

June 2021

Contact Details:

Now on Twitter!:

@SESpaediatrics

Microsoft Teams:

Paediatric Trainees in South-East
(Let us know if you can't access)

Facebook group:

South East Scotland
Paediatric Trainees

Email:

rachael.fleming@doctors.org.uk,
timothy.lewis@nhslothian.scot.nhs.uk

WhatsApp:

Rachael – 07840062260
Tim – 07825950785

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Outcomes for ARCP

ARCP panels are meeting 1st – 16 June

Notification on Kaizen when completed

Remember to acknowledge the outcome at end of form.

Outcome 1

Satisfactory progress

Well done!

Outcome 6

Completed programme CCT.

Very well done!

Outcome 2

Specific competencies req.

No additional training time

Outcome 7

7.1 ->7.4 apply to LAT for completion of that year

Outcome 3

Inadequate progress

Additional training time

Outcome 8

received if on out of programme experience.

Outcome 4

Released from training programme

Outcome 9

Satisfactory progress

Post CCST training

Outcome 5

Incomplete evidence presented

May req. additional time (but most often this means completing some paperwork and this being changed to an outcome 1!)

Outcome 10

Satisfactory progress

But some parts of training delayed by impact COVID

ARCP face to face Feedback

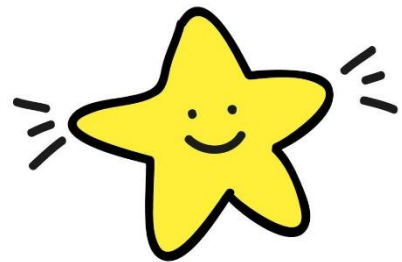
In the olden days there used to be a face-to-face meeting for ARCP panel.

If you'd like to discuss your progress, Ailsa and Laura have set aside some time for an "ARCP clinic".

This is encouraged, particularly if you have transitioned from one level to another. More details to follow about how to book your slot!

Thanks to Rachael

Sadly, Rachael is stepping down in her role as Junior Trainee Rep. She has been a true advocate for the trainee cause. Whether it has been study budget, out of programme, or trainee wellbeing, she is not afraid to speak up to fight our corner. She has also been instrumental in creating a mentoring programme across Scotland for sub-specialty interests. She'll be missed!



Training Opportunities

New Trainee Representative Opportunity – Apply Now!!

The time has come for Rachael to step down as Junior Trainee Rep. opening up a great opportunity for someone else to take over!

If you are currently in ST1-ST3 (i.e. will be in ST2-ST4 in August) and interested in this excellent opportunity then please apply by sending 200 words on why you'd like to be a rep and what you can bring to the role, to rachael.fleming@doctors.org.uk. These will be anonymised and the new rep selected. **Deadline 30th June.**

If you would like more information about the role before applying, please contact Tim or Rachael.

Scottish Paediatric Society
Summer Meeting
Friday 4th June (Free!)

Neonatal Society
Summer Meeting



24th & 25th June –
[book here](#)

RCPCH Conference

15th-17th June – [book here](#)

Health and Wellbeing – it's Good to Talk!

Our job is hard!!! The last 18 months has posed its own additional challenges for everyone in different ways; extra shifts, family separation, loss, home schooling, social isolation, living with partners, living without partners, financial strains, shielding.... the list goes on! For lots of us, the ways in which we normally de-stress or distract ourselves from work have been taken away. No trips to the pubs, meals with friends and family, gym classes, travelling, lying on the beach with a cocktail etc.

We wanted to take the opportunity to highlight lots of great resources that are available to us and that trainees have reported to have found helpful. It's good to talk and to take time for ourselves and we want to encourage people to access these! Long lists of links can be a bit overwhelming, so we've picked out a couple we think are particularly useful. There are also some links to the lists of additional resources below too. 😊

Ailsa and Laura are also available to offer support to anyone who would like it. They can be reached in person, via email or phone. Alternatively, we are just an email or phone call away if you'd like a chat.

If you access a resource that you find useful and don't mind sharing your experience with Tim and Rachael it would be great to be able to share this with other trainees!

We are always keen to hear of ideas to help boost team morale and support trainee wellbeing so if you have any ideas, please do get in touch. There have been some good trainee initiatives in the past and now things are relaxing a bit hopefully we can get some in person meet ups on the go again soon!

Peer Support Scheme (RHCYP)

This is based within RHCYP and comes highly recommended by some of our trainees. It can take the form of confidential one to one support service or group sessions, after a traumatic or challenging situation. It is open to all staff and facilitates defuse/debrief sessions after a significant event.

You can self-refer by emailing:
peersupportteam@nhslothian.scot.nhs.uk

Headspace

You can join headspace plus NHS for free [here](#). It includes access to hundreds of guided meditations, soothing sleep casts as well as relaxing music, tension-releasing workouts, uplifting videos and more.

Simpson Staff Peer Support Service

This is peer support offering confidential colleague supporting any situation that may be causing concern, worry or distress or after any acute event. If you have been involved in a significant event you might receive a 'reaching out' email or you can self-refer at any time by emailing:

SCRHstaffpeersupport@nhslothian.scot.nhs.uk

It can be access by anyone working in neonates, midwifery and obstetrics so feel free to pass on to your nursing, midwifery and trainee colleagues!

You know More - Coaching for Wellbeing

This allows you to access a free two-hour coaching session, tailored to your individual needs. It is a space to talk about personal and professional issues. They are able to help you identify new ways of understanding yourself and your situation and give you clarity as to how you can play to your strengths as well as give you further strategies to help stay on track.

The **Scotland Deanery** have a list of resources - [here](#)

As do the **RCPSG** - [here](#)

And the **BMA** - [here](#)

BMA - [here](#)

The BMA have a range of wellbeing support services on offer. This includes a free and confidential 24/7 counselling and peer support service open to all doctor plus their partners and dependents. You do NOT need to be a BMA member. Call

03301231245

Royal Medical Benevolent Fund - [here](#)

Offer a range of services from financial advice and assistance to a telephone befriending service. Available to support doctors and their families and run primarily by volunteers from a medical background, understanding the unique pressures we face.

Sleepio

Do you have difficulties with your sleep? This is a free (to NHS) 6 week personalised online program designed by sleep experts and based on CBT methods that aims to tackle any sleep troubles.

Cycle to Work Scheme

Keen to skip the car park traffic at RHCYP and been meaning to get a bike but haven't got round to it?!

Check out the [Cyclescheme](#) for more information on how to save £££ getting a bike and cycling accessories

The Little Book of Wellbeing

Some tips on how to look after ourselves and others, produced by the Royal College of Physicians and Surgeons of Glasgow

- [here](#)

Mind.org

Great website for information and sources for you as well as how to help support someone else

National Wellbeing Hub

This link has a number of useful resources ranging from information about being an unpaid carer, coping and self-care as well as resources about supporting family, friends and colleagues and about your needs and at home and at work.

The Workforce Specialist Service

(Whilst the name might not give it away), this is a confidential, MDT mental health treatment service with expertise in treating health professionals. They are able to offer a confidential assessment and treatment service on a self-referral basis - access [here](#)

Support in an Emergency or Crisis

Samaritans (**01612368000** or **116123**): They also offer a listening service - website [here](#) for more information

Text SHOUT to **85258**

Your own GP or Emergency Department

In other news...

Grid Applications for Aug 2022

The deadline for GRID applications is later this year:

APPLICATIONS OPEN: 27TH OCTOBER 2021

DEANERY ELIGIBILITY FORM DEADLINE: 8TH NOVEMBER 2021

APPLICATIONS CLOSE: 17TH NOVEMBER 2021

Grid and SPIN Survey

Huge thanks to everyone who took the time to respond to this. We got a great response rate! Results to follow!

Maternity Leave Study Budget

For those on Maternity Leave –you are still entitled to a study budget! If you want to get away from doting on your newborn and are craving some adult contact, there is money in the study budget pot for you!



Upcoming STB

We have STB this month which is the meeting where we discuss Paediatrics Training Scotland-wide (alongside our O&G colleagues). Please let us know if there is anything you would like us to discuss/ask.

trickleTM
what could we do better today?



Team ID: nhs-lothian-dit

Thanks for those already signed up. Be part of the conversation to improve working life if you haven't yet! [Follow this link](#)