

RCN Wales Study Centre Newsletter October 2020

Dear Colleague

In order to reduce the risk to our members and the public during the on-going COVID-19 situation, the RCN has taken the difficult decision to cancel all in-person events until further notice. We will not resume our in-person events programme until we feel it is safe to do so and in consultation with government guidelines.

As a Royal College we have a responsibility to play our part in containing the spread of the virus whilst ensuring the safety of our delegates. We will continue to monitor the situation.

We apologise for any inconvenience this may cause.

RCN Wales Study Centre Events

We are pleased to confirm the second in our series of online events this Autumn:

Infection Prevention & Control

These events will be held via a Microsoft Teams Meeting. These seminars are suitable for those working in any setting, including the NHS and independent sector. These seminars aim to raise awareness of issues around infection prevention and control, including the chain of infection and basic microbiology, winter health, and skin health.

Morning event – for Registered Nurses and 3rd year nursing students

Friday 20 November 2020, 9.30am – 12.00pm

RCN member (registered nurse) - £30; RCN member (3rd year nursing student) - £18

Non-member (registered nurse) - £45; non-member (3rd year nursing student) - £24

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/w-infection-prevention-and-control-rn-201120>

Afternoon event – for Health Care Support Workers and 1st-2nd year nursing students

Friday 20 November 2020, 1.00pm – 3.30pm

RCN member (HCSW/ 1st/2nd year nursing student) - £18

Non-member (HCSW/ 1st/2nd year nursing student) - £24

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/w-infection-prevention-and-control-hcsw-201120>

UPCOMING: We are currently arranging Leadership study centre events for 15 December 2020. Details will be available in the November edition of this newsletter and on our website at <https://www.rcn.org.uk/wales/wales-events>

If you have any queries relating to RCN Wales Study Centre events please email CPDWales@rcn.org.uk

The RCN celebrates Black History Month

As October draws to a close, there are still a number of events the RCN is holding to celebrate Black History Month, including:



[Nursing Whilst Black](#)

30 October, 5pm – 6pm

Who were the BAME nurses earlier in the twentieth century who led the way for future generations? To close Black History Month, join us for a public event celebrating the lives of BAME leaders in nursing, past and present. This event is open to all, you do not have to be an RCN member to attend.

Nursing Whilst Black podcast series

In this new series we asked nurses, healthcare support workers and students from Black, Asian and minority ethnic backgrounds to share their thoughts, reflections and insights on their lived experiences of working in healthcare and provide some recommendations about how we can all be better equipped to tackle issues of race and racism in the profession.

Listen here:

<https://www.rcn.org.uk/about-us/diversity-and-inclusion/nursing-whilst-black>

For a broader look at the topic of race within nursing, our

Tackling Race Inequalities in Nursing webinar series is still available to view.

This is free and you do not have to be an RCN member

‘Tackling race inequalities in nursing’ is a new online series by the RCN which seeks to start the conversation about the nature of race, racism and structural discrimination and inequality across the profession.

The sessions explored the following topic areas:

- [‘Beyond the banner #BlackLivesMatter’](#) – first live streamed on 19 June
- [‘Race, Racism and Nursing’](#) – held on 24 July
- [‘The Educators’](#) – held on 14 August
- [‘The Regulators and the Employers’](#) – held on 4 September

You can access all these recordings by clicking on each event title above, or by visiting the [rcnevents.tv](https://www.rcn.org.uk/about-us/diversity-and-inclusion/nursing-whilst-black) website. You will need to register on the rcnevents.tv website to access these recordings – this is free and you do not need to be an RCN member to register

Keep the discussion going using @RCN_inclusion and #RCNInclusion

Online RCN Events – November

The RCN continues to hold virtual events during this time. Here is what's coming up in October and November:

Know How to Search CINAHL

Various dates and times, see below

FREE – you need to be an RCN member to attend

Do you struggle with literature searching? Do you need to find information and evidence for patient care or for a course?

We will focus on searching within CINAHL, a database related to nursing and allied health literature. CINAHL is a useful for nursing related literature reviews.

[30 October 2020, 11am – 12pm](#)

[10 November 2020, 2pm – 3pm](#)

Know how to search MEDLINE

6 November 2020, 11am – 12pm

FREE – you need to be an RCN member to attend

We will focus on searching within MEDLINE, a database related to biomedical literature. MEDLINE may help you to find articles from medical journals not covered on nursing databases.

More information and register: <https://www.rcn.org.uk/news-and-events/events/lib-know-how-to-search-medline-061120>

UK RCN Foundation - In Conversation with Christie Watson

11 November 2020, 7.30pm – 8.30pm

FREE – all can attend, you do not have to be an RCN member

Join bestselling author, Christie Watson, for a fascinating webinar in conversation with Foundation Director, Deepa Korea, as she answers your questions and shares her own experiences of the nursing profession, having been a registered nurse for twenty years.

More information and register:

<https://www.rcn.org.uk/news-and-events/events/uk-rcnf-in-conversation-with-christie-watson-111120>

Winifred Raphael Memorial Lecture - Increased risk of Covid-19 on the BAME population

12 November 2020, 6.30pm – 8pm

FREE – all can attend, you do not have to be an RCN member

The RCN Research Society presents this year's Winifred Raphael Memorial Lecture. Aimed at the general public as well as nursing professionals this free evening lecture will raise awareness of inequalities and explore the increased risks of COVID-19 on the BAME population. We will be joined by guest speaker Uduak Archibong PhD MBE, Professor of Diversity at the University of Bradford.

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/uk-winifred-raphael-memorial-lecture-121120>

Missed care, safe staffing and the care home environment

12 November 2020, 6pm – 7.30pm

FREE – all can attend, you do not have to be an RCN member

Gathering the evidence to evaluate implementation and impact for nursing.

Bringing together nurses, the RCN and researchers.

- How will implementation happen?
- What is the evidence on safe staffing?
- What evidence do we need to gather now?

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/missed-care-safe-staffing-the-care-home-environment-12-nov-2020>

RCN Society of Orthopaedics and Trauma Nursing Webinar:

Developing practice in trauma and orthopaedic nursing

16 November 2020. 6.30pm – 8pm

RCN Members - £18 (£15 + VAT)

Non-members - £30 (£25 + VAT)

Three expert speakers will present on the following topics:

- Nutrition
- compartment syndrome - identification and clinical management
- sepsis - nursing care of the patient.

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/uk-sotn-webinar-161120>

Know how to Evaluate Healthcare Information

17 November 2020, 2pm – 3pm

FREE – you need to be an RCN member to attend

How do you choose which articles to use in your work or study? What questions should you ask when evaluating research information? How do you decide if an article is reliable?

This introductory level session is suitable for health care assistants, nursing support workers, students and all members of the nursing family.

More information and register: <https://www.rcn.org.uk/news-and-events/events/lib-know-how-to-evaluate-healthcare-information-171120>

Nursing a pandemic

18 November 2020, 5.30pm – 7pm

FREE – all can attend, you do not have to be an RCN member

Join us for the first in a new series of online events recording the nursing experience of the ongoing COVID-19 Pandemic.

COVID: First Responses

In this first event, we will hear from two people involved in healthcare in different capacities during the early days of the pandemic. The interviewer is Dame Professor Anne Marie Rafferty, RCN President.

More information and register here: <https://www.rcn.org.uk/news-and-events/events/lib-nursing-a-pandemic-181120>

It's not all blood and guts

19 November 2020. 5.30pm – 6.30pm

FREE – all can attend, you do not have to be an RCN member

For International Men's Day, hear from Gary Jones about his 40 years in A&E nursing, through a time of dramatic changes in the NHS.

Gary Jones has faced many challenges in his 40 years of A&E nursing. We invite him to talk from his recent memoir, 'It's Not All Blood And Guts', available from all good booksellers. From his early days as a hospital cadet, through to running his own consultancy, expert witness and training company, we will hear some fascinating, sometimes shocking, patient stories.

More information and register here: <https://www.rcn.org.uk/news-and-events/events/its-not-all-blood-and-guts-191120>

COVID-19 and the future of nursing: an international perspective

23 November 2020, 9am – 10.30am

FREE – all can attend, you do not have to be an RCN member

This webinar brings together colleagues from the UK and Australia in a session to not only hear from senior nursing leaders setting the context in which we find ourselves professionally but we will also hear first-hand experiences of frontline staff working through a pandemic. We will seek to answer 'what next for nursing?'. We will hear from the Presidents of both Colleges of Nursing as they explore nursing in a post COVID-19 world.

As well as hearing from colleagues we have a panel of UK and Australian clinical experts ready to take your questions.

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/uk-covid-19-and-the-future-of-nursing-231120>

The Annual Stephen Hawking Foundation MND Lecture 2020 **25 November 2020, 6.15pm – 9pm**

FREE – all can attend, you do not have to be an RCN member
Presented by the MND Association and RCN, The Annual Stephen Hawking Foundation MND Lecture 2020 aims to bring current research to members of the multidisciplinary team and demonstrate how this might feed into their practice. The 2020 lecture will feature respiratory management and ventilation failure in people living with MND/ALS

This event is suitable for health and social care professionals, students interested in neurodegenerative disorders and members of the public with an interest in MND/ALS.

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/uk-hawking-lecture-251120>

RCN and SOM Occupational Health Nursing Virtual Conference and Exhibition 2020

26 – 27 November 2020

RCN/SOM member, £96 (£80 + VAT)

Non-RCN member, £144 (£120 + VAT)

Join us as we explore the latest topical issues affecting occupational health nursing. Addressing the fundamentals of occupational health nursing on day one, leading experts will cover a range of issues including mental health, the SCPHN register, investigative enquiry and HSE health inspections. On day two we will build on this foundation, focusing on leadership in occupational health nursing with legal issues, coaching and supporting good management.

Engage in live Q&A with our expert speakers, participate in our conference polls and visit our virtual exhibition to find out about the latest products and services available from our exhibitors.

More information and register here:

<https://www.rcn.org.uk/news-and-events/events/uk-occupational-health-271120>

Know how to search the British Nursing Index

27 November 2020, 11am – 12pm

FREE – you need to be an RCN member to attend

Do you struggle with literature searching? Do you need to find information and evidence for patient care or for a course?

We will focus on searching within British Nursing Index (BNI), a UK nursing and midwifery database covering over 400 international journals.

We will explore planning your search and making the most of advanced search techniques needed for a good literature review.

More information and register: <https://www.rcn.org.uk/news-and-events/events/lib-know-how-to-search-british-nursing-index-271120>

Revalidation

COVID-19 Revalidation: The NMC extended revalidation application dates by three months for anyone who was due to revalidate in March – June this year. For those due to revalidate July – December 2020, you will be able to apply for a 12 week extension if you need more time to complete your revalidation application. [See the NMC website for information on how to revalidate during COVID-19](#)

Nursing Standard articles:

- [Ready to tackle revalidation? Here's how to use your COVID-19 nursing experience](#)
- [Revalidation: steps to get your application back on track](#)

Please find below useful links to resources supporting revalidation:

RCN publication – [Your Essential Guide to NMC Revalidation](#)
<https://www.rcn.org.uk/professional-development/revalidation>
<https://www.nmc.org.uk/standards/code/>

Suggested further reading:

Bulman, C. (2013). *Reflective practice in nursing*. Chichester: Wiley-Blackwell.

Jasper, M. (2013). *Beginning reflective practice*. Andover: Cengage Learning.

Johns, C. (2013). *Becoming a reflective practitioner*. Chichester: Wiley-Blackwell

Resources from the RCN that can support your professional development:

- [RCN Clinical Topic pages](#):
- [Learning Resources for HCA's and Assistant Practitioners](#)
- [RCNi Learning](#) – including free modules:
- [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

South Wales Argus Health and Care Awards 2020 Innovative Care in the Care Home Sector Award - nominations open until 22 November 2020

RCN Wales are proud to sponsor the 'Innovative Care in the Care Home Sector Award' as part of the virtual South Wales Argus Health and Care Awards 2020. This award recognises the contribution of a team or individual Nurse and/or Health Care Support Worker who strives to improve the delivery of care in the care home sector through developing ways to enhance nursing care.

The nomination period has been extended until 22 November 2020, and we would love to encourage you to nominate! These awards cover the East, South and West Wales areas, further details can be found at the following: southwalesargus.co.uk/healthandcareawards

RCN Virtual Congress 2020

The virtual programme of debates and fringe events, chosen by the Agenda Committee and Council, started on 9 September and will run through to November.

Nursing staff will be able to join and share their opinions and experiences on topics vital to the profession, shaping the work that the RCN will do to support members into 2021.



October/ November's events and debates:

Date	Event/Debate	Title	
Thursday 29 October 1 – 2pm	Debate	Digital exclusion: how does it affect health and social care?	Proposed by Cheshire East Branch
Wednesday 4 November 8-9pm	Event	Investing in yourself as a leader	Hosted by RCN Management and Leadership Forum
Tuesday 10 November 8-9pm	Debate	Unpredictable shifts: Should the RCN commission a full review on the effects of unpredictable shifts patterns on the nursing workforce and the impact on patient safety.	Proposed by the RCN UK Safety Representatives' Committee

See [the full programme of scheduled events and more information](#). Members can also watch back the previous events and debates from RCN2020 once they log in.

Congress 2021

We have already started planning for Congress 2021 in Liverpool 16 to 20 May. In the event that the pandemic unfortunately continues we are also making contingency plans for either a hybrid or fully virtual event.

Applications for voting members for Congress 2021 have now opened.

[Find out more and apply now](#), the deadline for applications is 30 October 2020.

Submissions for the Congress agenda and fringe programme are also now open. Find out more and submit an [agenda item](#) or a [fringe event](#). The deadline for submissions is 11 January 2021 for agenda items and 15 January 2021 for fringe events.

Tell politicians what life is like on the front line

Join us for a virtual discussion with Welsh political parties! As part of the RCN Wales [Vote for Nursing](#) campaign we've organised a series of these events, each focused on a different area of importance for nursing in Wales.

Make your voice heard! Led by RCN member speakers, each event will give you the opportunity to ask questions and tell politicians what life is like in your field.

We'll cover these topics:

2nd November at 6pm – Safe and Effective Care
30th November at 6pm – Community Nursing & Care Homes
8th December at 6pm – Education and Student Support
16th December at 9am – Mental Health and Wellbeing

It's free to attend, but places are limited and allocated on a first-come-first-served basis. Email Policy&PublicAffairs.Wales@rcn.org.uk today to book your place!

Vote for Nursing - RCN Wales campaign manifesto for the 2021 Senedd Elections

Our campaign for all Welsh political parties to value the nursing profession ahead of next year's Senedd elections is now in full swing. Virtual events are in place (see above), comics are online, and our 2020 report on the nursing workforce in Wales is almost complete. And there's much more in the pipeline.

To recap, we believe the next Welsh Government should:

- Ensure safe and effective nursing care - with enough nurses to deliver this
- Invest in nurses working in community nursing and care homes
- Support the mental health and wellbeing of the nursing workforce
- Improve public health and fight to end health inequalities
- Value nursing - fair pay and access to continuing professional development (CPD)

Keep up with the campaign at its dedicated website:

<https://voteornursing.cymru/>



Senedd 2021 Elections - What's important to you?

We have extended the opportunity to complete our RCN Wales member survey and be in with a chance of winning £100 of shopping vouchers! The survey now runs until Monday 30 November and you'll need your RCN membership number to be in with a chance of winning.

This survey is hugely important because of the Senedd 2021 Elections next May. Right now, the Welsh political parties are all developing their manifestos. This is the ideal opportunity for us to influence the whole direction of the next five years for Welsh nurses. If the parties' promises all reflect the priorities of nurses now, it puts us in a great position to hold the next government to account – whoever wins.

The more responses we get, the better informed we are and the more weight our word carries. Help us by completing the survey and spreading the word about it!

Complete the survey here: <https://surveys.rcn.org.uk/s/7NBV1L/>

Campaign with us

We've made it much simpler to get involved: just [head over here](#) to sign up as an RCN e-Campaigner! There's no commitment - we'll just keep you in the loop with regular updates on our political campaigning and events in Wales, and easy ways for you to take part.

Safe and Effective Care

In case you missed it: On 16 September 2020 the Welsh Government formally opened a public consultation on extending the Section 25B of the Nurse Staffing Levels (Wales) Act 2016 to children's wards with a view to enacting the legislation 1st October 2021. Read the [consultation documents](#) and give your views on this important step in the campaign to extend the Nurse Staffing Levels (Wales) Act 2016 to more areas of nursing.

Public Consultations

These are one of the ways the Welsh Government tries to make sure its policies and decisions are informed by expert opinion. We respond to every consultation that's likely to have an impact on nursing in Wales and, as we're member-led, it's important our responses are based on input from our members. Right now, we're seeking input on topics including tertiary education, Digital Health and Care Wales, and the extension of Section 25B.

To get involved, start by heading to the [RCN Wales Consultation Page](#). We want to hear what you have to say!

RCN Wales Library

All RCN Libraries are closed at the moment because of the risk to the public from COVID-19.

For members wishing to use library services, please be assured that we are always open online, and our eBooks, eJournals and databases are available 24/7. For books on loan we will be extending due dates and waiving fines, use our [library catalogue](#) to check your account online and renew books.

We are now able to resume our postal loan service for physical books and photocopies of journal articles, these will be from the stock available in our London HQ library and Wales library (from w/c 9 November). Please contact us for details.

If this is your first time using the eLibrary, we have a [getting started](#) guide with help and advice. We are able to provide most of our library services remotely so you should not see a change in our online services to you. If you would like to book some online training please contact us, no specialist software is needed on your part.

The RCN have produced subject guides on a wide range of topics:

<https://www.rcn.org.uk/library/subject-guides>

In addition, RCN Wales library staff have information sheets specific to certain study days, if you are interested in a particular topic please get in touch.

Please don't hesitate to contact us on wales.library@rcn.org.uk or 029 2068 0769 if you have any questions at all. We are available Monday – Friday 9am – 5pm

Library Exhibitions - available online

Our exhibitions within RCN buildings are currently closed, but you can still view them online. Here are a couple of current exhibitions:



The Wandering Womb: Women's health nursing past and present

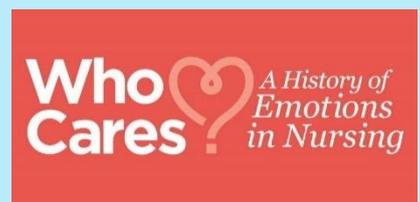
Women have long been viewed as at the mercy of their biology. How has nursing as a profession challenged the myths and misconceptions around women's health? This exhibition explores themes including menstruation, miscarriage, menopause and gynaecological cancers:

<https://www.rcn.org.uk/library-exhibitions/womens-health-wandering-womb>

Who Cares? The history of emotions in nursing

The exhibition draws on new research to explore the cultural context in which emotions have been understood in nursing. From concepts of religious love and faith, idealised motherhood and gendered notions of care, to the role of military discipline in the professionalisation of nursing, it focuses on six key emotional themes: birth, death, sex, faith, war and protest.

<https://www.rcn.org.uk/library-exhibitions/who-cares-emotions-in-nursing>



RCN Starting Out - new app and website for students and NQN's

Launched on 21 September, [RCN Starting Out](#) is a dedicated app and new section of the website, designed especially for our student and newly qualified nurse (NQN) members, providing the latest knowledge, expertise and support straight to your phone or via the web.

It will provide easy-to-use benefits including:

- Education and learning resources to help with studies and placements
- Support with professional and personal matters, including financial guidance, confidential counselling and career planning advice
- Access health and wellbeing resources on the app to help support your mental health.
- Find all the benefits of your membership in one place, such as exclusive offers and discounts via RCN Xtra and LV=
- Membership management, including easy ways to keep personal details up to date
- See all of the RCN activities in your location. The app will highlight events from RCN and RCNi, regional activities and campaigns and how to contact your RCN Representative
- Engage with the RCN Student Ambassadors programme

Visit the website and download the app at: <https://startingout.rcn.org.uk/>

Nursing and You: virtual conference series for student and Newly Qualified Nurse members

RCN Scotland are hosting a series of webinars this October exploring the future of nursing and maintaining your health and wellbeing as your career progresses.

The virtual nature of the programme this year means that students and NQN's from all over the U.K. will be able to access these events.

Topics being discussed include:

- Halting the environmental emergency in nurses' health
- The Future of Nurse Education Panel Session

Staying Well While Working Shifts

Thursday 29 October, 6pm – 7.30pm

As your nursing career progresses you are likely to experience a range of different shift patterns. Join Kim Sunley, National Officer, RCN and Dr Chiara Dall'Ora, Senior Research Fellow in Nursing Workforce, University of Southampton to explore the impact of shift patterns and advice on how to stay healthy.

If you can't make it, recordings the previous sessions will be available on our website from Friday 6 November 2020. For details of all the events and to book see:

<https://www.rcn.org.uk/news-and-events/events/student-conference-2020>

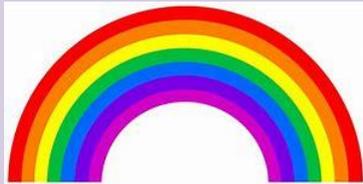


RCN Forums and Networks

Your voice and expertise is vitally important in making a contribution to clinical guidelines and standards. Join one or more of our forums and networks and make a vital contribution to the voice of the RCN

<https://www.rcn.org.uk/get-involved/forums>

RCN Care Home Network



RCN Wales would like to share with you the RCN Care Home Network which is currently a short-term group in light of the COVID-19 pandemic, it has been created to share practice, raise concerns and support peers.

It is for members and is private and a great opportunity to build on professional relationships.

Here is the link to the new Care Home Network face book site;

<https://www.facebook.com/groups/RCNCareHomeNetwork/>

RCN Return to Practice Network

Have you returned to clinical practice to support COVID-19?

We have established a network to support nurses who are returning to clinical practice in response to the COVID-19 pandemic. The network will provide a safe space to connect and share professional concerns or questions.

The network is open to both members and non-members across all four UK countries, in all settings. Nurses are eligible to join the RCN Return to Practice Network if they are in one of the following groups:

- Nurses who have left the NMC register within the last three years who were invited to join the NMC temporary register on 19/3/20 and have done so
- Nurses who left the NMC register within the last four or five years, who were invited on 15/4/20 to join the COVID-19 temporary register and have done so
- Nurses who are currently on the NMC register who are returning to clinical practice in support of COVID-19

If you are in one of the above categories and would like to join the RCN Return to Practice Network, please email return.practice@rcn.org.uk

RCN Newly Qualified Nurses Network

The RCN Newly Qualified Nurse Network, originally launched in November 2018, has now expanded to include a dedicated website page, Facebook, and Twitter, aiming to provide a voice for newly qualified nurses within the RCN from six months pre-registration throughout preceptorship. The network provides content and support, showcasing and signposting newly qualified nurses to all the RCN can offer as both a Trade Union and Professional College. Additionally, we will promote the newly qualified registered nurse's voice to shape the RCN and wider nursing agenda.

Visit the RCN Newly Qualified Nurses webpage at <https://rcnqn.com>
Interact and get involved by joining the [Facebook](#) and [Twitter](#) groups

Wellbeing events

The RCN are holding the following upcoming online events to help remind health care staff that looking after your own health and wellbeing is particularly important during this time. These events aim to connect with our creative skills, learn something new and meet fellow RCN members.



Time to Tune in

29 October 2020 – 5.30pm – 6.30pm

How do you know you are in tune with yourself? How do you know when you're not? Wellness and life coach Hawa returns for another guided meditation session as we settle into Autumn.

This event is free, but you must be an RCN member to take part:

<https://www.rcn.org.uk/news-and-events/events/lib-time-to-tune-in-291020>

Time to Garden – Winter edition

3 November 2020 – 5.30pm – 6.30pm

In this session we will be talking all things gardening. Following on from the success of our Spring edition of Time to Garden, our green fingered enthusiasts are back to bring you tips and ideas for getting through the Winter months.

This event is free, but you must be an RCN member to take part:

<https://www.rcn.org.uk/news-and-events/events/lib-time-to-garden-031120>

Time to Self Care and Meditate

17 November 2020 – 5pm – 6.30pm

In this special event for [Self Care Week](#) we will be hearing from RCN staff and members of the Self Care Forum on what we can all do to protect and improve our health and wellbeing. We will hear perspectives from self care experts and explore what self care means for nurses and those working in health care day to day. For the final hour of the event, wellness and life coach Hawa will be with us to lead us through a guided meditation focused on self care.

This event is free, and open to everyone (you do not have to be an RCN member):

<https://www.rcn.org.uk/news-and-events/events/lib-time-to-self-care-and-meditate-171120>

The Inclusion Cafe Book Club

25 November 2020 – 5.30pm – 7pm

Join us for the second meeting of the Inclusion Café Book Club. The aim of this bi-monthly online club is to explore diverse stories and perspectives in nursing that haven't always been at the forefront. The café is a space to chat, relax and learn - so get comfy and grab a cuppa. We'll be visiting different mediums – from books to podcasts and everything in between!

At our second meeting we'll be exploring the theme of radical politics. We'll be chatting with sickle cell expert and professor of nursing Elizabeth Nneka Anionwu about her political awakening in the 1970s as a young health visitor.

We'll be looking at chapter ten of Elizabeth's autobiography, *Mixed Blessings From a Cambridge Union* (2016), in which she addresses her experiences of challenging systemic racism and the failure to consider the needs of minority communities.

Sign up to attend, and we'll circulate this chapter in advance, which we encourage you to read if you have the time.

<https://www.rcn.org.uk/news-and-events/events/lib-inclusion-cafe-book-club-251120>

SAVE THE DATE – Nursing Support Workers Day – 23 November

Monday 23 November will be the RCN’s first ever Nursing Support Workers’ Day.

The day will offer the chance to showcase the diverse, innovative and high impact work of our nursing support worker members, and how much we appreciate, value, acknowledge and support you.

We would love all those who work in nursing support roles, including job titles such as Health Care Support Workers, Health Care Assistants, Assistant Practitioners, Care Assistants, Carers and Support Workers, to share videos, photos, and messages on Twitter, Facebook and Instagram using the hashtag #NursingSupportWorkersDay.

We would also love our nursing support worker members to make their voices heard through our ‘This is me...’ social media action.

Keep an eye on the [RCN website](#) and social media platforms for further details!

RCN Member Support Services – providing emotional and practical support for you

As an RCN member, you can get free, confidential help and advice on a range of issues that affect you at home and at work.

- Access to free professional telephone [counselling](#)
- [Careers service](#), including help with writing your CV and interview skills, and one-to-one telephone career coaching
- Get expert support and advice on benefits, tax credits, debt, and housing through our [Welfare Service](#)
- A free 30 minute [legal advice session](#) on matters not connected to work, t
- The [Peer Support Service](#) is a network for sharing experiences and resources for ill and disabled members.
- If you're an RCN member and you are already in the UK, you can get free, confidential support and assistance on [immigration issues](#)
- [Lamplight](#) supports the nursing community to adapt to changes in their financial situation. This telephone service is provided in partnership with the RCN Foundation and its charitable funding enables the service to extend support to all nurses, healthcare assistants and midwives – you do not have to be an RCN member to access support from Lamplight

COVID-19: Information on what we are doing to support you

Our [COVID-19](#) webpages have a wealth of information on this topic, which is being updated all the time. Find out how to protect yourself, what you should expect from your employer and what to do if you have concerns.

To help you support your patients

- [Clinical guidance and educational support](#)
- [COVID-19 and Domestic Abuse](#) – professional resources and signposting
- [Remote consultations guidance under COVID-19 restrictions](#) – guidance to support health care staff where they are being asked to see and/or treat patients via a telephone or video or other remote consultation process.
- [End of Life Care clinical guidance](#) in response to COVID-19
- [Prescribing Safely under COVID-19](#) – guidance around remote prescribing

To help support you

- [COVID-19 and your mental wellbeing](#)
- [COVID-19 and your finances guide](#)
- [Self-care during COVID-19](#) – a poster with steps you can take to look after yourself during these challenging times
- [RCN Member Support Services](#) – RCN members can access services such as counselling and welfare support

Support for Welsh nursing and midwifery students during COVID-19, information and guidance can be found on the [RCN Wales website](#). Additional information can also be found at <https://www.rcn.org.uk/get-help/rcn-advice/COVID-19>

Nursing Standard have developed a collection of free news and evidence-based resources relevant to the COVID-19 (Coronavirus) pandemic to support nurses during this challenging period. You can access the COVID-19 resource centre for nurses here: <https://rcni.com/nursing-standard/COVID-19>

Book of Remembrance

A space to enable the nursing community and the public to pay their respects to those who have died whilst responding to the COVID-19 pandemic. Sign the book [here](#).

Make your voice heard and become more active in the RCN...

- ❖ See the [RCN Elections and Appointments webpage](#) – voting opens on 29 October to elect RCN Wales Board members

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.

See <https://www.rcn.org.uk/get-involved/rcn-reps>

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.

We will support you to help you get involved in:

- Signposting and supporting your fellow students
- Connecting and campaigning
- Questioning and influencing

[Read about an experience](#) of a Student Ambassador and International nursing student on how small actions can make a big impact, and why it's important not to shy away from being politically active

Find out more details at:

<https://www.rcn.org.uk/get-involved/get-involved-as-a-student>

Join us at a virtual event in November on:

Being a student ambassador

4 November, 2pm – 3.30pm

The RCN is holding an online event in November to find out more about this important role. This event is open to all student ambassadors and all students interested in becoming student ambassadors.

During this virtual session we will look at what the role is and discuss how you could be an active ambassador. We will talk about working within the role descriptors and developing your own action plans.

Book here: <https://www.rcn.org.uk/news-and-events/events/being-a-student-ambassador>

We'd love for you to be part of our community of over 450,000 members www.rcn.org.uk/joining for professional support and other benefits or call 0345 772 6100.

If you have any thoughts on what you would like us to cover in this RCN Wales Study Centre Newsletter going forward, please email CPDWales@rcn.org.uk