



Resilience-Based Clinical Supervision

Newsletter for Social Care Nurses: July 2024

Welcome...

to our second newsletter all about Social Care and RBCS. We have had a busy couple of weeks. Last week we held our first Community of Practice. This will be held regularly to offer you all support and an opportunity to share what you are doing, what is

going well and new ideas. It will be held as an England wide session until we get too big and then may have to go regional. The point of the Community of Practice is that it is for you and what you want and need to embed RBCS in your workplace.

The Grounding

We started the session with introductions and a golden moment.

Our grounding was a short meditation with fish!

[Short Meditation Music - 2 Minute Underwater Relaxation, Calming and Stress Relief](#)



On this sheep-scale, how do you feel today?



Check-in

Our check in used the sheep images!

Date of next meeting **11am 28 August 2024**

We have also held our first managers meeting. This was to ensure your non-nursing managers know what is needed to support you with the introduction and ongoing RBCS facilitation.

We are taking bookings for cohorts at the end of August through to December. Please encourage your colleagues to sign up. Go to the website

[Online registration form](#)

[Manager's release form](#)

For more information contact: Sue.hill@fons.org at any time!



Community of Practice

In breakout rooms the following questions were answered:

<p>What do we want?</p>	<p>Support and supervision</p> <p>Being part of a culture that is caring and positive</p> <p>Not performance</p> <p>Network with ideas</p> <p>With likeminded people in a position of learning</p> <p>We are going on a journey, and we want to share when it is difficult</p> <p>Bring people together for a positive outcome</p> <p>Keep us on track</p> <p>See and hear about the benefits in other areas</p> <p>Once/twice a year to have a refresher</p>
<p>How will we know we have achieved what we want?</p>	<p>Continual monitoring</p> <p>By speaking to people attending the group</p> <p>Regularly check we are going on the right path</p> <p>Set ourselves bench marking to reference what we want</p>
<p>What are the challenges?</p>	<p>Workload</p> <p>Barriers by not following SSA</p> <p>1000 nurses are challenging – will it water down or embed?</p> <p>Should we focus on more regional based groups</p> <p>If people can't come – maybe not recording? Always better value in attending</p> <p>Meeting times if static prefer variable, different sessions different days</p> <p>Afternoon not always the best time</p>
<p>How can we overcome them together?</p>	<p>Self-planning ahead of time</p> <p>Become member led and take on different bits to lead</p> <p>If someone has a positive experience they can lead and share that</p> <p>2-3 monthly meetings</p> <p>Maybe earlier on in the day – variable between day and time</p> <p>Avoid Mondays</p>