



## The FoNS Weekly News

<p><b>proaches to Supervision</b> by August 19, 2024</p> <p>my Gibson, Deputy Director for NHS guarding, talks about the importance of supervision for nurses</p> <p>Tags: reflection, Resilience-based Clinical Supervision, wellbeing</p>	<p><b>What would the impact be on a bigger scale?</b> Tuesday July 30, 2024</p> <p>Grace Cook reflects on the evaluation of our Resilience-based Clinical Supervision project for the SE of England. A great impact though only for a small proportion of health and social care professionals</p> <p>Tags: reflection, Resilience-based Clinical Supervision, wellbeing</p>	<p><b>Resilience-based Clinical Supervision for Social Care: What really happens in the sessions?</b> Tuesday July 2, 2024</p> <p>Sue tells us about a recent session with a group of social care nurses and how well listened to without interruption benefited one participant</p> <p>Tags: Resilience-based Clinical Supervision, social care, wellbeing</p>	<p><b>fection prevention and silence</b> Friday February 20, 2024</p> <p>Wen Davies, Senior Nurse Projects, HC- a &amp; RBCS Social Care Advisory Group member, talks about the care sector during pandemic, and suggests that restorative clinical supervision, in the form of RBCS, can be seen as a preventative measure for the future</p> <p>Tags: Resilience-based Clinical Supervision</p>	<p><b>Reflections on Resilience: Post-Pandemic and Post Office</b> Tuesday January 16, 2024</p> <p>Providing individual caregivers a space to explore their feelings and move forward is so important in social care, especially with the ongoing post-pandemic 'fall out' and feelings of mistrust generated by the Post Office scandal.</p> <p>Tags: Resilience-based Clinical Supervision, social care, wellbeing</p>	<p><b>Troubled by nurse retention or lost your joy in nursing or midwifery?</b> Tuesday November 7, 2023</p> <p>Why do nursing and midwifery leaders hesitate to commit to investment in social in clinical supervision? Doing it properly may require time, but demoralised nurses will be less productive and more likely to quit.</p> <p>Tags: Resilience-based Clinical Supervision, wellbeing</p>
<p><b>I only wish I'd dived in sooner!</b> Tuesday October 10, 2023</p> <p>Lucy Thow from Nottingham University Hospitals, talks about her recent experience facilitating Resilience-based Clinical Supervision: overcoming scepticism and enabling others to move forward. The more you do it, the more confident you become with navigating different needs. I only wish I'd dived in sooner!</p> <p>Tags: facilitation and leadership, Resilience-based Clinical Supervision</p>	<p><b>Resilience-based Clinical Supervision in the South East of England</b> Tuesday August 1, 2023</p> <p>Katie Webb talks about the importance of clinical supervision and the successes of the SE England programme. 'Taking time to reflect on our practice in a safe environment provides a great learning opportunity at all stages of a healthcare career.'</p> <p>Tags: reflection, Resilience-based Clinical Supervision, wellbeing</p>	<p><b>How we can use ecosystems to think about resilience in a different way</b> Tuesday November 8, 2022</p> <p>What do we understand by 'resilience'? Let's forget 'bouncability' and focus on an ecological definition</p> <p>Tags: reflection, Resilience-based Clinical Supervision</p>	<p><b>Taking RBCS forward: A paediatric practice development nurse perspective</b> Tuesday August 23, 2022</p> <p>After an initial programme, Suzanne McFarlane has gone on to share with lots of different groups in her organisation, with amazing results</p> <p>Tags: facilitation and leadership, professional development, Resilience-based Clinical Supervision, wellbeing</p>	<p><b>Some do's and don'ts of clinical supervision</b> Tuesday January 18, 2022</p> <p>FoNS Vice-chair, Professor Tony Butterworth, shares some thoughts on clinical supervision, something very close to his heart.</p> <p>Tags: Resilience-based Clinical Supervision</p>	<p><b>Mindfulness – not just focusing on your breath</b> Tuesday September 14, 2021</p> <p>Are you put off by the idea of 'mindfulness' and the idea of concentrating on your own breathing? Grace talks about what 'being in the moment' means to her and shares some of the things she does.</p> <p>Tags: reflection, Resilience-based Clinical Supervision</p>

## New RBCS Public Programme: Starts November

An online programme of Resilience-based Clinical Supervision, open to all. This participatory online programme will support individuals to deliver Resilience-based Clinical Supervision (RBCS) in their own workplace. RBCS is a tried and tested form of restorative clinical supervision, evidence-based and enjoyed by nurses and AHPs across the country and beyond.

Maximum group size is 6 people.

14 November 2024, 09.30 – 12.30

21 November 2024, 09.30 – 12.30

5 December 2024, 09.30 – 11.30

19 December 2024, 09.30 – 11.30

16 January 2025, 09.30 – 12.30

**£475 per person**

**Book your place**

If you're interested in a flavour of what Resilience-based Clinical Supervision can offer, why not check out the blogs and stories?

In **Blogs**, use the **tag** Resilience-based Clinical Supervision

In **Our Stories**, it's the Resilience-based Clinical Supervision **category**

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## **The FoNS MHLDA Inpatient Ward Manager Development Programme**

At FoNS, we are very excited about this opportunity. This new programme will encompass FoNS's extensive experience of working with ward leaders to develop leadership practices that change the workplace culture, as well as the voices of those with lived experience.

On a practical level, the programme will be delivered partly in person (days 1, 2 and 7) and partly online. We are inviting trusts to sponsor 3 ward managers for this programme. The nominated managers may be from wards already participating in the NCCMH Quality Improvement strand or from other wards within the trust. We are leaving it to trusts to decide which approach suits their teams and which may be easier staffing-wise.

For an informal chat, please email [culturesofcare@fons.org](mailto:culturesofcare@fons.org)

Visit [the MHLDA Ward Manager pages](#) to read more and for application documents.

Exec sponsorship is required to ensure that all participants have organisational support to enable them to make the most of this opportunity.

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## Churchill Fellowship

Applications to become a Churchill Fellow open on 4 September. Thinking about applying? The upcoming webinar and application surgeries offer insights into the 2024/5 Fellowship process, from eligibility to crafting a strong application.

Visit [the Churchill Fellowship website](#) to find out more.

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## RCN Foundation Olufunke Adeyeye Education Grant

The RCN Foundation Olufunke Adeyeye Education Grant is a dedicated fund for nurses, midwives, healthcare support workers and maternity support workers from the #GlobalMajority, looking to develop their training and skills. You do not need to be a member of the RCN to apply.

Visit [the RCN Foundation website](#) to find out more.

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## Speak Up Review: For overseas trained workers

Are you an overseas-trained NHS worker? Help National Guardian shed more light on your experience of speaking up by participating in the Speak Up review. You can get involved in three ways: an anonymous survey, focus groups or interview. Find out more via [the National Guardian website](#).

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## Action for Happiness: Self-care September

*Self-care isn't selfish. It's essential.*

Why not try it?

[Action for Happiness September Calendar](#)

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