



The FoNS Weekly News



Capturing Your Diamond Moment

Nursing is an amazing profession, one that is unique, precious and comes in all different shapes and sizes. Similar to diamonds.

A diamond is special and rare, they are formed in different cuts and colours. They can be placed under immense pressure but stand the test of time. They are something to nurture and wear with pride.

As nurses what are our Diamond Moments? They are those moments in time, that encapsulate the best of nursing for you. They are those moments that are behind that hand on the heart, or that gut feeling, that moment that connects you to why you are a nurse. They provide the connection to what motivates you and drives you to be the professional you are.



How can we capture, preserve and learn from our meaningful Diamond Moments?

Good morning everyone

I hope you are having a good week. It is Grace here, the Resilience-based Clinical Supervision (RBCS) programme lead. I am guest editing our newsletter this week and I am very excited to share some great things I have read recently as well as a few opportunities we have at FoNS at the moment...



Diamond moments

For anyone who has been on a programme with me, you will know I love starting a session sharing 'golden moments'. I describe these as a little bit of gold within your week, what has felt good, enjoyable, a sense of achievement – no matter how small! So I was really interested to hear about the concept of diamond moments. Not the small things that we do everyday that need celebrating but those moments that shape who you are as a nurse and a person.

Thanks to [Jenny Halse for her blog](#).

What has been your most significant diamond moment? I'd love to hear!

Digital healthcare and the illusion of progress

Following [Marion Lynch's blog last week](#), I really enjoyed reading Brendan McCormack's reflections on the use on digital and AI and what this means for person-centredness. Are we becoming excited and using technology for the sake of it or are we consciously considering how this can help us? The importance of connection as humans is highlighted in this article and how algorithms are unable to consider this complexity.

Read [Digital Healthcare and the Illusion of Progress](#)

What are your thoughts on this?

Person-centred Cultures Development Programme: Don't delay, apply today (literally!)

The deadline is 5pm today, don't forget to send us your application before 5pm!

A quick reminder of what to do...

Read the [Person-centred Cultures Development pages of the website](#). Are you leading a team at the point of care? Are you in a UK setting (any health or social care setting anywhere in the UK)?

Talk to your line manager about why you want to do this – what you understand by person-centredness, your passion to develop person-centred cultures in your workplace.

Contact your executive level nurse – again it's about your passion to develop person-centred cultures. But also remember to mention that this is a fully funded programme!

[Programme and application information.](#)

Some exciting things for social care nurses

NIHR Research Development Programme

Did you take part in #Red4Research day last week? It was great to see people celebrating their support and participation for research.

We are really excited about the brand-new opportunity for a Research Development Programme for Nurses working in social care. The aim is to support you to improve your research skills and help to create a research-friendly culture at work.

The deadline is 27 June 2025 so you only have a couple of days left to apply. Go to the application form to find out more

[NIHR Researcher Development Programme for Social Care Nurses](#)

Resilience-based Clinical Supervision for Social Care

The NIHR scholarship may link in to your evaluation of RBCS! Our fully funded RBCS programme for registered nurses and nursing associates in social care continues. Please do share with your colleagues.

[RBCS for Social Care](#)

We were excited to be featured in The Carer last week, did you see us? Go to page 22 to read more

[The Carer Digital - Issue #244 by The Carer](#)

Social Care Scholarship

You may remember earlier this year we had a Social Care Scholarship for anyone that had been through the RBCS programme. Pushpa Sagoo was one of the nurses who won this scholarship and it was really heart-warming to hear the feedback after her experience at our Residential Programme...

"The experience was both personally and professionally transformative..."

[Read the feedback](#)

New RBCS Public Programme October dates

Due to public demand, we are delighted to offer a further set of dates for this 'open to all' Resilience-based Clinical Supervision programme:

- Session 1: Thursday 16 October 2025 9.30 - 12.30
- Session 2: Thursday 23 October 2025 9.30 - 12.30
- Session 3: Thursday 06 November 2025 9.30 - 12.30
- Session 4: Thursday 20 November 2025 9.30 - 11.30
- Session 5: Thursday 18 December 2025 9.30 - 11.30

Book via [the registration form on the FoNS website](#)

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