

SES PAEDIATRIC TRAINEES JUST AUTUMN NEWSLETTER



Microsoft Teams

[SES Paediatric Trainees](#)

Facebook Group:

[SES Paediatrics Trainees](#)

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What's this? Another newsletter?!
Someone has too much time on their governance/SPA/admin days!

How is everyone getting on with Risr and the new curriculum? Hopefully the initial teething issues have been sorted but do contact RCPCB if there are ongoing issues (see RISR box).

PAFTA nominations are open so please nominate who you think best embodies the values of RCPCB and deserves this recognition.

Big social news: TPDs is restarting along with our next payday social. There's also an events/courses page to help populate your calendars!

Hope all is well and you're enjoying the late summer!



Risr: Revamped and Ready! <- click to access

- There have been issues with previous key capabilities not being pulled from old curriculum to the new one. Double check your learning outcomes with your current level to see if they've populated from previous assessments and tags.
- Remember to double check your correct grade nomenclature if you're switching from old to new curriculum

[What Am I? ST4+ or ST5 \(C4\) guide](#)

- Double check your CCT date as well on TURAS
- New assessment table has yet to be released but hopefully soon!
- Assessments remain the same (Mini-CEX, CBDs, DOPS etc)

[Assessment guide and requirements for ARCP](#)

Email **[Training Services](#)** for any Risr difficulties

RCPCH Helpline 020 7092 6000

Reminder to read through the new curriculum and familiarise yourself with key capabilities to make tagging easier

[Progress+ Curriculum \(Generic and Subspec\)](#)

[Generic Core Syllabus ST1-ST4](#)

[Generic Specialty ST5+ Syllabus](#)

Finances Every little helps!

Payroll has confirmed new pay scales and new rates of pay for medical staff effective from April 2023 will be paid in September and arrears paid in October.

Payroll queries via **<https://nhsnss.service-now.com/nhslpay>**
Medical.personnel@nhslothian.scot.nhs.uk for NHS Lothian pay matters

It's been noted that some trainees haven't been paid on time. Let us know if it's a recurring issue as we can take it to the management team in NES who are ultimately in charge of our pay and contracts.

Education **Friday RHCYP teaching** (Chris (Thomas)² Forbes)

- Friday ST Teaching MS teams folder has recordings and slides if you've missed any teaching sessions
- LTFT trainees who miss Friday teachings are encouraged to catch up on recordings during working hours. TPDs have suggested to discuss with your own department on suitable times to do so. If teaching clashes with own departmental or specialty teaching, please prioritise parent specialty teaching session.
- RHCYP "Library" in Castle Mey office: please donate any old books. Also check out "Trainee" folder on shared drive

Tea with TPDs *spilling the T*

- Tuesday 19th September 5-6pm @ SPHERE, RHCYP
- Come and have a cuppa with our new TPD Ailis Orr
- Informal chat to say hi, meet the bosses and enjoy some home bakes
- This will be a lovely way to have a big welcome to Ailis as TPD and to meet up with other trainees
- Highly encourage all trainees to attend and feel free to bring your own homebakes (see new recipe later on)

PAFTAS Paediatric Awards For Training Achievements

PAFTA Nomination form

- Please show your appreciation to who you think are the best Junior, Senior, Ed Sup and AHP/nursing colleagues and how they demonstrate the highest qualities of RCPCH values.
- Use one form per category and as many times as you like
Deadline is 29th Sept
- All nominations will receive a certificate and the winners will be announced at the SPS St Andrew's day Symposium in November.
- The Scottish winners will be judged with other UK deaney winners and overall UK winners will be announced at the RCPCH conference in 2024!



Social: Paediatric Payday Pints, Pitchers & Punchbowls

- Friday 29th September ~7pm @ The Botanist, St.James Quarter

Save the dates: Events/Courses

- Return to Work: Thurs 28th Sept 09:30-12:30, SPHERE, RHCYP. Open to OOP, returning or newly returned trainees. Kids welcomed
Contact:
Claire.hathorn@nhslothian.scot.nhs.uk
Jennifer.mcgrill@nhslothian.scot.nhs.uk
- NHS Lothian Community Child Health In-service day Tues 3rd Oct – registration to follow
- Scottish Association of Community Child Health conference. Fri 3rd Nov @ Stirling Enterprise park. Contact: sacch@rcpch.ac.uk
- Scottish Paediatric Society St Andrew's Day Symposium, Friday 10th Nov, Edinburgh – registration details to follow [See SPS Website](#)
- RCPCH Research for non-academics study day Tues 21st Nov, Virtual, free [Register here](#)
- ST2 Step up day: Fri 8th Dec – looking for faculty to help with simulation. Contact:
caroline.kennedy2@nhslothian.scot.nhs.uk
- Exam dates:
 - FOP/TAS 21st Feb 2024 (opens 4th Dec)
 - AKP 24th Jan 2024 (opens 6th Nov)
 - Clinical 10-25 Feb 2024 (opens 22nd Nov)
- START 19th 24th 26th Apr 2024 (opens 11th Sept)

[FOMO Hub events page](#) – excellent resources for events courses across UK

THRIVE Paediatrics **THRIVE Website**

“You deserve to feel fulfilled, to be valued and nurtured” Dr Jess Morgan

- An exciting new RCPCH project to bring together communities of paediatricians who, by sharing experiences, activate positive change in our working environment.
- SES Paediatrics has been chosen as a pilot deanery and we invite any trainee who wishes to share their experiences of positive change/actions. By doing so, RCPCH hope to create a network and framework for all trainees, trainers and AHPS to thrive in paediatrics.
- There will be a chance to meet with Jess Morgan, RCPCH fellow, at the SPS meeting in Nov and there will be a Thrive Event day in Feb 2024.
- To get involved/ask questions please contact:
 - Philippa.wood@nhslothian.scot.nhs.uk
 - Christopher.tee@nhs.scot

Empire Biscuits (makes~12)

200g plain flour
100g corn flour
200g butter
100g caster sugar
Pinch of salt
180g icing sugar
Jam
Jelly tot or glace cherries

- Oven fan 180C

- Cream butter and sugar together
- Add flour, corn flour & salt together to butter mixture
- Mix into a dough, try not to over knead
- Roll out to 0.5cm thickness & cut out biscuits with 7cm cookie cutter and place on baking tray
- Chill in fridge for 20-30mins
- Bake for 10-15mins until golden at edges, allow to cool
- Mix icing sugar with couple of tbsp of water, not too runny
- Sandwich two biscuits together with jam and ice the top
- Finish with a jelly tot or cherry