

SEPTEMBER 2021

# SOFT-LANDING



## Dr Camilla Kingdon



President

Royal College of Paediatrics and Child Health

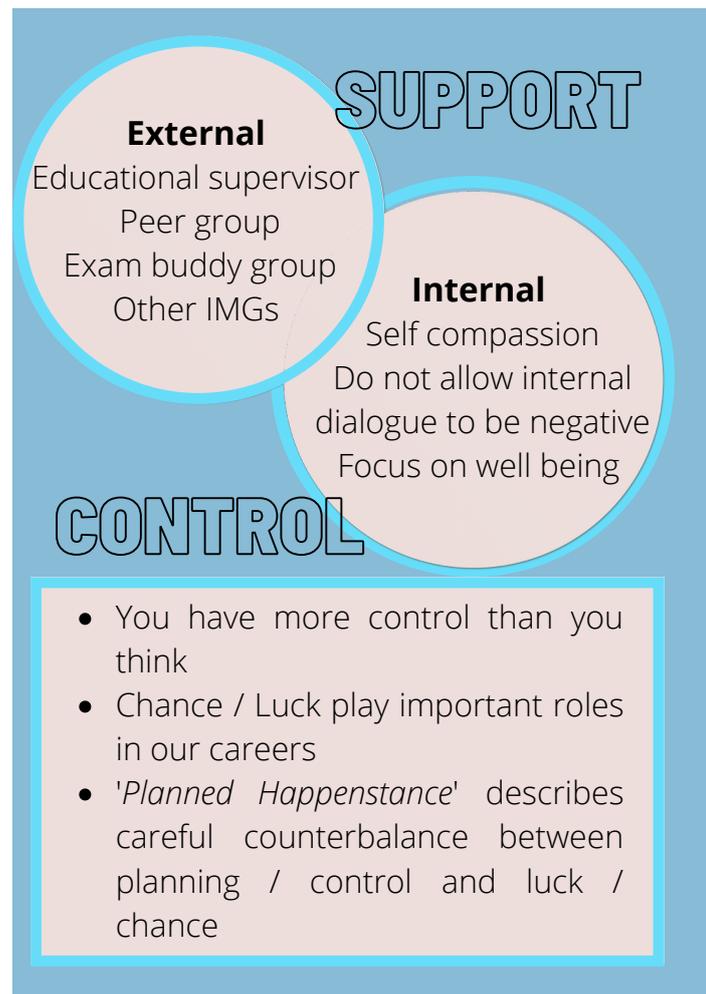
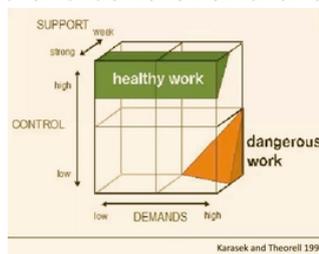
Message for Soft Landing 'Supporting paediatricians new to the NHS' Workshop 26.08.21

*"Without joy in work, we will never have a thriving workforce and we will never be able to deliver the excellent care that our patients need."*

Dr Kingdon herself is an International Medical Graduate from South Africa. She shared her initial experiences of feeling homesick and how hard it was to find a place in the NHS when she first came to the UK. Medicine is a deeply rewarding career, but current working lives are far more stressful than those of our previous generations. Work will always be highly demanding, it is important to know ways in which we can increase the control and the amount of support we get.

She welcomed all IMGs to the UK. *"Every single one of you bring skills, knowledge and compassion and those are the attributes that we cherish and treasure."*

We must all be proud to work for the NHS which still holds true to its founding principles of delivering high quality care to anyone who needs it and for free at the point of delivery.



Dr Laura Kelly  
Chair of Trainees'  
Committee  
RCPCH

## Why paediatrics in the UK is so special?

Due to the vast breadth and depth of the specialty, you will get experience in significant centres of excellence in world leading care.

Teamwork and support from colleagues for a shared purpose of promoting health in children

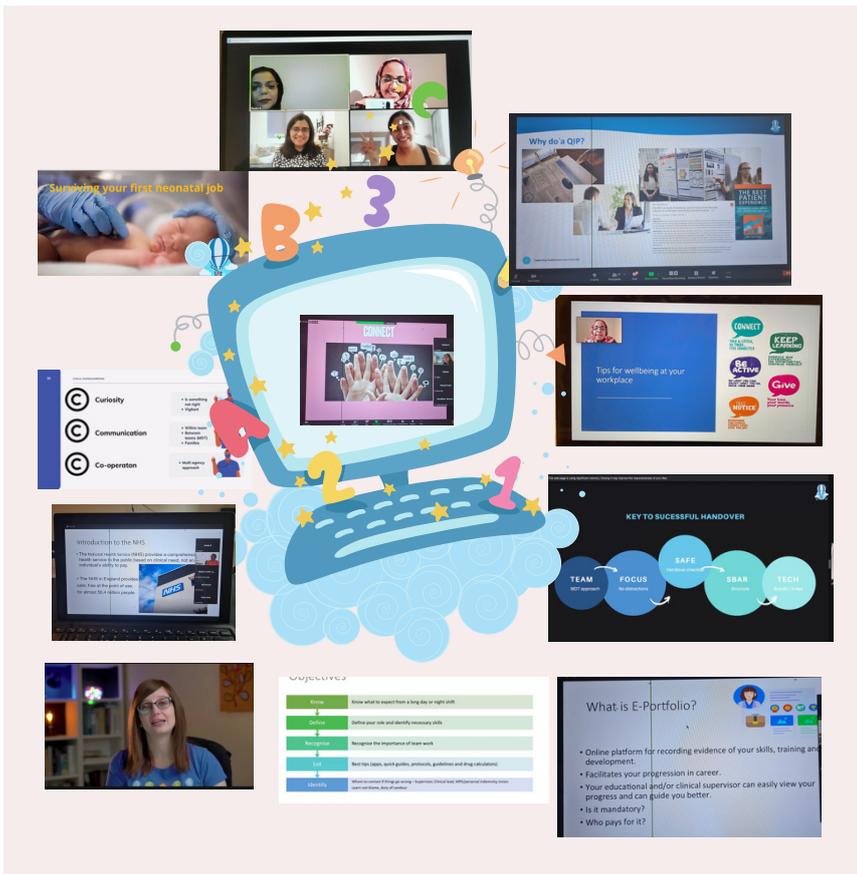
## Top Tips for IMGs as new starters in the NHS

- Ask for help early
- Read
- Keep time for things that make you happy

Wishing you all thrive (and not just survive) in paediatrics whatever your journey entails

# 'Supporting Paediatricians New to the NHS' workshop

We went live with our induction workshop on 26/08/21. Our workshop now has RCPCH accreditation. Our day began with inspiring messages from Dr Camilla Kingdon (President RCPCH), Dr Laura Kelly (Chair of Trainees' Committee) and Dr Tessa Davis (Don't Forget the Bubbles). We had guest speakers from General Medical Council, British Medical Association, London School of Paediatrics and Medical Protection Society. Watch out for the updates on our YouTube channel



## KEY TAKE AWAY POINTS ...

Attendees' feedback

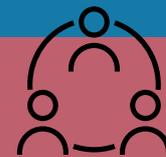
- "Importance of well being"
- "IMGs are not alone"
- "Be humble to learn from everybody"
- "Safe working in the NHS"
- "Unsure? Ask away!"
- "Communication and Teamwork"
- "Patience is key"
- "Don't be afraid to ask for Help"



**KEEP CALM AND**



Read our founders' inspiration behind Project Soft Landing and what keeps us going in the latest edition of Milestones !



We would love to hear from you more. Please email us on [team.softlanding@gmail.com](mailto:team.softlanding@gmail.com) Or follow us on Twitter @paedssoftlanding



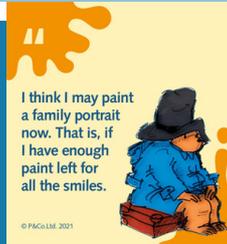
# Diaspora Blues



Paddington Bear is a character from children's literature created by British author Michael Bond. He travelled from the 'darkest Peru' and was found in Paddington Railway Station in London by the Brown family who adopted him. As Paddington makes London his home, with his heart-warming exploits in books and movies, he leaves behind a literary legacy of inclusion and tolerance. So, what does Paddington have to say to us?

## Somewhere Like Home

By Hana Bashir  
Regional rep, South West



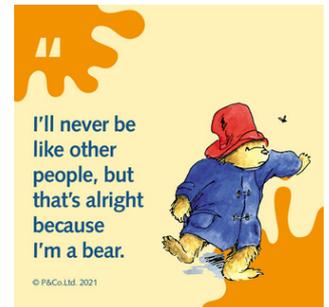
*What is strength? I ask myself at a time I feel the least strong I have ever felt. If being strong means you never break and never complain, then I am not strong. I have felt bruised, battered and broken too many times to count. I have lost myself again and again and found a different version of myself every time I went looking. So I choose to believe that strength is finding yourself broken into pieces then finding the power to put yourself back together, slowly figuring out where all the pieces fit.*

*There's a lot of emphasis on resilience these days, as if to say this system will inevitably break you, and when it does, you must find the resilience to withstand the tides and currents of the NHS. This time I dip into my pot of resilience but find it empty. Am I allowed in this instance to say please can I be exempt from using my resilience? I seem to have none left. All the webinars, seminars and talks the NHS provides can't seem to replace the replenishing effects of my mother's hugs and the bright (somewhat boiling) sun of Sudan.*

*Can I, in this instance, say, please, can I be somewhere that feels a little more like home?*

## Be Yourself !

Diversity is one of the strengths of the paediatric workforce in the UK. Your team will always be open to new ideas and innovation. Do not be afraid to share your thoughts - clinical or non-clinical. Your ideas might be from a different clinical background, but see if they can be adapted at your workplace to deliver better patient care. And this could be your very own QI project too !



## Be kind to yourself !

Not all days will be good days, especially the first few weeks. There will be a lot of changes happening to your life as you strive to find feet at your new job. And things will go wrong. Do not be harsh on yourself.



Speak to a friend or colleague and reflect on the event. Always have a coping strategy. Think of things you enjoy doing. Go for a movie, eat out somewhere nice, get an Amazon delivery just for yourself ! It is important to divert your thoughts for a bit and then again pick up from where you left.

Catch up with one of the world's most-loved bears at the British Library exhibition! Or watch him on Netflix.

Paddington: The Story of a Bear  
Open until Sun 31 Oct 2021

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