

RCN Wales Study Centre Newsletter November 2025

Dear Colleague

Welcome to our November 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.

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

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>

Introduction to Diabetes: Foundations for nursing practice webinar

Tuesday 10 February 2026, 9.30am – 12.30pm (online)

Aimed at Registered Nurses and nursing students in the final year of a pre-reg. nursing degree, working in the NHS or Independent Health and Social Care Sector, this webinar aims to raise understanding of diabetes, including diagnosis, risk factors and its management, exploring complications and nursing care. Book now at: <https://bit.ly/4hoxlBb>

Addressing health inequalities for people with dementia webinar

Tuesday 17 March 2026, 9.30am – 12.30pm (online)

This webinar will focus on the needs of people presenting with dementia from marginalised groups and how health care professionals from the nursing team can better help and support them. Suitable for all members of the nursing team: registered nurses, Health Care Support Workers/ Health Care Assistants, and pre-reg. nursing students working in the NHS or Independent Health & Social Care Sector. Book now at: <https://bit.ly/476MXph>

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).

Celebrating our incredible Health Care Support Workers across Wales, join us for a day of reflection, education, and inspiration.

Refreshments provided | Networking opportunities throughout the day

**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



Nursing Support Workers' Day 2025 – 23 November

Nursing Support Worker Day returns on 23 November 2025!

Every nursing support worker plays a core part of the day-to-day running of health and care services across all settings, supporting registered nurses to ensure patients get the best possible care.

Nursing Support Workers' Day is about shining a light on your roles and your skills and to say thank you for the essential care you give every single day.



- ★ In Wales, we are holding our annual **RCN Wales Health Care Support Worker Conference**, this year taking place at the RCN Wales headquarters in Cardiff on Wednesday 26 November – you can still [book a place](#) – **bookings close 19 November!**
- ★ This event is **FREE** for RCN Nursing Support Worker and Student members!

A Nursing Support Worker Conference will also be taking place in-person at the RCN headquarters in London on Saturday 22 November, with the theme being 'Our story our legacy'. [Find out more and book a place.](#)

Stay up to date with what is happening this year on the [Nursing Support Workers' Day webpage](#)

Support Nursing Support Worker day on social media and in your workplace with [downloadable graphics and posters](#)

Don't forget – our [Nursing Support Worker webpages](#) include lots of resources to help support your role development.

Get set for Congress 2026!

Applications for voting members now open, and submit your debate ideas

Congress will take place on 18 – 21 May 2026, at the ACC in Liverpool.

Applications are now open for RCN Congress 2026 funded voting members. As a voting member, you'll be able to vote on important debates, represent fellow members and help shape the work we take forward.

Send in your application by Sunday 7 December 2025.

➔ <https://www.rcn.org.uk/congress/>



Help shape the Congress agenda:

Having an item debated at Congress is a great opportunity to highlight important issues and influence the RCN's work. Suggestions for potential agenda items can be submitted by RCN boards, branches, forums or representative committee members.

The deadline for submissions is Wednesday 7 January 2026.

[Submit a Congress agenda item](#) | [Congress](#) | [Royal College of Nursing](#)

Guidance: [What makes a good Congress agenda item?](#) | [Congress](#) | [Royal College of Nursing](#)

RCN Wales Roundtable for the Independent Sector - 'Leadership, Learning and Future Directions: Reflections from Independent Health and Social Care.'

Date: 2 December 2025 Time: 10am – 12pm Venue: Online

Nursing staff working in the independent health and social care sector across Wales – join us for this online roundtable, on the theme 'Leadership, Learning and Future Directions: Reflections from Independent Health and Social Care.'

As we close the year, this roundtable will offer space to reflect on the challenges and achievements across the independent sector, explore leadership and CPD opportunities, and shape priorities for 2026.

This event provides an opportunity to network with other colleagues based within the Independent health and social care sector to share stories and your unique experiences of working in Wales. We hope this event will develop relationships across the sector which will build confidence and amplify the voice of nurses.

To book your place and for further information about the roundtable events, please email: IndependentSectorandCommunity@rcn.org.uk by Tuesday 25 November 2025.

RCN Wales is proud to be an Agored Centre – boost your knowledge and skills and gain academic credits with our new learning opportunities

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.

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!

Find out more at rcn.org.uk/Agored

Upcoming programmes now available for bookings:

❖ **Compassionate Leadership** – 2 credits at Level 3
(2-day course, 4 and 11 February 2026 – bookings open!)

Cost: £216 inc. VAT per person

Study this online programme to understand how Compassionate leadership enables everyone to feel valued, included and encouraged, so they can reach their full potential and do their best at work. 2 days of taught sessions plus self-directed learning and an assessment.

Suitable for health care staff working in any sector, including NHS or independent health and social care. Primarily aimed at Health Care Support Workers, though open to all.

Find out more about the programme and book online:

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



❖ **Advanced Leadership** – 20 credits at Level 7
(10-day course, starting 25 February 2026 – bookings open now!) Cost: £1000 inc. VAT per person

This online programme for registered nurses is designed to support developing skills in leading and managing themselves and their teams to deliver excellent patient centred care. 10 days of taught sessions plus self-directed learning and assessments. Suitable for registered nurses working in any sector, including NHS or independent health and social care.

Find out more about the programme and book online:

[Advanced Leadership in Nursing Practice programme | Events | Royal College of Nursing](#)



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](#) ↓

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>



Upcoming events to find out more!

➤ **Becoming an RCN Wales Representative – webinars**

Are you interested in becoming an RCN Wales Rep? Join our webinars to find out about the roles available and how you can be involved.

These events will give you an opportunity to hear about the benefits to you and your colleagues and the expectations of undertaking a Rep role.

It will also explain the training programme RCN Wales provides, to enable you to become active as a Rep.

- Book your place – [3 November 2025](#), 4pm – 5pm (online)
- Book your place – [19 November 2025](#), 12pm – 1pm (online)

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](#)

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](#)

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 Events – November – some of the events and conferences coming up...

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

4 November 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 18 November.

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

4 November 2025, 5.30pm – 6.30pm (online)

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

[Free Webinar: An NHS Pension Scheme Update for RCN Members](#)

4 November 2025, 7.30pm – 8.30pm (online)

5 November 2025, 12.30pm – 1.30pm (online)

FREE – these events are open to RCN members only

[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

[Professional Identity in Defence Nursing](#)

11 November 2025, 2pm – 3pm (online)

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

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

12 November 2025, 11am – 11.45am (online)

FREE – this event is open to RCN members only

[Out of the shadows: Shining a light on registered nurses in learning disability working in social care](#)

13 November 2025, 12pm – 2pm (online)

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

[The Art of Nursing: Gender Inequality](#)

13 November 2025, 1pm – 2pm (online)

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

This webinar will explore how art challenges gender inequality for women and can change policy. It will enable us to ask if the arts change the gender disparity in nurse leadership.

[Introduction to Continuous Glucose Monitoring for Primary Care Healthcare Professionals with Eden](#)

13 November 2025, 6pm – 7.30pm (online)

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

RCN Events – November (cont.)

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

18 November 2025, 1pm – 2pm (online)

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

[Sensing Spaces: The History of Colour, Art and Care](#)

19 November 2025, 5.30pm – 7pm (online)

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

[The Future of RCN Student Ambassadors Workshop](#)

19 November 2025, 6pm – 7pm (online)

FREE – this event is open to RCN members only

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

20 November 2025, 10am – 12pm (online)

FREE – this event is open to RCN members only

[Know How to Evaluate Healthcare Information](#)

20 November 2025, 1pm – 3pm (online)

FREE – this event is open to RCN members only

[Lunch and learn: Putting the ME back in menopause](#)

20 November 2025, 1pm – 2pm (online)

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

Join us for an important and empowering session, where we'll explore the personal and professional impact of menopause – particularly in the workplace.

[RCN North Staffordshire learning event: Introduction to cyberpsychiatry](#)

20 November 2025, 1pm – 3pm (online)

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

[RCN Nursing Support Workers Conference 2025](#)

22 November 2025, 10am – 4pm (in-person at RCN headquarters, 20 Cavendish Square, London)

FREE – this event is open to RCN members only

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

26 November 2025, 2pm – 4pm (online)

FREE – this event is open to RCN members only

[Introduction to RCN Library Services](#)

27 November 2025, 11am – 11.45am (online)

FREE – this event is open to RCN members only

[Nursing HIVstory: Remembering the AIDS Pandemic](#)

27 November 2025, 5.30 – 7.30pm (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 in exploring the stories of nurses, midwives and support workers during the early years of the HIV/AIDS pandemic.

RCN Events – November – December (cont.)

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

2 December 2025, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[In Conversation with Nursing Pioneers: Going Digital](#)

3 December 2025, 5.30pm – 7pm (online)

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

[Timely, Tailored, Trusted: Person-Centred Approaches to Time Critical Medication](#)

4 December 2025, 6pm – 8pm (online)

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

Join us for a focused and practical webinar exploring the complexities of time-critical medication management across four key conditions: Diabetes, Epilepsy, Parkinson's, and Sepsis.

[Know How to Search CINAHL](#)

9 December 2025, 2pm – 3pm (online)

FREE – this event is open to RCN members only

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 to craft](#)

8 December 2025 – 5.30pm – 6.30pm (online)

In this 1-hour online workshop, Catalina Cerlinca will guide you through making your own papercraft. Bring your own coloured paper and create festive decorations or gifts!

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.



These 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....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](#)

RCN Long-term Conditions Conference 2026 – Call for posters!

The debut RCN Long-term conditions conference will take place on 17 June 2026 in Sheffield, and the theme is 'Tackling health inequalities in long-term conditions: Working together, turning vision into reality'

Have you recently embedded a patient-centred initiative that has significantly improved outcomes? Whether you are a first time or experienced presenter, we want to hear from you!

We welcome submissions from nurses and practitioners working across all settings and levels of practice. This conference is open to RCN members and non-members alike.

★ Poster categories

The three poster categories we welcome abstract submissions for are:

- an impactful innovation in addressing health inequalities
- a project that showcases excellence in partnership working
- a patient-centred initiative.

 **Deadline for abstract submissions: 19 November 2025**

Find out more about the [RCN Long-term Conditions Conference 2026](https://www.rcn.org.uk/long-term-conditions-conference-2026)



Interested in a particular nursing topic? Join a forum via [MyRCN](https://www.rcn.org.uk/get-involved/forums)

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

New professional development publications available:

[Care amongst the chaos – The voices of nurses working in conflict](#)

This report outlines the rising incidence of violence against staff and health facilities, and presents accounts from nursing staff working in many war zones. It is grounded in the fundamental principle that health care workers must be protected, not persecuted. It does not align with any side in any conflict. It stands for the right of nurses and other health professionals to deliver care in safety, wherever they are.



[Transition from Fertility to Maternity Care](#)

Pregnancy following fertility treatment can be an exciting, challenging and anxious time for expectant parents. This updated guidance is primarily to raise awareness of possible pathways of care for women (and their partners/support networks) as they travel through fertility treatment and pregnancy, and how they can best be supported by the health care professionals they encounter along their journey.

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

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



'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)

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/>

ICYMI – 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.

RCN Wales launched its manifesto for nursing in September – everything an incoming Welsh Government needs to get a head start in tackling the biggest crises facing health and care in Wales,

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

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



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, check email, meet friends, charge your phone, and do your printing. We're open Monday to Friday in Cardiff, 9:00am-5:00pm.



Welcome to Our New RCN Wales Librarian - Louise Wallace



We're delighted to welcome Louise Wallace, who joined as the RCN Wales Librarian in September. Louise brings over a decade of experience supporting healthcare professionals with research, study skills, and information services.

Whether you're looking for help with literature searches, referencing, or navigating library resources, Louise is here to support you. Feel free to reach out via email, phone, or drop by Ty Maeth for a chat.

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.

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