



# GUARDIAN OF WORKING SAFE II

Update- December 2018

I am - [Serena Haywood](#)

I live in - Paediatric offices, 2<sup>nd</sup> floor, Lanesborough.

It's all been a little quiet here in Post Grad Towers but I'm glad to say, yes, you DO indeed have a new Guardian. I've been doing vigorous warm up exercises and am now ready to support your training, safe working and fair pay needs. Thank you for having me. Tribute first to Sunil who has worked exceptionally (see what I did there?) hard over the last two years to set up this new post, make pan London GoSW connections and write a huge spreadsheet of all the fines in yellow. Huge shoes to fill. So, who am I? I'm a developmental paediatrician, mortality reviewer, BMA Doctor Supporter, SGUL lecturer/tutor, playwright and a Trust Health and Wellbeing Champion. In that capacity, I get to speak a lot about resilience (blog below) and now all the nitty-gritty is set up for this role, your wellbeing will be my focus. Ensuring you not only survive but enjoy your jobs is my goal and I need you to tell me how to help you to achieve that. And first thing on that road is fines money. We need to spend it. [Jonathan Dick](#) the JDF chair will be sending you a survey. Vote. Good things coming soon. There is a separate mess committee; contact [Emily Beales](#) for your ideas. This update will be sent out every other month but keep in touch with me. So, have a great end of year and fabulous 2019 without exception (no, really do please send me your exception reports within 14 days of the incident).



A date for your diaries; 13<sup>th</sup> December, 17.00-20.00. Join us for a seasonal experiment in collaboration across the Trust; Operation Theatre. We have nine new pieces of writing from of brand new writers and musicians from across the Trust and performed by professional actors. The results are really exciting and feature plays by two trainees; Gayle Appleby in paediatrics and Alifa Isaacs-Itua in rehabilitation medicine. Thought provoking, spooky, funny and with a glass of wine or two thrown in. What's not to love? Come and meet people across specialties you might not have had a chance to chat with before. Money raised is for the charity. A fiver (plus fees) on [Eventbrite](#). Selling fast... see you there!



Bloggers wanted! Recalibrate (Recalibr8 on [Tumblr](#) and Recalibrate on Facebook for comments) was created two years ago to support trainees in St Georges. It is about finding that little bit of peace when the gas machine in whirring away in front of you JUST when you need a result. It's about being a resilient doctor, a human being that accepts failure and bounces back better, faster, stronger. I've written about my personal journey through bullying, mental health and imposter syndrome and it has links to useful stuff and references because we doctors love a referenced article. I'll still write from time but in the meantime I need YOUR experiences to publish. It is linked to the RCPCH webpage and Nottinghamshire GP wellbeing support. Meanwhile, here is the last one about carrying anger with you from case to case, 'Put the Soup Down and walk away, Debra'. <http://recalibr8.tumblr.com/post/179928849019/she-wasnt-happy-i-couldnt-hear-what-she-was>

