to protect patient safety. They know how to ensure more people can be treated at home, or come home from hospital as soon as it's safe.

When you invest in stronger nursing, you invest in a stronger nation.

Our manifesto is a guide to doing just that.

Inside, you'll find practical policies drawn from the experience and expertise of RCN Wales members.

Everything an incoming Welsh Government needs to get a head start in tackling the biggest crises facing health and care in Wales,

We're ready to make sure our voices, and those of our patients and communities, are heard loud and clear.

- Read our manifesto in [English](#) and [Welsh](#)
- Get involved in the campaign at rcn.org.uk/StrongerNursing



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



Interested in a particular nursing topic?
Join a forum via [MyRCN](#)

- **Contribute to consultations**
- **Keep up to date with latest practice and developments**
- **Join forum discussions**



Coleg Nyrsio Brenhinol
Cymru
Royal College of Nursing
Wales

BOOKINGS OPEN!

RCN Wales Health Care Support Worker Conference



Wednesday 26 November 2025

RCN Wales HQ, Ty Maeth, Cardiff

10am - 4pm

**This event is FREE for RCN Nursing Support Worker and Student members
£20 for non-member Nursing Support Workers and Students.**

Registered Nurse RCN members - £30; Registered Nurse non-members - £45

Join RCN Wales for our annual Health Care Support Worker Conference as we celebrate Nursing Support Worker Day (23 November).

Join us for a day of reflection and celebration, focussing on the contribution of Health Care Support Workers across Wales.

Further programme information will be available on our event webpage shortly.

**Find out more and book onto this event,
scan the QR code or visit:
rcn.org.uk/WalesHCSWConf**

The closing date for receipt of all bookings and payments (if applicable) is Wednesday 19 November 2025.

Cancellations received BEFORE 5PM WEDNESDAY 19 NOVEMBER 2025 will be refunded (if applicable), 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.

To enquire about further details of this event please contact the organiser:

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



RCNWales



rcn_wales



@thercnwales.bsky.social



rcn_wales



DDP gyda RCN Cymru
CPD with RCN Wales

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

[Know How to Search CINAHL](#)

7 October 2025, 2pm – 3pm (online)

FREE – this event is open to RCN members only

[General practice nursing staff: Negotiating terms and conditions](#)

8 October 2025, 12.30pm – 1.30pm (online)

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

[Help While Waiting – Gynaecology Waiting Lists \(Session 1\)](#)

8 October 2025, 1pm – 2pm (online)

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

The RCN Women's Health Forum invites you to two free webinars focused on how healthcare professionals can support patients with four of the most common gynaecological conditions while they wait for diagnosis or treatment. Session 2 takes place on 4 November.

[Conductive Energy Devices \(Tasers\) and the Use of Force in Prison](#)

8 October 2025, 1.30pm – 2.30pm (online)

FREE – this event is open to RCN members only

[Live demo event: Support your CPD with our revalidation portfolio tool and RCN Learn](#)

9 October 2025, 6pm – 6.45pm (online)

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

This webinar will enable you to utilise your RCN membership from an educational perspective. It will help you explore RCN Learn, a platform designed to support nurses with their revalidation and ongoing continuing professional development (CPD).

[Broadmoor and Beyond: The history of high security hospitals](#)

9 October 2025, 6pm – 7pm (in-person at RCN headquarters, 20 Cavendish Square, London)

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

[RCN Advanced Nurse Practitioner Conference](#)

10 October 2025, 9am – 4pm (online)

[Contemporary issues in learning disability nursing](#)

10 October 2025, 10am – 3.30pm (online)

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

This event will explore a variety of contemporary issues impacting on people with learning disabilities, including research, online safety, positive behaviour support, communication and accessibility and inclusivity in health care practice.

[Introduction to RCN Library Services](#)

14 October 2025, 12pm – 12.45pm (online)

27 October 2025, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

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

14 October 2025, 2pm – 4pm (online)

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

Aimed at all nursing support worker roles – join us for this online learning session to learn more about the importance of hydration, nutrition and skin care.

RCN Events – October - November (cont.)

[Writing for Publication with the Royal Literary Fund](#)

20 October 2025, 10am – 12pm (online)

FREE – this event is open to RCN members only

[Referencing Essentials: How to Cite Sources and Avoid Plagiarism](#)

22 October 2025, 12pm – 1pm (online)

FREE – this event is open to RCN members only

[Book launch: Safe Vaccine Administration](#)

23 October 2025, 5.30pm – 7pm (in-person at RCN headquarters, 20 Cavendish Square, London)

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

Join us for the book launch of Safe Vaccine Administration, edited by former RCN colleague Helen Donovan and Professor Helen Bedford.

[The air we breathe: Air pollution and health past and present \(hybrid\)](#)

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

23 October 2025, 5.30pm – 8pm (hybrid – online or in-person at RCN Scotland HQ, Edinburgh)

[The Art of Nursing: Panel Discussion](#)

30 October 2025, 5.30pm – 8pm (hybrid – online or in-person at RCN headquarters, 20 Cavendish Square, London)

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

Join us for a public launch of our new exhibition about the art of nursing.

[Advanced Level Practice for Ophthalmic Nursing](#)

3 November 2025, 1pm – 2pm (online)

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

[Help While Waiting – Gynaecology Waiting Lists \(Session 2\)](#)

4 November 2025, 1pm – 2pm (online)

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

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

6 November 2025, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[Supporting patients through secondary infertility: Causes, guidance & emotional impact](#)

11 November 2025, 2pm – 3pm (online)

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

Upcoming conferences in 2025 – book now!

[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 for drawing and mindfulness

13 October 2025 – 5.30pm – 6.30pm (online)

Take time to relax with a mindful 1 hour drawing workshop, designed to reduce anxiety and focus on the creative process.

Time to make bird feeders

29 October 2025 – 3pm – 5pm (in-person at RCN headquarters, 20 Cavendish Square, London)

Come along and bring all the family to this drop-in session to make your own crafty bird feeders and take them home to bring the wildlife to you.

Nursing in learning disabilities – Join us to share your vital insights on learning disabilities nursing

Since 2016, we've been campaigning on the workforce crisis facing Registered Nurses in Learning Disabilities (RNLDs).

Despite some action across the UK, the crisis has worsened – particularly in England, where a lack of funding for nurse education has led to course closures.

In response to these concerns, we've launched a UK-wide review of learning disabilities nursing. We're looking to celebrate and promote the identity of learning disability nurses, and hear from experts from across the UK about what they think are the strengths and challenges in their areas.

We're hosting a series of online workshops to collect insights from Registered Nurses in Learning Disabilities, those undertaking learning disability nursing studies, and other important stakeholders. These events are open to all, including members and non-members. Choose the session that is relevant for you – each session aims to collect views from a specific group.

- **Registered Nurses in Learning Disabilities working in NHS settings**
Date: 23 October 2025, Time: 10am – 12pm [Book here](#)
- **Learning Disability Nursing Students**
Date: 23 October 2025, Time: 2pm – 4pm [Book here](#)
- **Registered Nurses in Learning Disabilities working in independent health and social care settings**
Date: 30 October 2025, Time: 2pm – 4pm [Book here](#)


RCN Education Conference 2026 – Call for abstracts deadline approaching!

Our 2026 RCN Education conference aims to shine a spotlight on nurse-led innovations that drive meaningful, sustainable change across health and social care education and practice.

Taking place 15 – 16 April 2026 in Exeter, the theme is Celebrating innovation & diversity in nursing education.

We're seeking inspiring, impactful work that showcases:

- Innovations in post-reg, pre-reg & practice education
- Contributions from all levels of nursing inc. students, support workers & internationally educated nurses
- Nurse-led initiatives across the NHS, independent & third sectors

 **Deadline for abstract submissions: 24 October 2025**

Find out more about the [RCN Education Conference 2026](#)



'Inspiring Conversations' webinar series – starts 4 November

The RCN has partnered with the NHS to bring you an inspiring new webinar series dedicated to supporting and empowering the future of nursing. This is the first of our 'Inspiring Conversations' webinars.

Join us on 4th November at 17:30 - 18:30, for 'Inspiring Conversations: A Fireside Chat with Duncan Burton'. RCN students will interview Duncan Burton, Chief Nursing Officer for England, as he shares his career journey and provides valuable insights to help you progress in your own nursing path. This **free** webinar is open for all nursing students to join.

RCN Students will amplify the voices of their peers by asking your questions. Submit your questions for Duncan Burton using the form below. Don't miss this opportunity to engage with the Chief Nursing Officer for England.

Please note: the deadline to submit interview questions is midday on 10 October 2025.

Find out more, submit your question for Duncan, and book here:

[Inspiring Conversations: A Fireside Chat with Duncan Burton, Chief Nursing Officer for England](#)



Look out for more 'Inspiring Conversations' webinars coming soon!

Get set for Nursing Live 2025 – 5 – 6 November, in Birmingham!

Nursing Live is an annual event, designed to bring the nursing community together for high-quality professional development, peer-to-peer collaboration, well-being, networking, lifestyle activities and inspiration.

This year's programme will be packed with useful and insightful sessions for all nursing staff, facilitating learning, insight, growth and that all-important participatory CPD for revalidation. Spanning four theatres, two workshop areas and a therapeutic space, topics covered will support you in your personal and professional growth so you can leave Nursing Live feeling updated, rejuvenated, refreshed and empowered.

Where and when

Date and time: 5 November (9.30am – 5pm) and 6 November (9.30am – 4.30pm)

Location: NEC Birmingham, B40 1NT



Click here to view our event programme: [Nursing Event Programme | Nursing Live | RCNi](#)

Register for your FREE ticket here: [Nursing Live 2025](#)

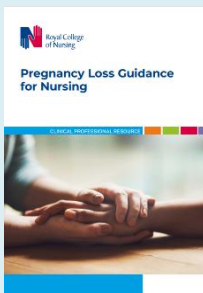
More Resources from the RCN that can support your professional development:

- [Learning Resources](#) – Includes resources that are free to access for RCN members and provide an introduction to a growing range of nursing essentials. Includes [First Steps](#), [Introduction to Prehabilitation](#), [Every nurse an E-Nurse](#), [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

New professional development publications available:

RCN Research Strategy

The nursing community requires a unified approach to embedding research at the heart of practice. The RCN Research Strategy aims to provide a framework to empower nurses to lead, engage with, and apply research that transforms person-centred care, improves outcomes, and addresses complex health challenges.



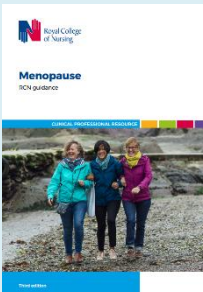
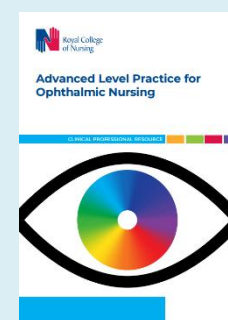
Pregnancy Loss Guidance for Nursing

Nurses and midwives should be aware and comfortable supporting the potential distress associated with pregnancy loss regardless of gestation. The unexpected loss of a pregnancy at any gestation can be frightening, devastating and traumatic, leading to depression and anxiety. This guidance is intended to provide an overview of the needs of those who have suffered a pregnancy loss, and to support best practice for nurses working in a wide range of settings.



Advanced Level Practice for Ophthalmic Nursing

Ophthalmic nursing offers opportunities for advanced level roles, and this publication aims to outline the roles, and ways in which nurses could transition to advanced level practice. These competencies outline how nurses can progress through the levels of practice to become specialists within this field of practice, enhance patient care, as well as ensuring career progression which is essential in developing the profession.



Menopause: RCN guidance

Menopause impacts on most peoples' lives, men and women, and it is important that all nursing teams have a good understanding of how different menopause can be for individuals, and their families. This updated publication aims to support best evidence-based practice for health care professionals to renew and update their understanding of the potential physical and psychological impact on daily living and work/life of the menopause. It includes guidance on advice and care recommended to best support women through the menopause, where required.

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](https://rcn.org.uk/publications) (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/>

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](#)

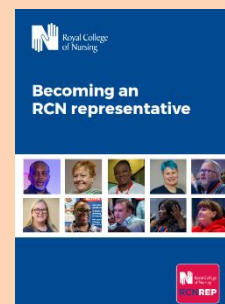
Get Active locally with your RCN Branch!

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](#)

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](https://www.rcn.org.uk/student-ambassadors)

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.



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 [Support](#) section of the website also addresses several common queries.

The postal loan service is still available and dispatching books 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.