



Resilience-Based Clinical Supervision

Newsletter for Social Care Nurses: May 2024

Welcome...

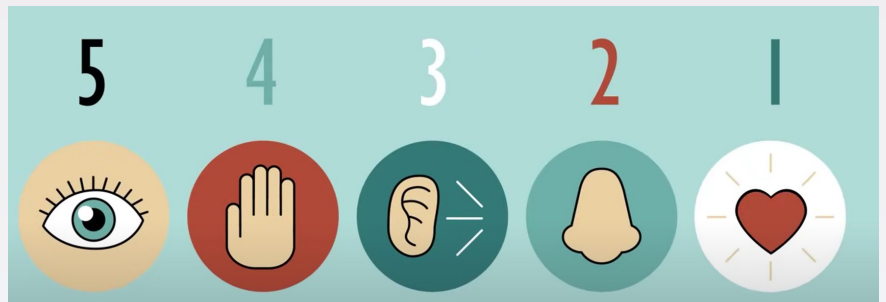
to the very first newsletter for Social Care nurses who have undertaken the Resilience-based Clinical Supervision programme. The newsletter will appear regularly if you opt-in to receiving it, please read the email this came in on how to do that. We hope to keep you up to date with how people are

implementing RBCS as well as ideas and tips and news from the Community of Practice that is being set up. If you have any views or ideas of what you need as support for implementation please get in touch.

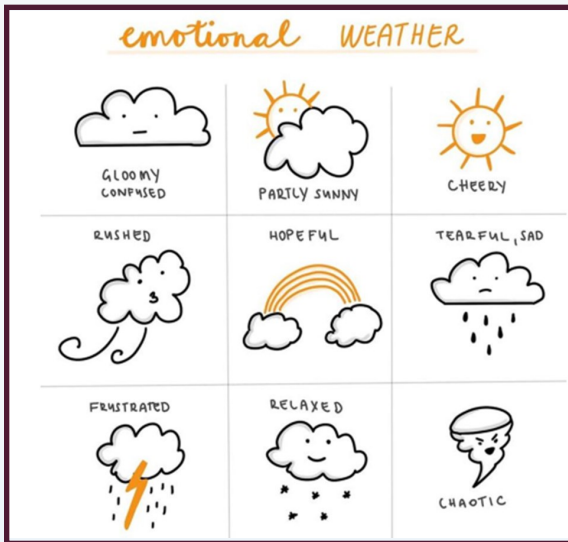
The Grounding

Remember the grounding is to get people to be present in the room and to focus on the here and now.

[The 5-4-3-2-1 Method: A Grounding Exercise to Manage Anxiety \(youtube.com\)](https://www.youtube.com/watch?v=5-4-3-2-1)



This grounding is simple to do with anyone anywhere. The video reminds you how to do it with your colleagues rather than showing them it.



Check-in

This is part of the RBCS process that enables you to learn how everyone is really feeling. This version of the weather check in is visual and simple for everyone to be able to recognise how they are.

Community of Practice

Announcing our inaugural meeting for social care nurses who are doing RBCS. We will meet monthly and help you feel confident in delivering RBCS. All are welcome to attend – first meeting is 26 June 2024 at 3:30pm.

Invitations will be sent to you. Please come ready to discuss how you would like to see these sessions run!

If you know anyone who would like to do the RBCS programme and is a registered nurse or nursing associate please share the registration and managers form details

[Online registration form](#) [Manager's release form](#)

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