



Resilience Based Clinical Supervision Facilitators Network

By Sonia Denton-Smith (RBCS Project Manager)

This month the RBCS Team had a welcome opportunity to present at the RCN Education Conference 2026. We presented our Social Care Programme and the success of providing RBCS training to over 500 social care nurses. It was a fantastic day and great to hear all the hard work that is going into raising the profile of social care nurses, and the support going into pre-registration education and placements to showcase what social care nursing has to offer.

It was also a real pleasure to see and celebrate the University of Surrey's poster presentation of their implementation of RBCS.

'Developing a resilient workforce: Nurse Educators' experience of Resilience-based Clinical Supervision training to support students and peers.' Really emphasising how this model can be used to support nurses, educators and student nurses with the emotional impact of the complex systems we work and live in.

RESILIENCE BASED CLINICAL SUPERVISION

Developing a resilient nursing workforce: Nurse Educators' experience of Resilience-Based Clinical Supervision training to support students and peers

Lauren Sirey Maeve Tonner

Anita Combes



Background

Staff well-being is shaped by organisational culture and requires system-wide support, including the training of healthcare students and educators. This evaluation explores nursing educators' experiences of Resilience-Based Clinical Supervision (RBCS) facilitator training and its potential to prepare staff to support student and peer well-being.



Methods and objectives

To evaluate how Nurse Educators perceived Resilience-Based Clinical Supervision training. A participatory evaluation with nursing educators who completed RBCS training.



Findings

Nurse Educators identified benefits of RBCS, included the opportunity to model self-care to students, enhance teaching practices, and improve personal well-being.



Conclusions

Higher education institutions offering healthcare courses should recognise that RBCS is a feasible means of supporting the well-being of healthcare students and educators alike.



My key take home from the day, was that as nurses, educators and students we are often pressured by time and therefore we lack the time to recognise our own needs, whether that be emotionally, physically or even what we need to learn or understand better.

When listening to the keynote speaker, Dr Michael Rowe (from University of Lincoln) discuss the learning and assessment process in an age of AI generation, I noticed that this topic sparked engagement in the room. There were people nodding in agreement or visible disagreeing and shaking their heads, it felt like this was a conversation that people were itching to have. It made me think, how important it is to have time to talk, to process how we feel about any kind of change, to critically discuss our thoughts and feelings with our colleagues, peers, students, so that we can hear different perspectives, ideas or share where our thoughts are stuck and see where they can be challenged. Throughout his speech I observed the room, I could see how the audience engaged and how their eyes had been opened and how his contributions had sparked new perspectives and challenged their existing judgements. The room felt awake and challenged by his argument.

How great would it be to create these spaces in a safe environment in every workplace, so we have time to have critical reflections with our peers?

The Grounding

This month we wanted to share a slightly different grounding- that is light-hearted and fun! Remember mindfulness is:

“The awareness that emerges through paying attention on purpose, in the present moment, and non-judgementally to the unfolding of experience moment by moment”

~Jon Kabat-Zinn

So, take a moment to immerse yourself in this activity, it's a moment for you to pay attention on purpose.



The Check-In

Sometimes we just need to slow down and take things day by day or week by week. This Check in is a great way to check in with yourself or as a team, to really think about what it is we need, how we want to feel and to remember what we can do to try and achieve this.

START OF WEEK CHECK-IN



xo @heyamberrae

The Ending

Here is a reminder for you...

THIS IS PROGRESS...



...BUT THIS CAN BE PROGRESS TOO

FREE event...

Adult Social Care Nursing: Leading Through Innovation

9 June 2026, 9.30am - 4pm, University of Salford, Mary Seacole Building

We are pleased to share this invite with you to Adult Social Care Nursing: Leading Through Innovation

This free conference will showcase and celebrate research, practice, innovation and education in social care. Join us for an inspiring day.

Please share this far and wide and do consider submitting an abstract for poster or oral presentation! and share the amazing things you are doing in practice.

[Sign up](#)

RCN Foundation Adult Social Care Nurse Fund

Grants for up to £1,600 are available to support the professional development of registered nurses, care and support workers/assistants working in adult social care settings across the UK.

[Find out more and apply](#)

NIHR Research Development Programme

Applications are now open for the Researcher Development Programme for Social Care Nurses.

This funded programme supports registered social care nurses to develop research skills, lead practice-based initiatives, and help build a strong research culture within their organisations.

Participants receive protected time (1 day per week), with funding provided to your employer, alongside mentorship, coaching and access to a national network of peers.



Applications close: 14 June 2026



Programme starts: 1 October 2026

Find out more and apply

Everyday Excellence: Celebrating Adult Social Care Nursing

Hosted by the Social Care Nursing Advisory Councils (SCNACs), this event brings together nurses, leaders, and partners from across the system to recognise the vital role of adult social care nursing and explore what the future holds.

The event will include:

- A leadership panel exploring: *What does skilled adult social care nursing look like today and how we build on that strength for the future*
- A second panel featuring nurses across a wide range of settings sharing the reality of their work, the skills it takes, and why it matters

This is a chance to celebrate the everyday excellence of adult social care nursing, connect with peers, and be part of shaping what comes next.

Register to attend

RBCS Facilitators Network Facebook Group

Foundation of Nursing Studies

11-13 Cavendish Square London W1G
0AN, London
United Kingdom

[Unsubscribe](#)

