



SES PAEDIATRIC TRAINEES AUTUMN NEWSLETTER



Microsoft Teams

[SES Paediatric Trainees](#)

Facebook Group:

[SES Paediatrics Trainees](#)

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Welcome to the autumn edition of the trainee newsletter! Who else is shocked that it's September already?

Apologies that this letter is a bit full but there's lots to keep you all up to date with!

Once again I wish to highlight the [Scottish School of Paediatrics](#) website which has a wealth of information on rotations, wellbeing, financial support, OOP etc.

We hope you are all settling nicely into your new rotations and have worked out the consultants' coffee orders by now (!)

Chris and Bryony





Progress+ Summer 2023

- Draft programme changes have been emailed
- Any thoughts or concerns please email us by Wednesday 7th September so we can feed back to the TPDs
- [RCPCH Progress+ info](#) – more info



Progress+ training sessions on MS teams



[Thurs 15th Sept 12:30](#)

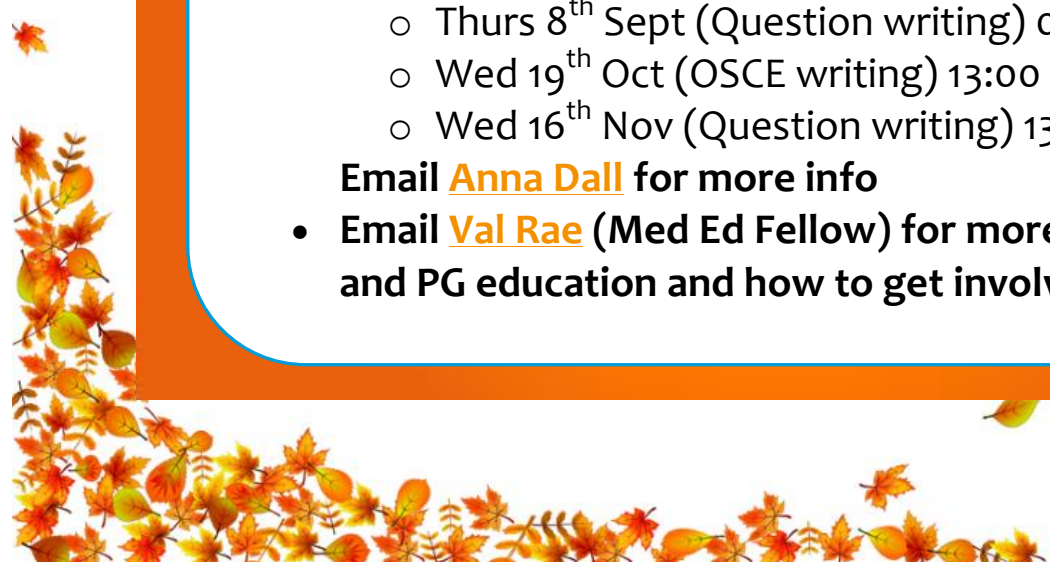
[Monday 3rd Oct 12:30](#)

[Thurs 10th Nov 12:30](#)

(links to meetings)



Education [Friday RHCYP teaching](#) (Kate H, Dave C, Vijay)

- Please donate any leftover books to the trainee library, especially any exam textbooks.
The library is open!
 - UG Edinburgh Uni exam writing sessions:
 - Thurs 8th Sept (Question writing) 09:30 – 13:00
 - Wed 19th Oct (OSCE writing) 13:00 – 17:00
 - Wed 16th Nov (Question writing) 13:00 – 17:00
- Email [Anna Dall](#) for more info
- Email [Val Rae](#) (Med Ed Fellow) for more info on UG and PG education and how to get involved
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Finances Every little helps!

Study budget is £600/year/trainee Apr-Mar

Inc up to £100 accommodation fees

Apply via [TURAS](#)

[Study leave application guide](#)

CCH endowment fund: available to all trainees if applying for CCH training opportunities

Email [Ailis Orr](#)

[TOTUM Pro](#) - £15 for 1 yr: Discount at shops/restaurants/phone networks

[Blue Light Card](#) - £4.99 for 2 yrs: various discounts

[The Company Shop](#) - Free for NHS: Heavily discounted food shop in Wester Hailes. Short shelf life and variable stock but really good for stocking up the freezer

Any other discounts please feel free to share!

[P87 Form](#) – Claim tax on professional expenses:

GMC, RCPCH, Exams, Indemnity etc





Kaizen continuous improvement

- “ST* Training Grade and checklist” forms can be made for each 6 monthly rotations. Remember create induction meetings for Edsup and ClinSup
- TPDs are asking for a “Kaizen Champion” who will assist others with their portfolios - email if you’d like to volunteer as tribute
- [Training Services](#) for any Kaizen difficulties



Any DGH and Simpson’s induction feedback?

Is there a carpark & canteen?

Did you like the NNU treasure hunt?

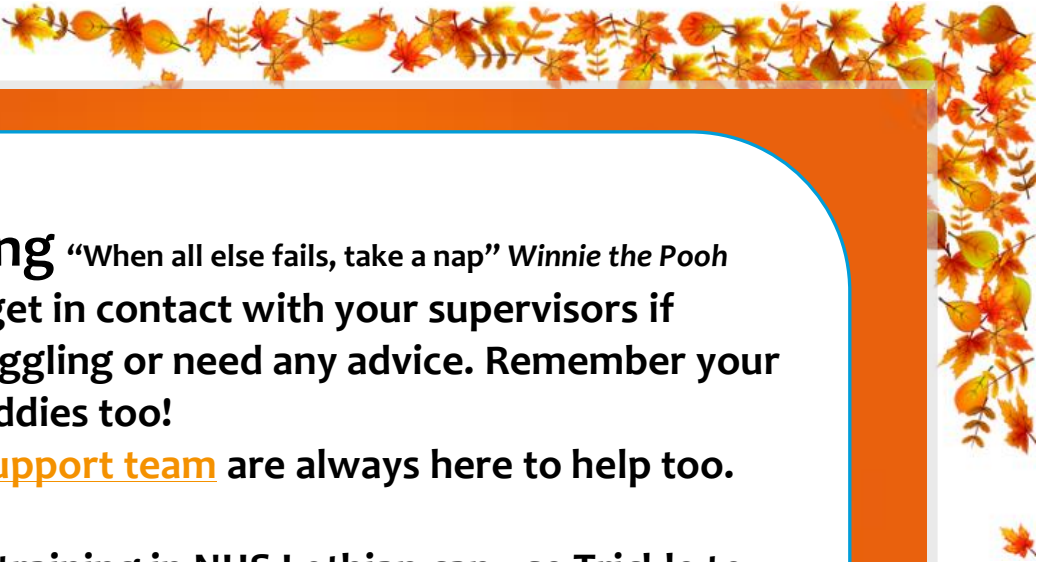
Are you fed up with being Badgered?!

Please let us know!



SPA/QuAC time

- We are trying to audit lost SPA time - fill in the form and let us know if you’re missing out.
- [Loss of SPA time - reporting form](#)
- SPA/QuAC time is for QI, audit, ePortfolio and leadership activities. This is in addition to departmental teaching and clinic admin
- RCPCH charter: ST1-ST3 8hrs/month, >ST4 16hrs/month (pro rata for LTFT)
- Please ensure your rota coordinators are aware and help facilitate this within your specialties.



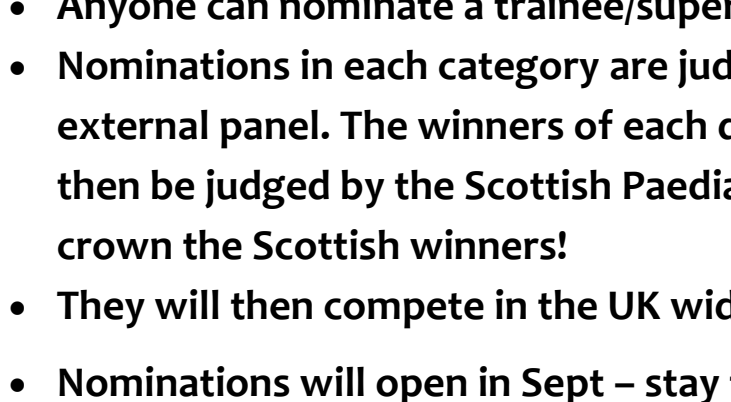
Wellbeing “When all else fails, take a nap” *Winnie the Pooh*
Please do get in contact with your supervisors if you’re struggling or need any advice. Remember your mentor buddies too!
The **peer support team** are always here to help too.

Doctors in training in NHS Lothian can use Trickle to ask questions to management about training, pay, parking, well being etc. It’s a great way to keep up to date with management and training in Lothian.

- **Trickle app**
- Team ID: nhs-lothian-dit

Don’t forget to **GREATix** all your awesome colleagues!!

PAFTAS Paediatric Awards For Training Achievements

- The annual awards for paediatric trainees are back!
 - Nominate who you think is the best junior & senior trainee and Ed sup that embodies the values of the RCPCH
 - Anyone can nominate a trainee/supervisor
 - Nominations in each category are judged by an external panel. The winners of each deanery will then be judged by the Scottish Paediatric Society to crown the Scottish winners!
 - They will then compete in the UK wide PAFTAs!!!
 - Nominations will open in Sept – stay tuned 🏆
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Tea with TPDs spilling the T

- Got a question you want to ask the bosses?
- Want to find out all the latest news?
- The famous F2F sessions with the TPDs will be returning!
- Bring your finest china and biscuits



**Thank you for taking the time to
read through this edition.**



**Once again, don't be shy in sending
in any feedback, thoughts, ICEs,
jokes, good books or even baking
recipes!**