



# Resilience-Based Clinical Supervision

## Newsletter for Social Care Nurses: December 2024

We will be using a mailing system from 2025. To continue receiving this newsletter, please sign up on our website: [Newsletter sign up](#)



### Check-in

Who doesn't love Winnie-the-Pooh?

### The Grounding

Some soothing music and lovely winter wonderland scenes.

[View on YouTube](#)

### Our Community of Practice

At the Community of Practice we discussed barriers to implementation, these included:

Issue	Solutions
Time	Plan 3 months in advance and set in people's diaries. Plan when it will happen
Reluctance because it is new to people and potentially a threat	Use resources like <i>check ins</i> in team meetings, use the positive reframing in every day situations. Reassure people that it is a new concept for everyone
Confusion as to what RBCS actually is	Need to be clear on what we are trying to do – explain the concept to participants. Explain the terminology well—unpick it for participants. Managers guide to RBCS – sessions to be organised by FoNS
When people attend and do not participate	Ensure the safe space agreement is co-produced and considered including group participation. Talk on a 1:1 basis to those not participating and find out why
Lack of consensus as to what clinical supervision means in Social Care	FoNS to work with participants to develop a briefing to explain clinical supervision to non-nursing management. FoNS is always happy to talk to senior managers about RBCS if that is helpful
Anxiety about delivering RBCS badly to people	Call the project team and discuss your fears and experiences. We are here to help even when your programme has finished

If you have completed your programme please **fill in the evaluation form**: <https://forms.office.com/e/Ti60LiNttS>

Don't forget to visit our website to find out about the exciting [SCHOLARSHIP opportunity for Social Care Nurses](#)

Next Community of Practice **12 midday 3 February 2025**: [Register for the webinar](#)

*Merry Christmas and a Happy New Year from all at FoNS*

**For more information contact:** [Sue.hill@fons.org](mailto:Sue.hill@fons.org) at any time!