

## RCN Wales Study Centre Newsletter March 2026

Dear Colleague

Welcome to our March 2026 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](mailto:CPDWales@rcn.org.uk) for further details.

Follow us on a social media platforms and to support our campaigns, events and activities.



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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](https://rcn.org.uk/wales-events)

#### Addressing health inequalities for people with dementia webinar

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

This informative 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 working in any sector.

Book now at: <https://bit.ly/476MXph>

#### Strategies for promoting personal health and wellbeing webinar

Thursday 23 April 2026, 10am – 1pm (online)

Take care of yourself and your team! This webinar aims to promote the importance of health and wellbeing of self and the team, including identify sources of support available to you, and strategies you can use. Suitable for all members of the nursing and midwifery team, working in any sector.

Book now at: <https://bit.ly/4afoX50>

#### Record Keeping webinar

Tuesday 9 June 2026, 9.30am – 12pm (online)

Essential knowledge for all the nursing team, this webinar aims to examine and explore best practice processes involved in record keeping, including all different types of records (both written and electronic) in health and social care; explore potential concerns around record keeping, aligned with accountability, responsibility and the standards required of you in practice; and enable a greater awareness of the resources available to support you in your practice.

Book now at: <https://bit.ly/4kFYa5y>

#### Leadership in Action webinar

Thursday 8 July 2026, 9.30am – 12.30pm (online)

This interactive webinar focuses on the real-world skills needed to lead with integrity, support colleagues and contribute to safe, high-quality care. Whether you're new to leadership or looking to strengthen your professional voice, this session provides practical tools you can use immediately in your daily practice. Suitable for all roles in the nursing team, working in any sector.

Bookings opening soon at [rcn.org.uk/wales-events](https://rcn.org.uk/wales-events)

#### Accountability and Delegation webinar

Tuesday 11 August 2026, 9.30am – 12.30pm (online)

Suitable for all members of the nursing team who are working in any sector, this webinar aims to highlight the general principles of accountability and delegation of duties.

Book now at: <https://bit.ly/4tXaQsQ>

## Wales Election 2026: Ask the Candidates

This May, Wales will elect a new Welsh Government. Do the people seeking your vote have a plan for nursing in Wales?

Join our online events for the chance to put your questions to a live panel of candidates standing for election near you. Whether it's about corridor care, pay, safe staffing, nursing education, community nursing, or care homes, this is your chance to tell them what it's like to nurse in 2026 – and to ask them what their party will do if elected.



Find out more about who will be taking part in the discussions on each event date, tailored to geographical areas in Wales. No need to register in advance – click on the meeting joining link on the relevant event webpage on the day!

- [12 March 2026](#), 6pm – 7.30pm (North Wales to Mid Wales)
- [19 March 2026](#), 6pm – 7.30pm (West Wales & Swansea to Radnorshire)
- [26 March 2026](#), 6pm – 7.30pm (South Wales valleys to Monmouth)
- [9 April 2026](#), 6pm – 7.30pm (Newport, Cardiff, and the Vale of Glamorgan)
- Further date in April to be announced – joint event with BMA Cymru

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](https://rcn.org.uk/StrongerNursing)

## Sign up now for the RCN Wales Political Leadership Programme - 30 June and 1 July 2026

Get yourself invaluable insight into the Welsh political landscape and how health 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. 2-day programme, taking place in Cardiff. Designed specifically for nursing staff of all roles, but also suitable for those working in related fields of health and social care, both RCN members and non-members



Course fee: £400 + VAT per person.

Further details and book now at: [rcn.org.uk/PLP](https://rcn.org.uk/PLP)



**Could you or your colleagues  
be a winner?**

## Coming soon...

14 award categories recognising, highlighting and celebrating the dedication, innovation, and outstanding professional care of nursing staff across Wales

[Nominations open Spring 2026](#)

## Get set for Congress 2026!

The highlight of the nursing calendar is back. Congress will take place on 18 – 21 May 2026, at the ACC in Liverpool.

[RCN 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. Plus, with an education and development programme, industry exhibition and buzzing Liverpool location, you're sure to leave Congress feeling energised and inspired.

➔ [Book your free place at Congress today](#)

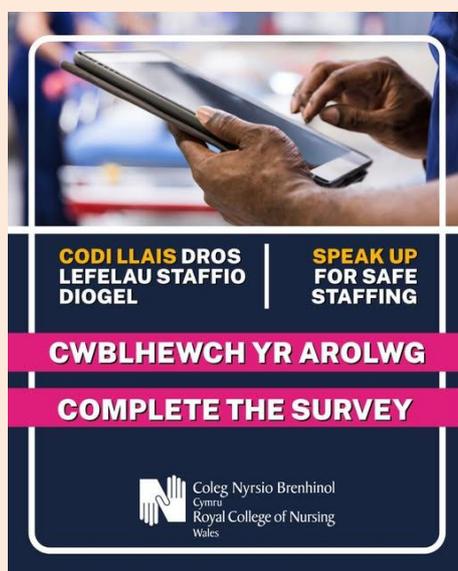


### Dive into the debates

Check out the important nursing topics we'll be [debating](#) at this year's Congress, from misinformation in health care to campaigning for a 35-hour working week.

Get set to debate with our 'Preparing for Congress' webinars:

- Finding and Evaluating Evidence and Critical Thinking
  - [24 March 2026, 2pm – 3pm](#)
  - [28 April 2026, 10am – 11am](#)
- Criticality and Effective Presentation Skills
  - [26 March 2026, 12pm – 1pm](#)
  - [1 May 2026, 11am – 12pm](#)



## Staffing levels survey 2026 - tell us about your last shift/day at work

🚩 Your experience can help drive real change.

Tell us what staffing levels were like the last time you were at work and help us build an accurate picture in Wales of the challenges that nursing and midwifery is facing today.

Safer staffing means:

- ✓ improved patient safety
- ✓ better working conditions
- ✓ improved staff retention and recruitment

The survey takes 10–15 minutes: <https://bit.ly/4qZB3UM>

Help us to demand better for our profession



## 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**

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

[Know How to Search CINAHL](#)

18 March 2026, 11am – 12pm (online)

FREE – this event is open to RCN members only

[Update and member Q&A on job evaluations and pay with Prof Nicola Ranger](#)

18 March 2026, 5.30pm – 6.30pm (online)

All RCN members are welcome and will be able to put questions directly to leaders.

[RCN and The Eve Appeal webinar: HPV self sampling – what you need to know](#)

19 March 2026, 1pm – 2pm (online)

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

[Winifred Raphael Memorial Lecture: Health Justice](#)

19 March 2026, 5pm – 6.30pm (online or 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

[Employer Sponsor Licence Loss: What It Means for You](#)

25 March 2026, 5pm – 6.30pm (online)

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

Free webinar for UK based nurses, midwives, nursing support workers, or students working on a visa that depends on employer sponsorship. This focused session brings together experts from across RCN Member Support Services to help you understand your rights, explore your options, and take confident next steps if your employer's sponsor licence is suspended or revoked.

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

26 March 2026, 10am – 11am (online)

FREE – this event is open to RCN members only

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

26 March 2026, 10am – 12pm (online)

FREE – this event is open to RCN members only

[Understanding social isolation and loneliness in older adults: Impacts on health and nursing outcomes](#)

26 March 2026, 12.30pm – 2pm (online)

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

[Creating your tomorrow – Plan to have the money you need](#)

26 March 2026, 12.30pm – 1.30pm (online)

FREE – this event is open to RCN members only

Quilter Financial Advisers are delivering a free webinar to help you understand how to secure the income you need for a positive future and a comfortable retirement.

[Living, Working and Adapting: Long COVID – Learning for the Future](#)

2 April 2026, 10am – 1pm (online)

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

Centring the voices of those most affected by Long COVID, this virtual seminar honours lived experience, highlights workforce impact, and challenges systems that exclude or disadvantage people living with ongoing illness.

## **RCN Events – April (cont.)**

[Men and Women's Health](#) – RCN GPN Forum webinar

16 April 2026, 1pm – 2pm (online)

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

[General practice nursing webinar: Influencing pay, terms and conditions in general practice](#)

16 April 2026, 1pm – 2pm (online)

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

[Missionaries and Migrants: A history of nursing and empire](#)

22 April 2026, 6pm – 7.30pm (online)

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

[The Art of Nursing: Many Different Kinds \(with Michael Rosen\)](#)

23 April 2026, 1pm – 2pm (online)

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

[Pain and Palliative Care Forum Member Engagement Webinar](#)

29 April 2026, 1pm – 2.30pm (online)

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

[When Cancer Diagnosis Is Delayed: Supporting Safer Diagnostic Practice for Advanced Nurse Practitioners](#)

29 April 2026, 6.30pm – 7.30pm (online)

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

## **Upcoming conferences in 2026 – save the dates and book now!**

- [RCN Education Forum Conference 2026](#) – 15 and 16 April (in-person in Exeter)
- [RCN Management and Leadership Forum Conference: Leading with scrutiny](#) – 29 April (in-person in London)
- [RCN Long-term Conditions Conference 2026](#) – 17 June (in-person in Sheffield)
- [RCN Neuroscience Forum Conference 2026](#) – 24 June (in-person in London)
- [RCN Acute Care Symposium 2026](#) – 8 July (in-person in London)
- [RCN International Nursing Research Conference 2026](#) – 15-17 September (in-person in Glasgow)
- [RCN Pain and Palliative Care Conference](#) – 22 September (in-person in London)
- [RCN Nurse-Led Innovations and Quality Improvement Conference 2026](#) – 17 November (in-person in London)
- [RCN and SOM Occupational Health Nursing Conference 2026](#) – 27 November (online or in-person in London)

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

## **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](#), [Caring for Emotionally Vulnerable People](#), [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

## Nursing Workforce Standards: Team Manager Workshops

This workshop for team managers will deepen your understanding of the RCN Nursing Workforce Standards and their practical application. These webinars can be attended by all, whether RCN members or not.

### Why attend?

- You'll explore how the RCN Nursing Workforce Standards can serve as a benchmarking tool within your organisation and as a resource to support safe, effective patient care.
- Through practical guidance, you'll learn how to implement the Standards to empower staff, drive continuous improvement, and strengthen leadership practices.
- The session will also provide an excellent opportunity to connect with nurse leaders across the UK, share insights, and exchange best practices.

### Workshop dates – available to book now!

- [16 April 2026](#), 9.30am – 12.30pm
- [14 May 2026](#), 9.30am – 12.30pm
- [14 July 2026](#), 9.30am – 12.30pm
- [13 August 2026](#), 9.30am – 12.30pm
- [15 September 2026](#), 9.30am – 12.30pm
- [15 October 2026](#), 9.30am – 12.30pm



## Wellbeing events

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

### Time to make zines

19 March 2026 – 5.30pm – 7pm (online)

Take time to relax and get creative with a 1 and a half hour zine making workshop led by Hana Ayoob. We will be using a single sheet of paper to create a pamphlet exploring a topic of your choice. We will also take some time to explore the history and present of zines - small self-published magazines or pamphlets which are usually produced in small numbers for no or minimal profit.

### Time to draw with oil pastels

21 April 2026 – 5.30pm – 6.30pm (online)

This Time to Draw with oil pastels session is a fun, relaxed, and accessible workshop led by Yayen. Participants will be introduced to oil pastels as an expressive and intuitive medium, learning a range of simple techniques that encourage play, experimentation, and self-expression.



## '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/>

## New professional development publications available:

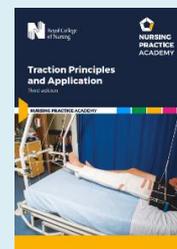
### [Safeguarding children and young people & children and young people in care](#)

Competencies for health care staff Intercollegiate document (2025). The RCN 2020 Safeguarding children and young people: roles and competencies for health care staff publication has been updated and can now be accessed from:

<https://child-health-safeguarding.rcpch.ac.uk/>

### [Traction Principles and Application](#)

The use of apparatus to apply traction to injured limbs has played an important role in the treatment of patients with fractures for centuries. This updated guidance provides information on applying traction and caring for patients safely whilst traction remains in place. It also reflects the variation in the application of traction across the UK.

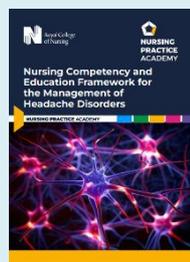


### [Menopause and Long COVID](#)

Women are disproportionately affected by Long COVID, and as the peak incidence occurs between the ages of 35-49, there may be overlap with symptoms of perimenopause and menopause. This guidance, based on available evidence and clinical expertise, aims to outline principles of assessment, diagnosis, management and support to facilitate self-help and recovery.

### [Catheter Care](#)

Continence is one of the fundamentals of nursing care and maintaining continence can significantly increase a patient's quality of life. This update reflects NMC guidance around the standards that nurses must maintain throughout their careers to keep their knowledge and skills up to date, and includes a list of abbreviations, a glossary and an easy to access list of Skills for Health standards.

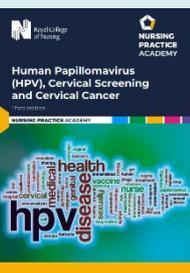


### [Nursing Competency and Education Framework for the Management of Headache Disorders](#)

Headache is an important and growing specialty within nursing practice. Headache disorders, including migraine, represent one of the most common neurological conditions worldwide. This guidance details the critical and evolving role of headache nurse specialists in delivering comprehensive, high-quality care for individuals living with headache disorders.

### [Nurse Specialist in Menopause](#)

The role of a specialist in menopause was included in the 2024 NICE guidelines on managing menopause, however the detail of how this role might be implemented in practice was less clear and subsequently the British Menopause Society (BMS) produced a guide for all health care professionals. This updated publication builds on the BMS agreed standards, focusing on the options for nurses who may choose a career pathway towards becoming a specialist practitioner in menopause.



### [Human Papillomavirus \(HPV\), Cervical Screening and Cervical Cancer](#)

This updated edition includes guidance for registered nurses working in a range of health care settings, in particular those involved in women's health, cervical screening and public health. It focuses on an overview of HPV (including the current vaccination recommendations), the national cervical screening programme, information about colposcopy and some key facts on cervical cancer.

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://rcn.org.uk/publications)

## 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.



### Hello from our RCN Wales Librarian - Louise Wallace



Louise Wallace, who has over a decade of experience supporting healthcare professionals with research, study skills, and information services is our RCN Wales Librarian.

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](mailto: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](http://rcn.org.uk/library/subject-guides)

Please don't hesitate to contact us at any time on [wales.library@rcn.org.uk](mailto:wales.library@rcn.org.uk) or 029 2068 0734

### Visit our current exhibition:

#### **The Pride and Progress of Nursing in Wales - Celebrating 60 years of Tŷ Maeth**

The Journey of RCN Wales marks over six decades of nursing's voice and vision in Wales. Born from the determination and collective effort of nurses across Wales who campaigned and fundraised to establish Tŷ Maeth, a headquarters that would give Welsh nursing its own home and identity.

This exhibition tells the story of resilience, transformation and celebrates the progress that has been made (7 September 2025 - 30 September 2026).

You can visit this exhibition at the RCN Wales Library, Tŷ Maeth, King George V Drive East Cardiff, CF14 4XZ

[Read more information about this exhibition](#)

## The Journey of RCN Wales



## 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>



### 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



We'd love for you to be part of our community of over half a million members

[www.rcn.org.uk/joining](http://www.rcn.org.uk/joining) for professional support and other benefits or call 0345 772 6100.