



Resilience-Based Clinical Supervision

Newsletter for Social Care Nurses: September 2024

Our Community of Practice

Our last community of Practice meeting was held on 28 August and was very well attended. The next session is open to all RBCS Social Care nurses and nurse associates—don't miss it!

22 October 2024 2pm

Click [this link](#) and register; it saves the link into your calendar!



The Grounding

This is a great grounding, using a piece of music, please feel free to use it.

Yiruma: River Flows in you

<https://www.youtube.com/watch?v=NPBCbTZWnq0>



Check-in

A **check in** using the Blob Tree. There are lots of slightly different examples of the blob tree ones and they are a really useful, easy check in to do. One example is



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!



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Community of Practice

At the Community of Practice we did a presentation on our first 17 cohorts – from January to August 2024.

One hundred and eight people completed the programme across England and of those, 60 completed our evaluation form. If you haven't and would like to, please follow this link: <https://forms.office.com/e/Ti60LiNttS> it is really

[important to us that we hear your thoughts.](#)

From the evaluations so far, we know that most people do the sessions in work time, which we believe is really important – and pleased our Advisory Board when we shared the information with them!

Nearly everyone thought that the programme exceeded or met their expectations, that is great to hear!

The favourite quote from participants this week is: -

“This has been the most meaningful programme I ever done”

Lots more evaluation will be done as we go through the programme.

What we really need is **your thoughts**. How has doing RBCS impacted on your work place? It is early days, but have you seen any changes yet? If anyone can write something for us to share we would be so grateful!

We had a discussion at the CoP and heard of some things going well ...

- Not focusing on the negatives
- Safe spaces for staff to speak and share
- Enjoying the grounding exercises
- Improvement in care
- Staff have been responsive to RBCS
- Roll out of RBCS during induction of new staff

The **barriers** to implementation include: -

- Lack of executive buy in
- The need for documentation to be changed to be for clinical not managerial supervision
- Negative perceptions of supervision
- Time
- Rota alignment
- Being able to keep clinical and managerial supervision separate. RBCS is about checking in not checking up!

For everyone in Social Care implementation of RBCS is in its early stages.....remember we at FoNS are here to help so if you need specific help or just a conversation do get in touch. RBCS.SocialCare@fons.org

Sign up to our quarterly newsletter to stay in touch:

<https://www.fons.org/programmes-development-opportunities/clinical-supervision/rbcs-for-social-care/>