

JULY 2021

SOFT-LANDING



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OUR JOURNEY



THE FOUNDERS

A grey winter morning. Over a steaming cuppa, two friends Habab and Nadia started Project Soft-Landing ..

THE ORGANISERS



Soon Nadia A and Rashmi joined the duo ..

And in a locked-down land, a team came together, all thanks to



We started at the very start.. the **INDUCTION workshop**

26/02/2021
OUR FIRST WORKSHOP



And paediatrics without bubbles. NEVER ! DFTB supports us as their incubator project



We were growing.. And growing fast ! And we needed to stretch our wings ..

73 paediatricians attended our first webinar, and they said



Our mock interview session had panelists and attendees from all over UK. And beyond !



24/03/21: OUR FIRST WEBINAR : CHILD SAFEGUARDING



07/04/21: ST3/4 MOCK INTERVIEW PRACTICE



And everyone was asking for more ! Consultants and senior trainees stepped in to help us deliver.

WE LAUNCHED OUR WEBSITE WWW.SOFT-LANDING.ORG

AND THE JOURNEY CONTINUES ...

TEAM

SoftLanding



We are a group of paediatricians, mostly international medical graduates (IMG) working towards better integration of our fellow IMGs into the paediatric workforce in the UK. Our vision:

- Working in collaboration with higher regulatory bodies to ensure equality in medical education and career progression
- Deliver better care to our children and young people
- Build a more efficient and diverse work force
- Well-being of IMG doctors in paediatrics
- Bridging the gap in differential attainment among IMGs

Regional representatives



Network Soft-Landing



We have regional representation from several deaneries, and we are looking for more. Let us know if you would like to represent your region !



We are very grateful to now have **Dr Yinsent Tse**, RCPCH Area Officer for North East, Yorkshire and Humber and **Dr Pramodh Vallabhaneni**, Lead for Education, School of Paediatrics, Health Education and Improvement Wales on our advisory panel.

Key Updates from Soft Landing Webinars



You may have missed our first few workshops, but do not despair, here is a summary of the key points from each of them.



1st Mock Interview for ST1 Applicants

- Structure of questions
- An applicants experience with format of answering questions
- Practise mocks

- If you have any safeguarding concerns, raise your voice and escalate to seniors
- Be open and honest with family from the start and enquire about other children in family
- 4 possible referral outcomes: no further action, early help, child in need (section 17) and child protection (section 47)



- Organised due to demand at short notice
- Personal experience of a past applicant
- Overview of interview structure
- Mock interview practise with feedback from experienced consultants and senior trainees

- A portfolio is vital to document your progress and thus either pay for kaizen or get something similar
- Update portfolio regularly, do not wait for deadlines
- Read RCPCH guidance before using kaizen



- Use Critical Appraisal Skills Program (CASP) free checklists (<https://casp-uk.net/>)
- Choose a topic that might influence a change in departmental practise



Due to different start dates, IMGs often miss the Trust induction specific for paediatric trainees and are enrolled for the corporate induction. One of our main projects is the Soft-Landing Induction workshop.

Organised three times a year, this is tailored for IMGs and focuses on themes you absolutely need to know before your first day at work. Sign up for our induction workshop on 26/08/2021.

Important Resources

- **London School of Paediatrics (LSP):** twice weekly lunch time online teaching sessions (Tuesday & Thursday)
- **Royal Society of Medicine (RSM):** regular neonatal and paediatric webinars
- **DFTB:** regular webinars and free online resources
- **Paediatric Mental Health Association (PMHA):** regular webinars on mental health, need to sign up using NHS email address

Upcoming Events

- **Soft Landing Webinars:** check our website and newsletters for upcoming events. Next one is Introduction to the NHS on 26th August
- **LSP : GRID & SPIN** information evening 21st July (6:30 - 9pm)
- **LSP:** Bereavement course for doctors 16th September
- **LSP Quality improvement** course Autumn 2021: from 16th September
- **RCPCH** Managing perplexing presentation and F11 29th July
- **RCPCH** Statement and Report writing level 3: 30th July
- **RSM** Prevention of asthma deaths in childhood, 17th September





Diaspora Blues

For many of us, moving to the UK with a job is our first time away from home. It will be lonely initially, and with the focus being on the new job and in the effort to settle in, we often forget to take care of ourselves.

"What do you do when you feel alone?" asked the boy



Charlie Mackesy

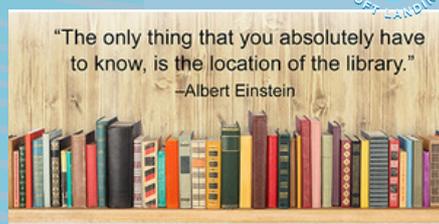
"I eat cake or 'look for you. You are better.'" said the mole.

Look for things you enjoy doing. With the Lockdown being lifted, musicals, theatres and cinema are back. You can learn about a new culture, or find something closer to home. You can watch a film in your language in one of the film festivals, or taste your home cuisine in one of the many restaurants across the UK. And, do let us know as well ! Email your 'home away from home' experience with a photo to - team.softlanding@gmail.com

Your job has brought you to a new country. There is so much to explore. Museums and exhibitions are the best places to start. But, when? *Did you know most London museums do Lates during summer?*



Museums remain open beyond their scheduled hours on certain days. Perfect for people like us! They even do special exhibits or shows which are more adult themed . So, check out what's on? And have your own 'Night at the Museum' experience !



Migrant life in the UK can be lonesome, specially when you are moving around with your job. *Did you know council library memberships in England are for free?* So if you like reading, find your nearest library and get your membership ASAP. **Books can be your new best friend !**

"Here are my library cards trailing along my first four NHS jobs across the Midlands and London". - Neelakshi



Team Soft Landing organised our first social on Zoom in April. It was an evening full of amazing stories and memories revolving around food ! The team reminisced of the times when we ate together with our families. There were stories of our journeys from 'not knowing how to boil an egg' to 'making that perfect daal'. As we swapped recipes and tips to recreate cuisines from back home, we also found out about 'that shop' which sold a specific spice or 'that restaurant' which will definitely remind us of mum's magic in her kitchen !

The journey doesn't end here. Share with us a picture of your cooking or your recipe on twitter with #SLIDFTrecipes



RECIPE SHARE SOCIAL

SOFT LANDING INVITES YOU ALL TO SHARE YOUR SUPER DELICIOUS MOUTHWATERING RECIPES AND HAVE A CHAT WITH US!

DATE: 22ND APRIL

Soft Landing Recipe share Virtual Socill

Inside the simmering pot there are memories of home, inside the pot is who I am.