

DECEMBER 2021

# SOFT-LANDING





Christmas for me is about family , warm lights and memories of my mum.  
One of the perks of being a part of the neonatal transport team this year was to get front seat exclusive views of London by night in full Christmas glory ..

- Nadia B





## Working the Christmas shift

Not just our first, many of us have perhaps volunteered to work Christmas Day every single year. For those who are by themselves in the UK, Christmas would have been another 'Home Alone' movie if not for that long day shift!

And being on the paediatric ward on Christmas day is fun. No one's counting the calories, if you pop a candy in your mouth every now and then in between your ward rounds. There is often a sit down Christmas meal with the staff.



Before we scrubbed up for good, everyone used to be in their Christmas jumpers! Imagine the smile on the little one's face, when 'a very colourful you' wish them Merry Christmas before listening to their chest. The joy is in caring for the children who could not be home for Christmas. A big thank you to all who are covering the festive shifts.






"International Christmas" My first Christmas in the UK- The registrar invited us for Christmas! (Me on the left from South Africa, Elissa on the right from Australia). We each brought something unique from our home countries to celebrate Christmas

- Stacey



## Merry Christmas

FROM TEAM SOFT LANDING





Megha Jagga  
Team Soft landing - Wales

**From planning a baby to giving birth:**

*As an IMG, with parents five thousand miles away, the only support I have is called a husband (I should rather call him a liability since he cannot cook and needs instructions for most household chores).*

*Planning a baby is a very personal thing, but for me, I needed ILR status (so I could utilise full one year maternity without the stress of visa), a clear diary of my mother (to come and stay with me for at least 3 months), and cooperation from my ARCP panel (to get outcome 1 before going for maternity since I will be applying for grid soon after)!*

*Just when I thought it was all going as planned, Covid happened and my mum's visa got delayed. In the end, it was just my lazy husband and hardworking me. "Hardworking" is not an exaggeration here, as you all know all NHS workers are hardworking, especially the IMGs.*

*Well, after a long labour, failed forceps and an emergency Caesarean section, my baby finally arrived and there and then another struggle in life started.*

*Raising the child without family support in this country is going to be very challenging. But I am definitely looking forward to this new phase of life. Wish me luck!*

**SOFT LANDING  
EDUCATIONAL SUPERVISION  
SURVEY**



We acknowledge the vital roles of educational supervisors in steering and supporting the junior doctors towards achieving their career goals. Therefore, while we thrive on delivering educational events and wellbeing support for the IMG paediatricians at Soft landing, we aspire to explore your experiences as supervisees. We would be grateful if you could spare a few minutes filling our survey.

<https://docs.google.com/forms/d/e/>

The collected data will be used in highlighting the areas of strength and potential areas for improvement in regard to supervision experience with the responsible parties.

Thank you very much for filling the survey!

**Our New Year** *resolutions*

We will take care of ourselves. Please participate in our well-being survey.

We will continue to learn. Look out for our educational sessions. Our landings will be soft and smooth. The Induction Workshop will be back soon, so will be our mock interviews for training posts.

We will hear from you more. Write to us at [team.softlanding@gmail.com](mailto:team.softlanding@gmail.com)

We will be there for you. . Everywhere.

Contact our regional reps at [softlanding.reps@gmail.com](mailto:softlanding.reps@gmail.com)

Find us on: [www.soft-landing.org/](http://www.soft-landing.org/)

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In our perfect ways.  
In the ways we are beautiful. In the ways we are human.  
We are here.  
Happy New Year's.  
Let's make it ours.

BEYONCÉ



*Cheers*

**TO THE NEW YEAR**