

FEBRUARY 2022

SOFT-LANDING

Happy
Birthday

SOFT LANDING

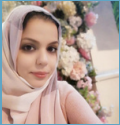
It has been an amazing year seeing Softlanding grow from a proposal I drafted on a word document on a 'not so busy (surprisingly)' night shift, then followed by a chat with a friend amidst the hustle of a London underground station to where we are today. It feels so unreal!

I am so proud of the team who work tirelessly devoting their time, passion and effort to support, guide and mentor and to show the world who we are. The team has certainly become the voice of all IMG Paediatricians across the UK.

We are very grateful for the support we have received over the last year. Thank you to RCPCH, DFTB, APEM and all our guest speakers.

And most of all thank you to all the IMGs who attend our events and have reached out to us, and have helped us grow and develop. Thank you for your trust and we promise to keep the great work going.

Happy Birthday to us and many more happy returns!



Nadia Baasher
Founder, Team Soft Landing



I used to get lost inside my head thinking of my cause of life and the legacy I would love to leave behind. It has always been something about compassion, kindness and changing the world. I will be forever grateful to that special moment at one of the London's underground station, when Nadia B suggested to take an initiative that we started within a smaller group into a national level.

Everything in Soft landing has been made with love and great passion. Despite taking many different leadership roles before, being a Co-founder of Soft landing has changed my life in so many different ways. It's really inspiring to look back and see the magnitude of personal and professional growth that has been caused by this experience. The skills I developed are priceless.

Forever grateful to our fantastic team, from whom I learnt a lot.

Thanks for being my second family in the UK and for your patience with my seasonal flight of ideas 😊.

As Soft landing is growing bigger and has drawn universal acclaim for its vision, I would love to say thank you to our mentors and supporters.

I am proud to see our vision coming into reality and we promise nothing but continuous excellence and sustainability. It's a process and change in the NHS takes time, but we will always be there advocating for IMGs and paving their way towards "Soft landing" in the NHS



Habab Hassan
Founder, Team Soft Landing



In our journey, every little step counts ...

Hear from the Soft Landers how they grew with the project.

Organising each event was a learning experience as we untangled Zoom and decluttered our inboxes. We got to learn from the best as the entire UK paediatric community rooted and 'tweeted' for us. We connected in the times of 'distancing, we got ourselves heard from behind those 'masks'! And as we emerge stronger, along with our pledge to make your landings 'soft' and 'smooth', we pledge to make your journey memorable too !

Join us in this celebration of diversity !



Nadia Audhali

A Londoner with Yemeni/English heritage, a Saudi childhood and a UK Medical Graduate, PEM trainee

Soft landing has taught me a lot of things, taught me a bit about diversity -to listen to others even when I think I know the answer, and if I don't talk, someone else more interesting might jump into that space who otherwise may have stayed silent. And I might learn something! I'm really grateful to hear the different points of view that the varied team members bring as they represent so many different cultures and world views from nearly all continents. Also to embrace spontaneity and not try to control everything. Some of our most successful events have come about through going for it when it seemed too last minute. If the work is your passion the friendships you make are strong, but it never feels like you are doing enough. Also, with the frustration of slowness of changes in the NHS, being part of a project where a gap was noticed and we could immediately create something to address that, through creativity and commitment has been a real eye-opener to me. Be the change you want to see. Certainly being a part of a positive change is an honour. Thanks everyone and hoping for another great year.

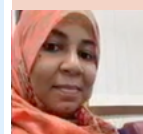
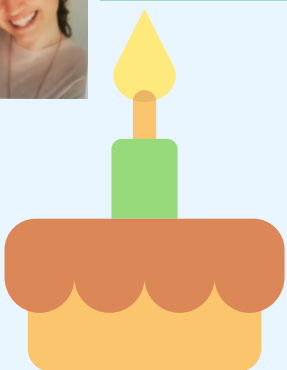


Eleftheria Ainley
Regional Rep, Northern Ireland

Happy First Birthday to the amazing Soft Landing team!!!

Truly dedicated and inspiring and with invaluable contribution to the IMG paediatricians! I feel privileged being part of this team and I find inspiration from your passion and hard work!

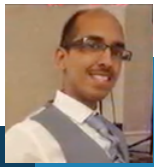
Thank you for everything that you do !



Eiman Haj-Ahmed
Regional Rep, KSS

*Happy birthday,
Team softlanding
It has been less than a year since I have been KSS regional representative. This role is fascinating and rewarding. I have been involved in different educational events which glow my skills and experience. What a wonderful team I work with.. Happy birthday and I am delighted to to be part if this awesome team and wish you all the very best.*





Satyam Veeratterapillay
Regional rep, North East

None of us, including me, ever do great things. But we can all do small things, with great love, and together we can do something wonderful. – Mother Teresa

I remember vividly an experience I had as a medical student in my first years in the United Kingdom. It was a case study of a patient with Neurological complications following trauma during a road rage incident. I remember this because although the one hour seminar was focusing on the diagnosis and management of an acutely deteriorating patient, I spent most of the session wondering what a 'road rage' actually was: English is not my first language, and I was too polite/embarrassed to interrupt the session to ask. Of course with hindsight and common sense it seems obvious what Road rage was, but in that session my mind drew a blank. I often think back to this day whenever I change jobs where I will inevitably learn of specific acronyms which acquire completely different meanings and the team has different protocols they adhere to.

I can empathise and understand the culture shock for anyone starting their NHS jobs having moved and trained in another country.



Fast forward a few years and as a registrar I have had the pleasure of working with many international medical graduates - while many were excellent in terms of experience, knowledge and procedural skills, I have also met many who struggled with basic communication skills, whether it be a simple phone call to parents or relaying a plan to the nursing team, or responding to nursing staff concerns. I have seen many slowly fade and become more withdrawn during my rotation, and it sometimes led to a vicious never-ending cycle of worsening performance and reduced trust among other team members. Of course there are systems in place within the NHS in terms of incident reporting, supervisor support, etc but often I felt powerless to see those colleagues thrive in an environment they had not had the time or life experience to adapt to. There didn't seem to be any resources/support for those IMGs who had specific learning needs separate from other UK-trained doctors.

This is why joining soft landing last year was so important to me - recognising that IMGs have specific learning needs and need different support to other trainees. In the last year I have helped and offered mentoring and support for other trainees in my region, tried to obtain their views through national and regional surveys and volunteered in national events with wide reach for IMGs. Having the full support of RCPCH and moving forward I wish that specific regional induction days occur for IMGs and support networks are developed regionally to help those coming from abroad and starting their NHS jobs, or wanting to thrive and progress in their career.

In the last year we have done so much as team Soft Landing to raise the profile of IMGs working in paediatrics in the UK and I am incredibly proud of what we have achieved. I would like to thank everyone in the team for giving me the opportunity to be a part of this and I look forward to supporting IMG paediatricians in my journey forward.