



## The FoNS Weekly News



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## The FoNS Person-centred Cultures Development Programme

With three weeks to go until the closing date (25 June), let's hear from this year's participants!

At their recent final workshop, the participants created a shared story expressing the impact the programme has had on them, how they feel and the view ahead, here's just

a snippet!

*Our journey towards achieving person-centred care was strengthened with hope*

*Leading to feelings of self-worth and individual growth*

*As a result of programme, we feel inspired, proud and emboldened as nurses.*

[Read the the whole story.](#)

Want to know more? Visit [the Person-centred Cultures Programme pages](#) or drop in on one of the info sessions below.

Applications by 5pm Wednesday 25 June 2025

**We welcome applications from people from diverse backgrounds in any health or social care setting, from anywhere in the UK.**

Drop in sessions will be held online using MS Teams. No need to book, just come along.

16 June 2025 12:00-12:30 [Join the meeting](#)

11 June 2025 09:30-10:00 [Join the meeting](#)

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## The Silent Strength of Resilient Teams

Resilience in healthcare is not just about bouncing back. it is about creating environments where teams feel valued, supported, and empowered to thrive.

Recently, Grace Cook, Person-centred Practice Facilitator at the Foundation of Nursing Studies (FoNS), was invited to join Ruth Germaine on her podcast [SoWhoCaresAnyway](#) to discuss how Resilience-based Clinical Supervision (RBCS) is shaping workforce wellbeing, recruitment, and person-centred care.

Their conversation explores how structured reflection strengthens teams, the impact of emotional regulation in workplace culture, and how positive reframing helps professionals navigate challenges more effectively. They also highlight the role of compassionate leadership in reducing service demand while improving staff wellbeing.

This discussion shows how RBCS fosters resilience not just for individuals but across entire teams, enabling professionals to provide person-centred care while maintaining their own wellbeing.

Listen to the full episode via [The Silent Strength of Resilient Teams](#) or on most podcast platforms.

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## New Dates for our Public RBCS Programme

New 'open to all' programme starting September 2025. An inclusive, participatory online programme, suitable for nurses, clinical educators, AHPs and anyone who has an interest in restorative supervision

Session 1: Thursday 11 September 09:30 - 12:30

Session 2: Thursday 18 September 09:30 - 12:30

Session 3: Thursday 02 October 09:30 - 12:30

Session 4: Thursday 30 October 09:30 - 11:30

Session 5: Thursday 27 November 09:30 - 11:30

£575pp [Book via the FoNS website](#)

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## Action for Happiness

Joyful June! What could be nicer?

[Action for Happiness June calendar](#)

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## National Institute for Health and Care Research: Bursaries

Bursaries are available masters level qualifications in clinical research delivery leadership for the year 2025-26.

The deadline for bursary applications is 12 noon on 1 July 2025. For further information, please [visit the NIHR website](#).

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## ShinyMind LIVE webinar 'How to Thrive: The Power of Meaning and Purpose'

12-1pm, 26 June 2025, online

In a world that often prioritises productivity over personal fulfilment, it's easy to lose sight of what truly drives us. This webinar explores the essential role that meaning and purpose play in our psychological wellbeing. Grounded in positive psychology and real-world insights, we'll unpack how cultivating a sense of purpose can boost motivation, enhance wellbeing, and bring greater clarity to everyday life.

Open to all NHS nurses, midwives and HCSWs in England and eligible users. Book your place via ShinyMind Nursing Version. [Sign up to ShinyMind via the website.](#)

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