

RCN Wales Study Centre Newsletter

August 2026

Dear Colleague

Welcome to our August 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 for further details.

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



/RCNWales



rcn_wales



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RCN Wales learning events

You can find details of all our upcoming events on our website at rcn.org.uk/wales-events. Or scan the QR code to go directly to our events page.



Introduction to Diabetes: Foundations for Nursing Practice

Tuesday 6 October 2026, 9.30am – 12.30pm (online) – *low-cost CPD*

This informative webinar aims to raise understanding of diabetes, including diagnosis, risk factors and its management, exploring complications and nursing care. Aimed at Registered Nurses and nursing students in the final year of a pre-reg. nursing degree, working in any sector. Book now at: <https://bit.ly/3PP0hXZ>

Strategies for promoting personal health and wellbeing

Tuesday 13 October 2026, 10am – 1pm (online) – *low-cost CPD*

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 roles in the nursing and midwifery team. Book now at: <https://bit.ly/4v9XmtV>

RCN Wales HCSW Virtual Celebration Event – Fill Your Cup: Reflect. Recognise. Grow.

Tues 24 November 2026, 9.30am – 1pm (online) – *Free for RCN Nursing Support Worker members!*

Join us for an online celebration of Health Care Support Workers, recognising your contribution, sharing inspiring stories, and supporting your future career.

Book now at: rcn.org.uk/WalesHCSW26

RCN Wales Political Leadership Programme

Tuesday 1 and Wednesday 2 December 2026, 10am – 4.30pm each day (in-person in Cardiff)

Cost: £480 inc. VAT per person

This 2-day programme explores how the political environment sets the context for the individual practitioner and the organisation. It will expand your knowledge of how health and social policy are shaped in Wales. Book now at: rcn.org.uk/PLP

Record Keeping webinar

Tuesday 1 December 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/4xnWmTy>

See all our upcoming events at rcn.org.uk/wales-events

Boost your knowledge and skills and gain academic credits with our new education programmes – RCN Wales is proud to be an Agored Centre

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.

Invest in yourself to enhance patient care and find your next learning opportunity!

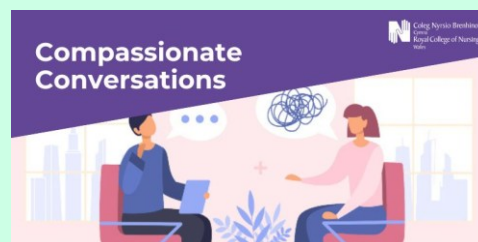
Find out more at rcn.org.uk/Agored

❖ **Compassionate Conversations** – 4 credits at Level 3 **3-day online course, 17, 24 and 30 September – book now!**

Cost: £300 inc. VAT per person

Take the next step in compassionate care and transform your patient interactions.

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. Aimed at Health Care Support Worker roles, however this programme is open to staff across health and social care in Wales working in any sector.



Find out more about the programme and booking information:

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

❖ **Advanced Leadership** – 20 credits at Level 7 **10-day online course, starting 8 October 2026 – book now!**

Cost: £1000 inc. VAT per person

Empower yourself to lead the future of healthcare.

The Advanced Leadership in Nursing Practice programme is designed to empower registered nurses with the skills, confidence, and knowledge needed to lead high-performing teams and deliver exceptional patient-centred care. 10 days of taught online 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 booking information:

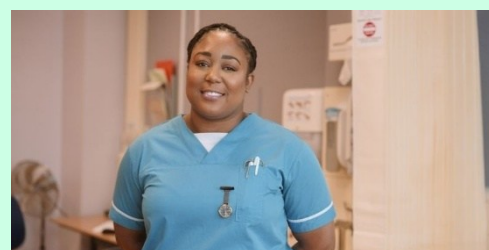
[Advanced Leadership in Nursing Practice programme](#) | [Events](#) | [Royal College of Nursing](#)

❖ **Compassionate Leadership** – 2 credits at Level 3 **2-day online course, 4 and 18 February 2027 – book now**

Cost: £216 inc. VAT per person

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, aiming to deliver an inclusive, engaged, sustainable, flexible and responsive workforce in health and social care.

Aimed at Health Care Support Worker roles, however this programme is open to staff across health and social care in Wales working in any sector.



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

Coming soon...

❖ **Professional Nurse Advocate** – 20 credits at Level 7 – next course Spring 2027

Register your interest to be kept informed when the next courses go live for bookings:

rcn.org.uk/Agored

Working in the heat: know your rights

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](#)
- RCN Magazine article: [Working in the heat: Know your rights](#)
- 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!

RCN Wales Roundtable for the Independent Sector - Opportunity to influence Social Care Wales Workforce Delivery Plan

Date: 21 September 2026 Time: 1pm – 3pm Venue: Online

Do you work in the Independent Health and Social Care sector in Wales? Join us for a virtual roundtable discussion on 21 Sept - we want to hear your views!

Social Care Wales are working with Welsh Government and many others on the Social Care Workforce Delivery Plan for 2027–2030 and want to reflect what matters most to the social care sector in Wales. The RCN is a key stakeholder and requests your insight and expertise, so the reality of the current needs of the social care sector and future workforce challenges are accurately reflected. Join us at the roundtable to share your thoughts on priorities with a member of the Social Care Workforce strategy team.

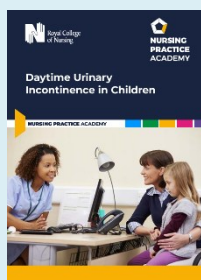
This session will also offer an opportunity to network with colleagues based within the Independent Sector to share stories and your unique experiences of working in Wales. We hope this event will develop relationships across the sector which will build confidence and amplify the voice of nurses. This event is open to members and non-members who are nurses working across the Independent Health and Social Care Sector in Wales.

Event information:

[RCN Wales Independent Sector Roundtable virtual 21 Sept 26 | Events | Royal College of Nursing](#)

To book your place and for further information about the roundtable events, please email: IndependentSectorandCommunity@rcn.org.uk by 12pm on Thursday 17 September 2026.

New professional development publication available:



[Daytime Urinary Incontinence in Children](#)

Functional daytime urinary incontinence and associated bladder symptoms are common in children and young people. This guidance is designed to provide relevant comprehensive information, including the current evidence base and recommendations for assessment and treatment. The forms in the appendices have been designed to be downloaded and completed on screen or on paper.

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

RCN Wales Library

RCN Libraries are open to RCN members, 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 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

Sign up now for the RCN Wales Political Leadership Programme – 1 and 2 December 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: £480 inc. VAT.

Further details and book now at: rcn.org.uk/PLP





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Cymru
Royal College of Nursing
Wales

BOOKINGS OPEN!

RCN Wales Health Care Support Worker celebration event



Fill Your Cup: Reflect. Recognise. Grow.

Tuesday 24 November 2026
Online webinar - 9.30am - 1pm

FREE for RCN Nursing Support Worker members
£24 for non-member Nursing Support Workers

Join RCN Wales as we celebrate Nursing Support Workers' Day (23 November) and 25 years of nursing support workers being part of the RCN.

This engaging webinar will bring together national insight, real experiences, and practical learning - and will include an informative and energising programme to update your knowledge and celebrate your Health Care Support Worker role - whether you're just starting out or have years of experience, this event is designed just for you — our incredible Health Care Support Workers across Wales.

Further programme information available on our event webpage.

**Find out more and book onto this event,
scan the QR code or visit:**

rcn.org.uk/WalesHCSW26

The closing date for receipt of all bookings and payments (if applicable) is Friday 20 November 2026.

Cancellations received BEFORE 5PM TUESDAY 17 NOVEMBER 2026 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



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DDP gyda RCN Cymru
CPD with RCN Wales

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

[Know How to Search CINAHL](#)

19 August 2026, 2pm – 3pm (online)

FREE – this event is open to RCN members only

[Dementia-Friendly Environments in Acute and Community Care Creating Spaces That Support Independence, Dignity and Wellbeing](#)

20 August 2026, 12.30pm – 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](#)

20 August 2026, 1pm – 2pm (online)

FREE – this event is open to RCN members only

[The fight for the vote: suffragettes and nursing](#) (Hybrid)

20 August 2026, 6pm – 7.30pm (online)

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

[Mental health physical activity clinical champions \(PACC\) Webinar](#)

1 September 2026, 12.30pm – 2pm

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

[National Curriculum and Competency Framework for Emergency Nursing \(Level 1 -2\)](#)

2 September 2026, 2pm – 3pm (online)

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

This webinar aims to support members and nurses within Emergency Care both as managers/mentors for signing nurses off, and for members and nurses to understand the competencies and how they can achieve them.

[Nurses on the Frontline: A History of Sickle Cell](#)

2 September 2026, 6pm – 7.30pm (online)

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

Exploring the pioneering nurses who initiated and developed specialist services to treat sickle cell and thalassaemia.

[Boost Your Writing Confidence with the Royal Literary Fund](#)

10 September 2026, 2pm – 4pm (online)

FREE – this event is open to RCN members only

[The Digital Revolution: Exhibition Launch](#) (hybrid)

16 September 2026, 6pm – 8pm (hybrid – online, or in-person from 5.30pm at RCN HQ, London)

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

[Introduction to RCN Library Services](#)

23 September 2026, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[Early Pregnancy Loss: Nursing Care Outside of the Early Pregnancy Unit](#)

23 September 2026, 1pm – 2pm (online)

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

[Understanding Generative AI](#)

29 September 2026, 2pm – 3pm (online)

FREE – this event is open to RCN members only

RCN events (cont.)

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

- [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 and NaTHNaC 9th Joint Travel Health Conference 2026](#) – 26 September (online)
- [RCN Advanced Nurse Practitioner Conference 2026](#) – 2 October (in-person in London)
- [RCN Retired Members' Conference 2026](#) – 6 October (in-person in London)
- [RCN Fertility Nursing Conference 2026](#) – 15 October (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)
- [RCN Women's Health Forum Conference 2026](#) – 8 December (in-person in London)

Nursing Workforce Standards: Team Manager Workshops

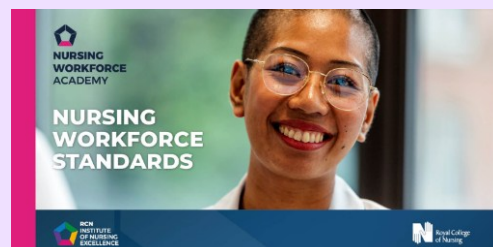
This workshop for team managers will deepen your understanding of the RCN Nursing Workforce Standards and their practical application. These webinars can be attended by all, whether RCN members or not.

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!

- [13 August 2026](#), 9.30am – 12.30pm
- [15 September 2026](#), 9.30am – 12.30pm
- [15 October 2026](#), 9.30am – 12.30pm



'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/>

Let's be the Voice of Nursing together. Become an RCN ambassador today.

[RCN Ambassadors](#) are members who promote the activities of the RCN and the benefits of membership to their nursing colleagues. It's a simple and fun way to be the voice of nursing, every day.



An RCN Ambassador:

- is often the first point of contact and keeps their direct team and colleagues, whether in the RCN or not, up to date on RCN activities, campaigns, support and services
- promotes RCN events and campaigns by distributing leaflets, adding posters to noticeboards, etc.
- signposts colleagues to relevant RCN services and campaigns, if approached.
- acts as a local link for RCN reps and RCN officers.

➤ [Sign up today to be an RCN Ambassador](#)

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>



Interested to find out more? Join one of our upcoming webinars:

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.

➤ [26 August 2026](#), 12pm – 1pm

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](#)

Have your say – current elections and upcoming RCN AGM

Current elections – voting open now

As a member, it's important to make your voice heard by voting in RCN elections.



Voting is now open for candidates to a number of seats on RCN Council, including the Wales and Student member for Wales seat, RCN President and Deputy President. Voting in this election is open to all RCN members in all categories of membership. Voting will be conducted by postal ballot, with ballot papers arriving from 3 August onwards. Completed postal ballots must be received by Monday 7 September.

Find out more here: [Current RCN elections and appointments | Royal College of Nursing](#)

RCN Annual General Meeting 2026

8 September 2026, 2pm – 5.30pm

Attend online or in-person at RCN HQ, 20 Cavendish Square, London, W1G 0RN



Your voice matters – be part of the conversation

The AGM is an opportunity to come together with fellow members and find out the latest about how the RCN is performing against its long-term strategic and financial targets. Have your say in the governance of the RCN.

To attend in person

Advance booking will be open shortly.

To attend remotely

To join online, on the day, use the joining link that will be emailed to all members by Civica Election Services (CES) by Friday 4 September.

Find out more here: [RCN Annual General Meeting 2026 | Royal College of Nursing](#)

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.



The voice of nursing