

RCN Wales Study Centre Newsletter February 2024

Dear Colleague

We are pleased to welcome to our first newsletter of 2024, featuring upcoming events and information about RCN resources we hope will be of interest to you in your continuing professional development and lifelong learning.

Is there anything you would like to see in future editions of this newsletter? Please send your suggestions through to CPDWales@rcn.org.uk

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



@RCNWales



/RCNWales



rcn_wales

RCN Wales Study Centre Events.

These events are currently open for bookings. You can find details of all our upcoming events on our website at rcn.org.uk/wales/wales-events.

Sexual Health Awareness – bookings close 7 March!

Aimed at Registered Nurses, Health Visitors, Midwives, and 3rd year Nursing Students

Thursday 14 March 2024, 9.30am – 1.30pm (in-person at RCN Wales HQ, Cardiff)

<https://bit.ly/3HlgJTK>

RCN Wales Independent Health and Social Care Roundtable Discussions: Nurse Leadership in the Independent Sector

Date: 6 March 2024 **Time:** 1.30pm – 4pm **Venue:** The Vale Hospital, Hensol, Pontyclun

RCN Wales will be holding an in-person event to host a roundtable discussion on “Nurse Leadership in the Independent Sector”.

We know there are great examples of nurse leaders at all levels in the independent sector with a story to share – whether that is your leadership journey or how you have made change in your organisation - we would like to celebrate and share those examples at this event.

We would love to hear from you with examples, so please do get in touch via the email below if you would like to share an area of your work with the group.

This event provides an opportunity to network with other 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 RCN members and non-members.

To book your place, and for further information about the RCN Wales Independent Sector Roundtable events please email: sian.wilson@rcn.org.uk by Friday, 1 March 2024.

Future Independent Sector Roundtable dates for the diary are:

July 2024 – West Wales

October 2024 – North Wales

December 2023 – virtual event

**RCN Congress 2024:
Book your free place now!**

RCN Congress 2024 comes to Wales for the first time at ICC Wales in Newport from 2-6 June.

Congress is the ultimate opportunity to network with peers, hear from exceptional keynote speakers and take part in hot-topic debates about the issues affecting the nursing workforce.

Bookings are now open – [book your free place today!](#)

You can also browse the [agenda](#) and learning and wellbeing programme.

Visit our dedicated [RCN Congress web page](#) for updates.



February is LGBT+ History Month!

This LGBT History Month we're sharing resources to help raise awareness and give you the knowledge to create safe and welcoming environments for your patients and colleagues.

The theme for 2024 is Medicine – Under The Scope with the aim of celebrating LGBT+ peoples' contribution to the fields of medicine and health care.

Get started by checking out our RCN Magazine piece featuring Billy Nichols, a RCN rep from Wales, on how to be a good ally: <https://bit.ly/3Nbtscg>

You can also find links to our LGBTQ+ professional resources on our [Pride in Nursing webpage](#). Resources include: Providing inclusive health care; Fair Care for Trans and Non-binary People; Caring for lesbian, gay, bisexual or trans clients or patients.

Keep an eye on RCN social media channels for further stories and resources during the month!

Learn more about RCN Wales Board – register your interest to attend the next open Board meeting

Would you like to know more about RCN Wales Board? We are inviting our members to the open session of RCN Wales Board on Friday 23 February, which will be held in-person at RCN Wales Headquarters in Cardiff.

If you would like to attend the session (timings to be confirmed) please register your interest with CommunicationWales@rcn.org.uk



RCN Events - February - March – some of the events and conferences coming up...

[Sexism and sexual safety](#) – a RCN Nurses in Management and Leadership forum webinar
7 February 2024, 5pm – 7pm (online)

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

[Library Search ... in 30 minutes](#)

8 February 2024, 11am – 11.30am (online)

FREE – you need to be a RCN member to attend

[Nursing staff in general practice - have your say](#)

13 February 2024, 6pm – 7.30pm (online)

FREE – you need to be a RCN member to attend

We want to hear from members about your experiences of how nursing roles in general practice are being transformed where you work, and we'll also share with you how we are influencing on members' behalf.

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

15 February 2024, 10am – 12.30pm (online)

FREE – you need to be a RCN member to attend

Join this workshop to understand the essential elements of writing a report that conveys your message clearly, concisely and effectively.

[Webinar: Should you be a band 3?](#)

15 February 2024, 1pm – 2pm (online)

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

[Sharing Stories from the Archive](#)

15 February 2024, 6pm – 7.30pm (online)

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

[Know How to Reference Accurately and Avoid Plagiarism](#)

16 February 2024, 12pm – 1pm (online)

FREE – you need to be a RCN member to attend

[Get online and get ahead with RCN Libraries](#)

19 February 2024, 12pm – 12.30pm (online)

FREE – this event is open to all, you do not have to be a RCN member to attend (but you will have to be a member to access many library services)

[Know How to Search CINAHL](#)

29 February 2024, 2pm – 3pm (online)

FREE – you need to be a RCN member to attend

[Book Club: That One Patient](#)

7 March 2024, 7pm – 8.15pm (online)

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

Our Book Club is inspired by Ellen de Visser's 'That One Patient', a book that explores doctors and nurses' stories of the patient that changed everything for them.

[In Conversation with Nursing Pioneers: The Future of the Nursing Workforce](#)

14 March 2024, 5.30pm – 7pm (online)

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

Upcoming conferences in 2024 - register your interest and book now!

[RCN Flight Nursing Conference](#) - 24 February 2024 (in-person in London)

[RCN Management and Leadership Conference](#) - 5 March 2024, 8.45am - 4.10pm (in-person in London)

[RCN Acute Care Symposium](#) - 15 March 2024, 9am - 4.15pm, (in-person in London)

[RCN and NaTHNaC 7th Joint Travel Health Conference](#) - 23 March 2024, 9am - 3.45pm (online)

[RCN Education Forum National Conference and Exhibition 2024](#) - 23 April 2024 (in-person in York)

[RCN International Nursing Research Conference 2024](#) - 10 - 12 September 2024 (in-person in Newcastle)

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

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



[Time to write poetry](#)

20 February 2024, 5.30pm - 6.30pm (online)

Join writer and nurse, Molly Case, for a relaxed poetry workshop. In this supportive session, Molly will guide you through creative writing exercises and you will have the opportunity to write your own poem.

[Time to do yoga](#)

12 March 2024, 5.30pm - 6.30pm (online)

Join fellow RCN members for a yoga session led by Chloe George, yoga teacher and postnatal doula.

Celebrating and supporting internationally educated nursing staff - our series of webinars inform and support

The RCN recognises the enormous contribution internationally educated nursing staff make to health and social care, and the specific challenges you face when you first arrive and start working in the UK. Our live events aim to assist you with some of the challenges and questions you may have.

These events continue in 2024, but you can catch up on previous events on the [IEN Live Events webpage](#).

Webinars available to view now include:

- What is the NMC register?
- On arrival and settling in the UK
- Immigration and personal matters
- Understanding statutory pay within the Independent Sector
- Terms and Conditions of Employment in the Independent Sector
- The RCN's professional offer and support with career progression
- Understanding the NMC Test of Competence

The next live event is:

- [Terms and Conditions of Employment in Independent health and social care settings](#) - Wednesday 28 February, 6pm - 7pm

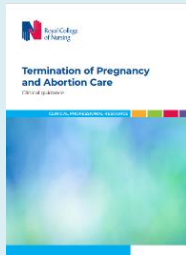
See more about how the [RCN can support International nursing members](#)



New professional development publications available:

[Framework for Professional Practice for Nurses Working in Inflammatory Bowel Disease in Adult and Paediatric Care Settings](#)

The ever-changing landscape of health care will remain a challenge for health care professionals including Inflammatory Bowel Disease (IBD) clinical nurse specialists. This framework for professional practice will provide much needed guidance and support for nurses to develop themselves and their teams for the ongoing benefit of their patients.

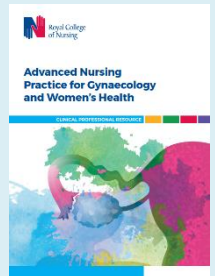


[Termination of Pregnancy and Abortion Care](#)

This updated guidance incorporates expert and evidence-based practice. It has been produced to support registered nurses and midwives working within the NHS and independent sectors, across the UK. It considers the legislative frameworks in place across the UK, alongside clinical guidance for those working in termination of pregnancy services.

[Advanced Nursing Practice for Gynaecology and Women's Health](#)

Gynaecology and women's health care has many sub-specialties, including hysteroscopy, general gynaecology, early pregnancy, emergency gynaecology, colposcopy, urogynaecology, menopause, endometriosis and gynaecology oncology. This publication has set out pathways for advanced nursing practice and advanced clinical practice roles, which will enhance clinical care, the patient experience and enable progression career development for nurses.



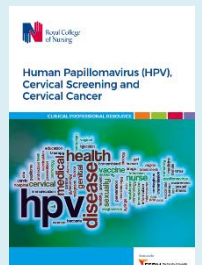
[Male factor fertility](#)

Male factor fertility is important, and all nurses and midwives should have a good understanding of the influences and the factors that can impact fertility, especially as they may often be the first point of contact for patients when they have questions. This guidance has been developed to enhance understanding of the anatomy, physiology, diagnosis, and possible treatments available to support best practice, as well as an overview of the emotional issues associated with male factor fertility.

[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 key facts on cervical cancer.

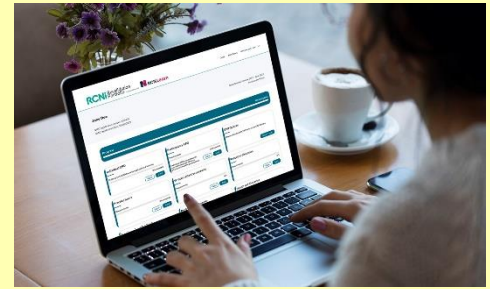


Resources from the RCN that can support your professional development:

- [RCN Learn](#) – including free resources
- [Learning Resources for the Nursing Support Worker workforce](#)
- [RCN Accredited events and resources](#) – clinical learning from external sources, which have been accredited by the RCN as meeting standards of excellence
- [RCN Endorsed resources](#) – clinical learning from external sources, which meet the RCN's quality criteria for professional standards

'RCNi Revalidation Portfolio in association with RCN Learn', a tool for registered nurses, midwives and nursing associates.

The RCNi Revalidation Portfolio tool is **free** for RCN Members and RCNi Plus subscribers. You can store, track and build revalidation evidence quickly – all in one easy-to-manage online space.



Our 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. Portfolio takes the pressure off revalidation, making sure that you can focus on your practise and learning while building your evidence.

[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:

RCNi magazine article – [Nurse revalidation: here's some help to build your CPD hours](#)

<https://www.rcn.org.uk/professional-development/revalidation>

<https://www.nmc.org.uk/revalidation/>

<https://www.nmc.org.uk/standards/code/>

We want to hear your story!

The pressure on you and our profession is greater than ever before. As the Voice of Nursing, the RCN wants to hear your story so we can understand the professional and personal impact of today's pressures and demonstrate to politicians, employers, the public and the media the issues that are affecting the nursing workforce. SenseMaker uses the experiences of nursing staff to provide evidence that helps us advocate for change.

Your story matters, and we want to hear it.

Tell us about your experiences of nursing through SenseMaker, and we will use your stories to better represent you and strengthen our calls for change.



Taking part is easy: Simply tell your story by answering a series of questions.

[Find out more and share your story via SenseMaker here](#)

RCN FORUMS

THE VOICE OF NURSING

Join one or more of our online forums and networks and make a vital contribution to the professional voice of the RCN

There are **more than 35 forums** to choose from covering areas such as education, research, leadership, public health and women's health.

All RCN Members, can join up to three forums!

For further information visit rcn.org.uk/forums

Interested in a particular nursing topic?

Join a forum via [MyRCN](#)

[Watch this video](#) to see how easy it is to join a forum!

RCN forums allow you to follow developments in your field, contribute to consultations, network with peers and explore career development opportunities.

Members sharing their stories in practice - new blog posts!

We love hearing about and sharing the great work undertaken by our members, and have recently published blog posts from nurses in Wales working in different fields of practice, sharing their knowledge, opinions, and experiences of practice.



[January is Love Your Liver awareness month](#)

Tara Rees, lead nurse practitioner for the hepatology service at Cardiff and Vale University Health Board and RCN Wales Nurse of the Year 2023, explains why better understanding of our liver and taking care of it is so important.

["It is essential when working with children with additional needs that they are given a voice"](#)

Leanne Evans, a nursing team leader at a special school tells us how awareness of and support for disabilities has changed for the better.



[Bringing festive cheer to Wales's most vulnerable](#)

Homeless outreach nurse, Matthew Tovey, shows what can be achieved when a community pulls together to bring a little Christmas spirit to the most vulnerable in society.

See also, recent news stories:

[Knocking down walls to enhance patient experience](#)

How removing the walls of one nursing station in a south Wales hospital has transformed how patients engage with nursing staff.

[Meet the patient experience team tackling loneliness during the festive period](#)

The Patient Experience and Involvement Team at Aneurin Bevan University Health Board (ABUHB) are doing amazing work year-round to help tackle loneliness amongst their patients and the wider community.

Interested in contributing a blog post to RCN Wales? Get in touch with our Communications team at CommunicationsWales@rcn.org.uk

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. Check out our [Member Support Services leaflet](#)

- Access to free professional telephone [counselling](#)
- [Careers service](#), including help with writing your CV and interview skills, and one-to-one telephone career coaching. Read the new [Thinking About Your Career](#) publication.
- [Financial Wellbeing](#) - the RCN can support members with providing benefit and income maximisation advice
- 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
- 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](#)
- [RCN Foundation Hardship Grants](#) - The RCNF supports members of the nursing and midwifery professions who are experiencing financial hardship. **You do not have to be a member of the RCN to access funding.** Full eligibility criteria and application are both available online.

RCN Wales Library

RCN Libraries are open to RCN members as 'warm spaces' in response to the cost of living crisis, so pop in and see us for your learning needs, a chat, or a cuppa. We're open Monday to Friday in Cardiff, 9:00am-5:00pm. RCN Libraries will be open as warm spaces for members to relax, check email, meet friends, charge your phone, and do your printing.



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 rcn.org.uk/library/about-us/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 [getting started](#) guide also addresses several common queries.

The postal loan service is still available and dispatching books once a week to members across Wales. You can use our [library catalogue](#) to 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

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 at any time on wales.library@rcn.org.uk or 029 2068 0734 if you have any questions at all.

RCN Wales Journal Club: returns on 20 March

We are very pleased to announce that Journal Club is returning to RCN Wales!

Join us for this online journal club session on **20 March, 12.30pm – 1.30pm** – Michelle Moseley, Education and Lifelong Learning Adviser for RCN Wales, will be facilitating a discussion on the nursing perspective on moral distress and its effect on health and wellbeing. **This event is for RCN members only.**

Further information and book your place on our [Journal Club event webpage](#).



RCN Care Home and Social Care Network

The RCN Care Home and Social Care Network is a space for all members of the college who work, or have an interest in the Independent Health and Social Care (IHSC) Sector. This closed Facebook group is an opportunity to engage with colleagues within your area of practice and share your good news stories and areas to improve and learn from.

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



RCN Newly Registered Nurses Network

The RCN Newly Registered Nurse Network aims to provide a voice for newly registered nurses within the RCN from six months pre-registration throughout preceptorship (roughly 18 months post-registration).

Find out more about the [RCN Newly Registered Nurses Network](#)

Interact and get involved by joining the [Facebook](#) and [Twitter](#) groups

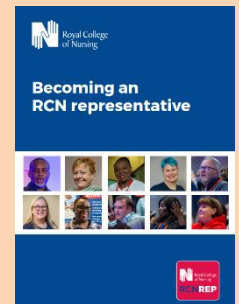
Make your voice heard and become more active in the RCN...

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>

Read more in our [Becoming an RCN Representative](#) booklet



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](https://www.rcn.org.uk/student-ambassadors)



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.