

SES PAEDIATRIC TRAINEES SPRING NEWSLETTER



Microsoft Teams

[SES Paediatric Trainees](#)

Facebook Group:

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Spring is here! The blossoms are blooming, the hour has moved and hopefully the dreaded winter is behind us now. Hopefully there will now be time to breathe, catch a break, reflect on what has been a tough winter and come out the other side stronger, braver and more awesome!

We want to remind everyone that there are many avenues for support and ways to escalate concerns if you feel you're not being listened to. Baby steps to big changes! For example, induction will be changing for August – let us know if you have any ideas to improve our welcome pack and talks.

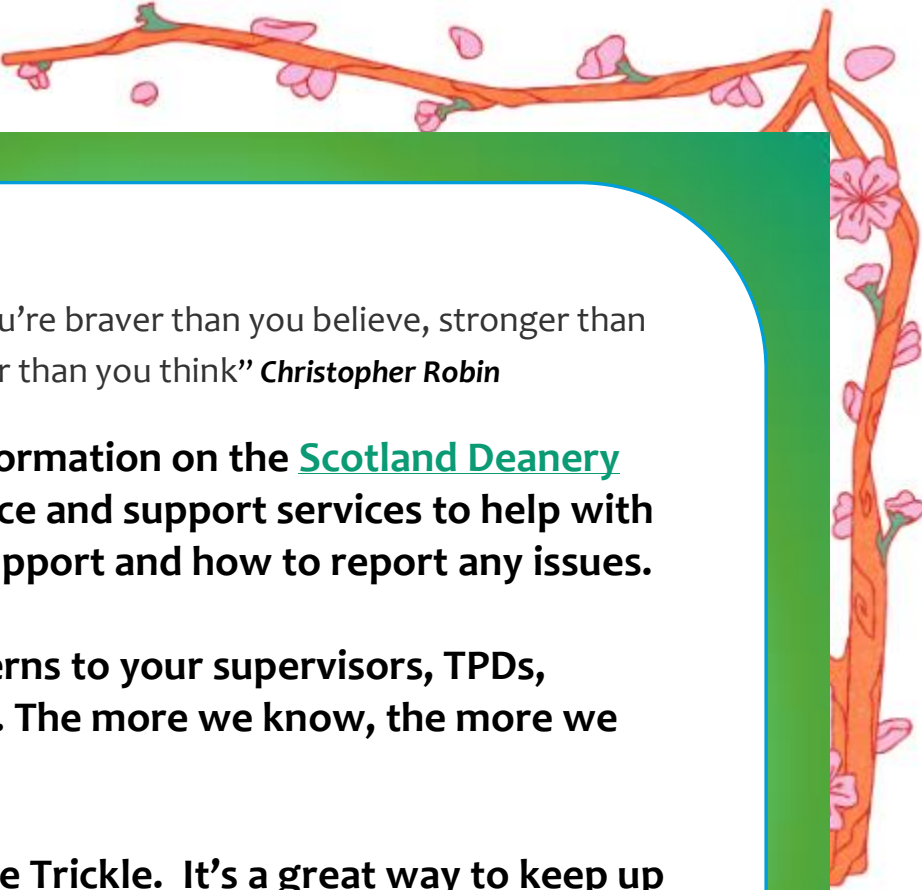
Welcome to the new SES recruits and to returning trainees from exciting adventures! Hopefully everyone is settling in nicely to their new rotations and teams. There is a SES Tier 2 (ST3+) Whatsapp group – let Chris know if you want to join. And don't forget to join the FB group and MS teams for info and teaching.

Progress+ is getting closer so make sure you've had a wee peek at the [RCPCH website](#) before August 2023.

Phew, think that's enough for now. Keep smiling and get ready for hayfever season!

Chris and Bryony





Wellbeing “You’re braver than you believe, stronger than you seem and smarter than you think” *Christopher Robin*

There’s lots of information on the [Scotland Deanery](#) website with advice and support services to help with resilience, peer support and how to report any issues.

Please raise concerns to your supervisors, TPDs, mentors and reps. The more we know, the more we can do to help!

Don’t forget to use Trickle. It’s a great way to keep up to date with management, raise problems about IT, pay, parking etc and training in Lothian.

- [Trickle app](#)
- Team ID: nhs-lothian-dit

Don’t forget to [GREATix](#) all your awesome colleagues!!



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

- Remember to claim study budget £600/yr/trainee
- Apply via [TURAS](#) [Study leave application guide](#)
- Community Child Health fund – open to anyone for CCH related courses/events – contact Ailis Orr
- [FOMOHUB](#) has a list of paediatric events across UK
- RCPCH Conference 23-25th May, Glasgow
[Book early here!](#)
- Scottish Paediatric Society Summer meeting 9th June, Aberdeen [Info and abstract submission here](#)

Progress + SES rotations Aug'23

Placement sheet requests are out. Please reply to Laura and Ailsa by 10th April with your requests for the next year.

ST1	6/12: PARU + SJH 6/12 NNU (Simpsons)
ST2	8/12 PARU + specs/HDU/CP hub 4/12 NNU
ST3	6/12 DGH 6/12 CCH + CAMHs
ST4	4/12 NNU Reg 4/12 PCCU 4/12 Specs (RHCYP)
ST5-7	18/12 DGH (6/12 rotations) 18/12 Specs inc PARU, NNU, PCCU (6/12 rotations) (SPIN 1 year + 6/12 Spec) OR GRID 3 years

Notes

- ST1 – no change
- ST2 – new opportunity in CP hub
- ST3 – current ST3s will technically have missed CCH but will have opportunity to be slotted into CCH later on in training
- ST4 – 4 month blocks have potential to be extended to 6 months depending on competencies and if LTFT
- ST5-7 – no change



Kaizen “continuous improvement”

- ARCP evidence deadline **Wednesday 24th May**
- [Assessment Guide](#) and minimum requirements for ARCP
- Remember you will need to sign an absence declaration form and forms from SOAR (see email from Angela MacLellan dated 15/12/22)
- Helpful video from WoS trainees on portfolio tagging
[Portfolio Tips and Tagging](#)

BE GENEROUS WITH YOUR CURRICULUM TAGGING

- [Training Services](#) for any Kaizen difficulties



Hope this edition has been helpful!

Let us know if there’s anything missing or any other updates for the **Summer** edition!



Training Committee updates

- Congratulations to all GRID applicants!
- All specialty heads and DGH representatives were very grateful for the ongoing hard work and effort from all the trainees
- Any LTFT discussions to be had as early as possible
[LTFT information for Scottish Trainees](#)
- Payroll issues: payrollregistry@nhslothian.scot.nhs.uk
Medical.personnel@nhslothian.scot.nhs.uk
This includes any DGH issues
- Equality, Diversity and Inclusion (EDI) is now an agenda at the meetings and a recent survey has been sent out – please fill in!
- Ailsa will be stepping down as TPD soon as she will be the new President of BPNA!