

When did you receive your rota?



GUARDIAN OF SAFE WORKING



- **Exception report** – safe working/training/pay
- **Junior Doctor Forum**
- Contact me - Guardianofsafeworking@stgeorges.nhs.uk
- **Guardian Update** every 2 months sent to all trainees all GP trainers across South London & Consultants employed by St George's. Includes resilience blog, recalibr8.
- **Fine Money** - UptoDate, food, 'positivity award'
- **The Mess** – please join
- **Fatigue charter** – evaluating





Outstanding care
every time

EMERGENCY DEPARTMENT

GOING HOME CHECKLIST

- Take a moment to think about today
- Acknowledge one thing that was difficult on shift - *let it go*
- Consider three things that went well
- Check on your colleagues before you leave – *are they ok?*
- Are you ok? Your senior team are here to support you
- Now switch your attention to home – rest and recharge



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