



The shortest month of the year has flown by, and we now find ourselves just days from March.

March is filled with important awareness dates and celebrations, offering a chance to pause, reflect, and connect. We would like to give a particular mention to those observing **Hola Mohalla, Holi, Eid, and Ramadan**. Whether through personal reflection, time with loved ones, or community celebration, these occasions remind us of the diversity, richness, and shared humanity that shape our lives.

March is also the first month of spring. If January and February haven't felt like the right time for productivity, a new role, or a fresh challenge, you are not alone. Many people naturally align with the season's sense of new beginnings. Now is the perfect moment to embrace this opportunity, take the first step, explore possibilities, and move forward at a pace that feels right for you.



March offers an important reminder that **caring for others starts with caring for ourselves**. For healthcare professionals, it can be easy to prioritise the needs of patients and colleagues over your own wellbeing, but self-care is essential to ensuring you are able to give your best. Sleep, nutrition, and hydration are key foundations for both personal health and professional practice.

World Sleep Day on the 13th of March is an opportunity to reflect on your sleep habits and consider small changes that help you rest more effectively. Even minor adjustments to your routine can improve focus, resilience, and emotional balance at work.

National Nutrition and Hydration Week from the 16th of March highlights the importance of eating well and staying hydrated. Nourishing your body fuels the energy and clarity needed to provide compassionate care, maintain patience, and support others safely and effectively.

Take some time to reflect on your routines without judgement and consider what small changes could support your health and wellbeing.

For anyone working with children, this **Spotlight Session from Safeguarding Somerset** is a valuable opportunity to refresh knowledge and gain deeper perspective on responding to disclosures of child sexual abuse.



While safeguarding is a topic often covered in training, keeping skills up to date and revisiting practice is essential, especially when the situations we face can be complex and emotionally challenging. The way someone responds to a child's disclosure can have a profound and lasting impact, shaping how safe and supported they feel and influencing their ability to trust adults in the future.

This session will explore not just the practical steps of recognising disclosures and responding safely and appropriately, but also how to communicate in a way that reassures children, validates their experiences, and prioritises their wellbeing. Participants will gain insight into the ethical and emotional

considerations that underpin sensitive safeguarding practice, alongside strategies to act with confidence, compassion, and professionalism.

👉 [Find out more and register here.](#)



The landscape of **mental health law** in England is evolving, and with that change comes a real need for clarity, confidence, and compassionate practice. Skills for Care are hosting an online session focused on what these changes mean in practice, and how they can be thoughtfully implemented within adult social care.

The session will explore how the updated approach to the Mental Health Act is intended to strengthen people's rights and experiences, particularly for autistic people and people with learning disabilities. It will also look at how social care professionals can adapt their practice in ways that feel realistic, ethical, and aligned with values, not just policy.

If you've been wondering how these changes might impact your role, or you're supporting someone who may come into contact with mental health services, this session offers practical insight alongside space for reflection and discussion.

👉 [You can find out more and register here.](#)

Continuing Professional Development (CPD) is now mandatory for around 1.5 million healthcare practitioners in the UK, with regulated professionals expected to engage in learning and reflection to maintain their skills and practice safely and effectively.



Choosing CPD that goes beyond the usual refreshers can be especially valuable. Learning that challenges your thinking, introduces new perspectives, and encourages reflection is the kind that can truly influence practice and bring fresh insight into everyday care. In fact, around three-quarters (75 per cent) of general practitioners surveyed reported that CPD had influenced how they manage patient care, highlighting the value of thoughtful, applied learning.

The start of March celebrates the importance of continuing professional development. **CPD Week** provides a dedicated opportunity to recognise, reflect on, and engage with learning that helps healthcare professionals grow, stay confident, and bring positive change to their practice.

This year, the **HPCP is marking the week with a series of webinars**, giving healthcare professionals the chance to learn, engage, and gain fresh insight from the comfort of their own workspace.

- [Your guide to CPD audits and profiles](#)
Monday 2 March 2026, 1pm
- [How professionalism affects your practice](#)
Tuesday 3 March 2026, 1pm
- [Your communication and social media](#)
Wednesday 4 March 2026, 1pm
- [EDI and your practice](#)
Thursday 5 March 2026, 1pm
- [Understanding scope of practice at advanced levels of practice: a learning session](#) (this session)
Friday 6 March 2025, 1pm



Supporting children who are experiencing grief.

For anyone working with children and families, Rowcroft Hospice are offering a valuable opportunity to learn practical, compassionate ways to support them in times of grief.

Grief can be difficult, overwhelming, and sometimes unexpected. For children, it can affect how they express themselves, process emotions, and cope with change. This session will cover how to recognise and respond to children's needs, communicate sensitively, and provide support that is empathetic and age-appropriate.

The session is designed for health and social care professionals, as well as anyone working with children who may be experiencing grief.

👉 [Find out more and register here.](#)

March brings two important reminders about the values that underpin compassionate care and professional practice. **Zero Discrimination Day** on the 1st of March encourages us to reflect on fairness, equality, and inclusion, while **International Day for the Elimination of Racial Discrimination** on the 21st of March highlights the ongoing work needed to ensure every person is treated with dignity and respect, regardless of race or background.



Awareness days like these are not only about supporting others but also a reminder to protect yourself as a care professional. No one should experience discrimination, bias, or harm in their workplace. These dates provide a chance to reflect on how we create inclusive, safe environments, challenge prejudice, and support colleagues and patients in feeling valued, seen, and respected.

Your voice matters. Speaking up helps create a safer, fairer, and more inclusive environment for you, your colleagues, and the people you care for.



Advance care planning is about more than paperwork. It's about ensuring people's wishes, values, and preferences are understood, respected, and reflected in the care they receive, especially when decisions feel complex or time-critical.

Hospiscare are hosting a thoughtful and informative session on Monday the 2nd of March 2026, from 14:00 to 16:00, focused on Advance Care Planning (ACP) and Treatment Escalation Plans (TEPs). This session is designed to support compassionate, person-centred conversations about future care.

[You can find out more and register for the session here.](#)

Children's Home Registered Manager

 Manchester |  £45,000 |  Full Time

We are seeking a **Children's Home Registered Manager** to lead a small, family-run residential home in Bolton, supporting children aged 8–17 with Emotional and Behavioural Difficulties (EBD). You will manage day-to-day operations, guide a dedicated team, and create a safe, nurturing, homely environment where children can thrive.

Our clients home offers personalised care, structured support plans, and opportunities for growth and development. You'll work closely with families, schools, and social workers to ensure each child receives compassionate, tailored support.

Looking for a new role? Explore all of our latest vacancies [here](#).

Further reading/watching:

 [Skills for Care: Delivering Outstanding Care Seminar](#)

 [Essential care manager skills and responsibilities](#)

Thought for the month:

For many of us, work makes up a significant part of our lives, often around a third of our waking hours. Because of this, the role we do, the environment we work in, and how we feel while we're there can have a real impact on our overall happiness. Feeling valued, supported, and able to be yourself at work matters just as much as the practicalities of pay, hours, or job title.

As we approach **International Day of Happiness on 20 March**, we've been reflecting on what happiness at work really means and why it matters.

Happiness at work will look different for everyone. For some, it's about flexibility and balance. For others, it's meaningful work, a sense of purpose, or being part of a kind and supportive team. It might be the ability to switch off at the end of the day, or knowing your work makes a positive difference to others.

What matters most is how your work makes you feel. Feeling respected, safe, and able to maintain balance in your life are key foundations for wellbeing. This International Day of Happiness is a gentle invitation to pause and reflect on what supports your own sense of fulfilment, and what small changes might help you feel more settled, energised, or content in your working life.

If you are searching for a happier work life we would love to hear from you.

We'd love to hear from you:

What is the one thing your workplace could do that would make you feel happier in your day to day life?

Warm wishes for the month ahead.



Connecting compassionate care providers with skilled professionals to build strong, values-aligned teams that enhance care quality and service outcomes.



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