

RCN Wales Study Centre Newsletter October 2026

Dear Colleague

Welcome to our October 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



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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/3PPOhXZ>

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>

Joint Education and Innovation Event with RCN Wales and Frontier Medical Group on Pressure Ulcer Prevention

Wednesday 25 November 2026, 10am – 2pm (in-person in Cardiff) – *Free learning event*

Open to all members of the nursing team working in any sector, join this joint education session with Frontier Medical to learn more about real-world challenges of pressure area prevention and management, pressure area care education, including the updated International Guidelines, and the RCN campaign to end corridor care. Book now at: <https://bit.ly/4gNg1Hi>

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

❖ **Advanced Leadership** – 20 credits at Level 7
10-day online course, starting 8 October 2026 – book by Friday 25 September! 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](#)

Programmes coming soon:

❖ [Professional Nurse Advocate](#) – 20 credits at Level 7 – next course starting March 2027 – bookings open soon!

Register your interest to be kept informed of upcoming course dates at:
rcn.org.uk/Agored

Support to attend professional development programmes:

- The [RCN Foundation](#) offers education grants – applications are open NOW, for courses starting between January 2027 – January 2028 – be quick though, applications close 5pm 30 September 2026. See the next page for further details 

RCN Foundation Education Grants now open – apply 30 September!

Are you looking for funding to support your professional development?

RCN Foundation education grants are now open!

Grants range from £500-£2,500 and you don't need to be an RCN member to apply.

- ★ NEW for 2026! Including 2 new scholarships specifically for nurses in Wales – specific details about these here: [RCN Foundation Welsh Scholarships](#) | [RCN Foundation](#)

Applications close at 5pm on 30 September. For more info and to apply, follow the link: [Education grants](#) | [RCN Foundation](#)



Funding available

To support your continuous
professional development

Apply by 5pm on 30 September



Open to applications from nurses, midwives, nursing associates, maternity assistants, healthcare support workers and students. You don't need to be a member of the RCN to apply.

- **RCN Foundation Professional Bursary Scheme (PBS):** grants of up to £1,600 available for continuous professional development. Open to UK registered nurses, midwives, healthcare support workers, nursing associates and maternity assistants
- **RCN Foundation Olufunke Adeyeye Education Grant:** for registered nurses, midwives, healthcare support workers, maternity support workers and care workers from the Global Majority. Grants of up to £1,600 available to support them as they undertake further training and development
- **RCN Foundation Welsh Scholarships:** two new scholarships available for nurses in Wales (Hettie C Hopkins Geriatric Scholarship: for nurses supporting and working with older people in any sector and Alun Islwyn Nursing Scholarship: for nurses in all sectors). Both offer grants of up to £1,600 for continuous professional development
- **RCN Foundation Into Nursing Grant:** up to £1,000 available to graduates who have obtained a previous degree in any academic discipline and wish to pursue a nursing degree
- **RCN Foundation Needlemakers Grant:** for graduates who wish to retrain to become a nurse, with up to £1,000 per year, for up to two years (total up to £2,000), with continuation into year 2 dependent on academic progress. Applicants must hold a previous degree and demonstrate passion for nursing as well as healthcare experience
- **Quality Improvement Grants for Sustainable and Greener Nursing and Midwifery Practice:** grants of up to £2,500 available to support projects that improve healthcare quality whilst reducing environmental impact. Open to UK registered nurses, midwives, nursing associates, health and support care workers and maternity assistants

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 "Honouring Our Communities", focussing on celebrating and recognising individuals, networks, and local heroes whose contributions are part of everyday life, yet too often go unseen.

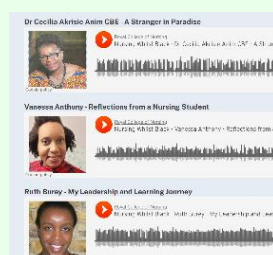


[RCN Library reading list for Black History Month](#)

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](#) of anti-racist action, insights from the Welsh experience

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.



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

Back by popular demand: our [Let's talk...Equity, Diversity and Inclusion \(EDI\) webinar series](#) is your chance to learn, share and reflect on particular EDI topics.



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.

Our focus for these webinars is on providing a space for shared discussion and learning, personal and professional reflection around a set topic. Each session will begin with an introduction to the topic including key information and background knowledge. You'll then be invited to share your thoughts and experiences and have the opportunity to learn from each other and ask any questions you may have to our facilitators or the wider group.

The webinars are open to all RCN members and each one covers a standalone topic - so you can attend as few or as many as you like.

Book a webinar:

- **Let's Talk.... Anti-Racism** - 6 October 2026, 2pm – 3pm - [Book now](#)
- **Let's Talk....Allyship** – 4 November 2026, 11am – 12 noon - [Book now](#)
- **Let's Talk....Disability** – 10 December 2026, 3pm - 4pm - [Book now](#)
- **Let's Talk....Psychological Safety** – 12 January 2027, 6pm – 7pm – [Book now](#)
- **Let's Talk....LGBTQIA+** – 10 February 2027, 11am - 12 noon - [Book now](#)
- **Let's Talk....Women's History month** - 8 March 2027, 1pm – 2pm – [Book now](#)

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



New professional development publications available:



Safe Management of Hazardous Medicinal Products in UK Healthcare Settings. A UK Multidisciplinary Consensus Document

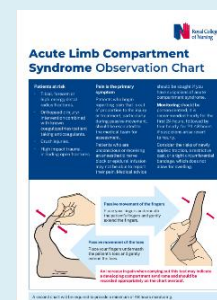
Hazardous medicinal products (HMPs) are used across a wide range of therapeutic areas and health care settings. While these medicines provide important benefits for patients, occupational exposure may present risks to health care workers and others involved throughout the medicine's lifecycle. The consensus document has been developed through multidisciplinary collaboration and aims to support a more consistent UK approach to the identification, occupational risk assessment and safe management of HMPs.

Published jointly by BOPA – British Oncology Pharmacy Association, UKONS – UK Oncology Nursing Society, PASG – Pharmacy Aseptic Services Group, RCN – Royal College of Nursing and APTUK – Association of Pharmacy Technicians UK. Please note that consultation remains ongoing.

Acute Limb Compartment Syndrome Observation Chart

This updated chart is designed to assist nursing staff in increasing their awareness of the symptoms of acute limb compartment syndrome (ALCS) and the required monitoring where ALCS is suspected.

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



Interested in a particular nursing topic? Join a forum via [MyRCN](https://myrcn.org.uk)

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

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

First year Nursing students - this webinar is for you! 'Starting Strong: Essential Academic Skills for Nursing Students'

Date: 20 October 2026 Time: 6pm - 7pm

This informative webinar will introduce first-year nursing students in Wales to key academic skills that will support both your studies and future nursing practice. You will explore the importance of evidence in healthcare and learn how library resources can help you access reliable information.



The session will also provide an overview of responsible AI use, academic integrity, academic writing, reflective practice and referencing.

By the end of the session, students will be familiar with these core concepts and know how to access further support and resources through RCN Libraries as you progress through your programme.

Aimed at first-year nursing students, but open to all nursing students in Wales - you do not need to be an RCN member to join this event!

Book now: [Starting Strong: Essential Academic Skills for Nursing Students](#)

RCN Starting Out – for student and early careers 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.

A quick guide to

RCN Starting Out



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



Wales seat on RCN Students Committee open for nominations!

Are you passionate about improving the experience of nursing students and want to make sure all RCN policy and activity is developed with a consideration of how it impacts on student members?

If so – nominate yourself to join the [RCN Students Committee](#) as the member for Wales! The committee place is for a two-year term of office from 1 January 2027 to 31 December 2028.

Nominations close at 4.30pm on Monday 19 October.

Find out all the details here: [RCN Students Committee election](#) | [Royal College of Nursing](#)



Recently graduated? Check out our Early Career Nurses resources

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

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



RCN Early Career Nurses Network

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

Career resources for student nurses and newly registered nurses

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

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

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

23 September 2026, 4.30pm – 5.30pm (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

[Supporting people with learning disabilities across the lifespan](#)

30 September 2026, 10am – 4pm (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 October 2026, 12.30pm – 2pm (online)

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

[Know How to Search CINAHL](#)

1 October 2026, 2pm – 3pm (online)

FREE – this event is open to RCN members only

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

6 October 2026, 1pm – 3pm (online)

FREE – this event is open to RCN members only

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

14 October 2026, 12pm – 12.45pm (online)

FREE – this event is open to RCN members only

[RCN Nursing Workforce Standards - team manager workshop October 2026](#)

15 October 2026, 9.30am – 12.30pm (online)

RCN members - £18; non-members - £30

[IEN Webinar: Tackling Racism in the Workplace](#)

15 October 2026, 6pm – 7pm (online)

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

[The NHS Pension explained! Understand your retirement plan](#)

21 October 2026, 7pm – 8pm (online)

FREE – this event is open to RCN members only

[Managing Long-Term Conditions in the Prison Setting](#)

21-22 October 2026, 10am – 4pm (in-person at RCN HQ, London)

£450 plus VAT pp

This two day, in person workshop equips newly qualified nurses, those new to prison nursing and those working in long-term conditions roles, with the confidence, knowledge, and practical skills needed to deliver safe, evidence based care within prison settings.

RCN events (cont.)

Evaluating online information for nursing: What can you trust?

22 October 2026, 10am – 11am (online)

FREE – this event is open to RCN members only

General practice nursing webinar: Influencing pay, terms and conditions in general practice

22 October 2026, 1pm – 2pm (online)

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

Moved to Care Exhibition Launch (Hybrid)

22 October 2026, 6pm – 7.30pm (online)

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

'Cli-Fi' Book Club: Green Libraries Week

27 October 2026, 5.30pm – 7pm (online)

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

Bone appétit: Digesting the evidence in trauma and orthopaedics nursing

28 October 2026, 1.30pm – 3pm (online)

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

Urgent and Emergency Care Forum – Information sharing to tackle violence and the role of emergency nurses in violence reduction

29 October 2026, 1pm – 2pm (online)

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

RCN History of Nursing Lecture: "Into the Ring: the Rise of Unionism"

29 October 2026, 6pm – 8pm (in-person at RCN HQ, London)

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

RCNi Nursing leadership summit: migraine and headache services

30 October 2026, 9.30am – 5pm (in-person at RCN HQ, London)

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

Continuous Clarity: CGM Confidence for Care Home

30 October 2026, 2pm – 3pm (online)

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

Upcoming conferences in 2026 – book now!

- [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)

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

RCN Education Conference 2027 – Call for abstracts deadline approaching!

Taking place 13 – 14 April 2027 in Brighton, the theme for the RCN Education Conference 2027 is ‘Shaping the Future of Nursing Education: Innovation, Inclusion and Impact’.

Bringing together nurse educators, researchers, practitioners, students and leaders from across the profession to explore how we can shape the future of nursing education through innovation, inclusion and meaningful impact.

We are inviting submissions that showcase pioneering practice, research, service improvement, partnership working and educational excellence. Whether you are leading transformative initiatives, advancing evidence-informed practice or developing new approaches to learning and professional development, we want to hear from you.

 **Deadline for abstract submissions: 30 October 2026**

Find out more about the [RCN Education Conference 2027](#)



Get set for Nursing Live 2025 – 9-10 November, in Birmingham!

[Nursing Live](#) brings together healthcare professionals for two days of CPD, practical education, wellbeing support and networking.

Build your knowledge through more than 150 sessions delivered by over 200 expert speakers, covering a wide range of topics including mental health, cancer care, children's care and leadership. Hear from influential keynote speakers, discover the latest developments in practice and explore practical learning designed to support your everyday role.

Whether you're focused on patient care, career development or well-being, attend our sessions and leave informed, motivated and empowered!

Where and when

Date and time: Monday 09 (9.30am – 5pm) and Tuesday 10 November 2026 (9.30am – 4.30pm)

Location: Hall 2, 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 2026](#)



'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)

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.

- [8 October 2026](#), 2pm – 3pm
- [22 October 2026](#), 3pm – 4pm

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](#)



Have your say on the future of RCN branches – complete our survey today!

Strong local branches are essential to building our collective strength, building activism and ensuring members' voices shape the future of nursing.

[Complete our survey](#) and help shape the future of member participation, engagement, representation and activism.

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.