PAFTA

Wessex Paediatric Awards For Training Achievements

Winners & Nominees

2026

With Special Thanks to

PIER

Paediatric Innovation, Education and Research Network

The Wessex PAFTAs 2026

WINNERS

Consultant – Julia Shaw, Basingstoke

Senior Trainee – Paddy Clarke

Junior Trainee – Sylvia Ogar

Educational Supervisor – Tara Brown, Basingstoke

Senior Trainee Unsung Hero – Marhamat Chavoschzadeh, Princess Anne

Junior Unsung Hero – James Woodward

Senior Nurse – Ruth Steele, SGH

Junior Nurse – Lily Horton, UHD Poole

Allied Health Professional - Komal Ravel, Physician Associate, UHD Poole

Special Person in Paediatrics – Clair Fletcher, Senior CSW for CPMS

Training Unit – Southampton G Floor

Consultant of the Year

Nominees

Dan Owens: Really knowledgeable and supportive consultant

Louise Collins: She always works with no hierarchical culture, speak to everyone with respect, and always goes above and beyond for her patients

Louise Millard: Louise Millard not only provides exceptional care to all of her patients and their families, but she is also a wonderful source of support for the nursing team. She is kind, compassionate, and always willing to listen. Her considerate nature and approachable manner make her a highly valued colleague, and her support is greatly appreciated by both patients and staff alike.

Emma Knight: A people's person. Caring, relatable, interested, caring towards her colleagues as well as her patients, kind and very chatty !

Trudie Pestell: She is an incredibly talented clinician particularly in the context of resus and major trauma. She is exceptional at being major trauma coordinator when we have multiple traumas present at once, and has excellent leadership. She is also dedicated to teaching, and will utilise her time to really drive education amongst the resident doctors. She is also a very considerate clinician, and will always look after the team during and after acute events, checking in to ensure people are okay. She always celebrates the positives in people, and is frequently filling in FERFs to highlight moments of greatness in others. She is a really wonderful colleague and we are lucky to have her working in our CED. Thank you Trudie.

Sarah Davidson: Shifts are always fun and full of procedures! She copes well with sick babies but takes time to make sure we are all ok. Supportive consultant who has helped me cope with NICU when it's been hard.

Rupjani Banerjee: She is an exceptionally approachable and supportive consultant who consistently goes above and beyond to help trainees and fellows develop the skills and experience they need. She is always encouraging, readily offers guidance, and creates an excellent learning environment. Her approach to patient management is meticulous and thorough, with an unwavering commitment to delivering the highest standard of care and ensuring patient safety at all times.

Emma Grainger-Allen: Although hard to find a single person that could ever say a bad word or quality about Emma, what I really appreciated this year was her unwavering support. After some of the most horrendous and unprecedented shifts, Emma would always be there with a hug and words of support. Even in shifts that she was not involved in, her words and offer of support would still be there.

Mary Pedley-Duncalfe: Mary has continued to be a delight to work with and is always ensuring patient centred care. She speaks positively to her colleagues and ensures there is a clear plan to all her patients.

Anshul Gupta: Anshul is an exceptional consultant and an absolute pleasure to work with. He is consistently approachable, supportive, and always available whenever advice is needed. As a registrar, you never hesitate to call him, regardless of the time of day or night, because he always makes you feel that he is there to help without judgment or hesitation. Alongside his approachable nature, Anshul is an outstanding clinician. He remains calm under pressure, demonstrates excellent clinical judgment, and consistently makes sound decisions in emergency situations, inspiring confidence within the entire team. Over the past three years, he has managed the Basingstoke rota exceptionally well. His fairness, kindness, and approachable manner have created a positive team culture where colleagues are genuinely happy to help with additional cover when needed. He leads by fostering goodwill rather than obligation, which has made rota management remarkably smooth. Beyond his clinical and leadership qualities, Anshul is simply a joy to work with. He has a fantastic sense of humour and brings positivity to the workplace, helping to lift team morale even during the busiest and most stressful shifts. His professionalism, leadership, and ability to create a supportive and enjoyable working environment make him an invaluable member of the department.

Abi Stapleford: Abi has been amazing as a new consultant in Dorchester. She is incredibly supportive, gives excellent advice and is lovely to work with. She's had to handle some difficult shifts, but has always remained a calm and reassuring presence.

Rebecca Macleod: Rebecca is a wonderful colleague who is always approachable & knowledgeable. She is always supportive when asked for advice regarding general safeguarding and also CSA cases. She is a voice of reason, finding a balance between the demands of social care, health and families. Every time a read one of her clinical letters I am in awe as Rebecca can explain complex issues with a degree of clarity which could never do.

Jim Baird: Jim has an incredibly hard working, kind, and compassionate doctor who cares enormously for the CYP and families in his care. He is a great, supportive colleague.

Julia Shaw: Julia continues to be an inspiration. The more I get to know her, the more I see the depth of compassion she has for colleagues, patients and families. She balances this perfectly with efficiency. She is still the only person I know who can see so clearly through the complexity of a situation, seeing everyone's point of view, and provide balanced and fair advice. She always has time for people and there is a constant steam of people knocking on her door for advice. Her standards are high - she is a very important role model. Julia is the first to recognise other people's work and actively celebrates and supports diversity. She spends a lot of time nominating people for awards, really taking the time to write the nominations. She has played a big role in developing the oncology service, she supervises many resident doctors and ANNPs, she is a Speak Up Guardian and is an important link with our surgical colleagues. She plays a big part in our safeguarding service, including our sexual assault service. She has recently taken over the governance role and has already made a big impact in this area. She is always thinking about how we can improve the education we provide in the department and often delivers excellent ad hoc teaching in handovers. I am sure I have missed many other things that Julia does. Above all, she is an incredibly supportive colleague and wonderful human being.

Michael Griksaitis: He truly sees everyone as an individual, is fair, offers meaningful support, is a team player, smart, great educator, and he genuinely cares.

Melanie Ranaweera: Dr Ranaweera is a kind, enthusiastic, dedicated, and supportive ED consultant who brings energy and positivity to the department every day. She continually encourages trainees to challenge themselves, actively seeking every opportunity to teach and share her skills and knowledge, providing honest, constructive feedback while always taking the opportunity to recognise and praise good practice. She is thorough in her clinical assessments, thinks proactively about ongoing care. She has also shown exceptional leadership by introducing and implementing an excellent initiative in UHS Children's ED to identity and tackle childhood obesity. As an ST1, Dr Ranaweera has inspired me to become the kind of consultant who invests in trainees with the same enthusiasm, encouragement and belief in others.

Mel Ranaweera - nobody is more enthusiastic or supportive than Mel. Whether it's an anxious junior, a complicated case or an emotional rollercoaster, Mel is there with a smile and an incredible amount of hard work. She has single handedly made me enjoy SIM after years of hating it! She is so organised with feedback and development opportunities, and really gives everyone around her the chance to shine.

Clare Hollingsworth: Clare is like Wonder Woman- she is my inspiration and everything I would want to be in a general paediatrician. She is incredibly supportive, loved by her colleagues and patients and a real advocate for her trainees. She works tirelessly to educate, practice what she preaches and make being part of her team fun. I feel that I can always approach her for advice- professional, personal or clinical and that she will listen and provide a wise and appropriately witty response.

TPD plus warm and enthusiastic colleague who genuinely cares about her patients and delivers excellent care.

Gautham Golpalakrishnan: He is always readily available to help and is incredibly approachable. He is proactive and hands on and very supportive to all colleagues and takes the time to explain decisions and aid learning. He works hard to ensure the rota incorporates everyone's leave requests and replies promptly to requests to accommodate study leave needs. He is wonderful!

Sadia Zeeshan: Her passion for learning and the development of staff as well as caring for the patients is why I have great trust and respect for her. She is always teaching the Doctors in training and she is passionate about nursing education as well. Her practice is very inclusive which has an invaluable impact on the team at DCH.

Freddie Speyer: Freddie Speyer is an exceptionally supportive, friendly and approachable consultant who always makes time to answer questions and encourage discussion for team learning. He is proactive in teaching on the ward and leads the co-ordination of departmental teaching very well, creating a positive and engaging learning environment. Freddie's clinical work is meticulously thorough and thoughtful, with a logical thought process he will articulate, inspiring confidence in both colleagues and patients. His happy, enthusiastic manner is a ray of sunshine. Freddie is a pleasure to work with and makes a valuable contribution to the whole MDT team.

Wei Lang Yap: Always goes above and beyond for not only his patients and families but for his colleagues.He has an extremely busy and challenging caseload but always ensures families are listened to and heard, he does his absolutely best with the resources he has to make their lives better and full. And on a more personal level, always without fail makes time to support me with my caseload-- even when I know he is up against it, his support is always there. Thank you for all you do for your families and the nurses you work with, we appreciate your support and your never fading smile!

Tiffany Fan: Tiff is a very compassionate and supportive consultant. She makes it easy to ask for advice and is always happy to teach or talk things through. She has a very calm and reassuring way of leading even when things are busy.

Adam King: Despite some truly challenging shifts, Adam maintains his gentle demeanour and sense of humour. He is always ready to help and support. His kindness and dedication is really appreciated by the families of babies he looks after and by the NICU team.

Steve Wadems: He always makes time to come and check on the wards between clinics and helps to see, treat and discharge patients. He helps nursing staff and will carry out nursing jobs to assist his peers. He's always happy and makes staff feel at ease.

Senior Trainee of the Year

Nominees

George Hunter: Fantastic Reg. Always so happy and positive. Very good with paediatric patients and their families. Kind and caring.

Paddy Clarke: What a joy it is to have Paddy on G floor! He brings fun and laughter to the Doctors office, and everyone is pleased to have him around. Not only that but he is incredible with patients and families - he cares deeply and goes above and beyond to improve their care and experiences. Paddy is always available to help more junior colleagues in a supportive and friendly way. It helps to boost their confidence whilst also feeling listened to. It will be a great loss for him to go to London for a year, but hopefully he'll be back as a Consultant soon!

Paddy is a super hard working, dedicated paediatrician. We have dealt with a number of tricky situations together out of hours and he has always approached everything with a very calm and professional manner whilst still showing empathy and compassion towards patients and their families.

Joely Clarke: Joely is an excellent registrar who will undoubtedly make very inspiring future consultant. She consistently supports the wider team, including junior colleagues, and is generous with her teaching and guidance. She maintains a calm and reassuring manner in all clinical situations. Her clinical knowledge is extensive, and she leads by example both in acute resuscitations and on the ward. She is always approachable and willing to help and her communication with colleagues and families is exceptional.

Jack Hassel: Involved in so many things and makes shifts fun and educational.

Charlotte Kohn: Charlotte is a brilliant registrar. She works incredibly hard and is clinically excellent. She will definitely be missed by the Dorchester team!

Charlotte is extremely hardworking, kind and caring. She always looks out for her fellow trainees and empowers resident foundation doctors working with her. She is very well liked amongst her MDT. And she always does her work with a smile on her face.

Kate Jordan: Kate was made to be a paediatrician. She brings such a positive vibe to the department, with her contagious smile and snacks always in hand. Everyone is happier when she is on shift. She has such an incredible way with patients and empathises like no other. I have seen her reassure anxious parents and build rapport with struggling teenagers with ease. I am genuinely in awe of her communication skills and she has been a huge role model for me. It has been the biggest pleasure working with her and anyone who gets to work with her or be looked after her is lucky!

Kate Jordan - so supportive of junior staff and always going above and beyond for her patients.

Rebecca Greig: Rebecca quietly gets on, works hard, is super skilled, compassionate and is going to be a fab paediatric consultant.

Sophie Hadfield: Sophie is an excellent paediatrician. Her interests and passion seems to lie within global health & health inequalities. Locally she has implemented a project to identify at risk families to provide further support including access to food banks. She exemplifies working holistically for the best interest of the child & family. I am sure she will go on to make a real difference to children's lives in the future.

Kriti Singh: Kriti is always such a thoughtful and hardworking colleague. She is especially kind and helpful to her junior colleagues, teaching them and guiding them while working on shift together.

I would like to nominate Dr Kriti Singh for the senior trainee of the year award; not only is she extremely kind & compassionate to all patients , their families & all members of staff , but she always goes above & beyond to ensure all her juniors feel supported , & all her patients get the care they deserve. She is a huge asset to the team & has been absolutely wonderful to work with on every level!

Rob May-Miller: It is difficult to express why Rob is worthy of the senior trainee award. I will try. For me personally, when I am the attending consultant, Rob is a fantastic support; he is not only hard working, efficient and incredibly competent, but he brings another level of care that I can draw upon and learn from. He is held in such high esteem by our department and his presence is very much missed - this speaks volumes. He shows the utmost respect to other people and he genuinely has no idea how good he is.

Brooke Gamble: Brooke is a fantastic resident and will be an excellent consultant. I've been lucky enough to work with her during several rotations through our team and she has always brought boundless enthusiasm, a keen desire to learn, excellent clinical skills and acumen and displayed increasingly confident leadership skills as she has progressed through training. You can tell all the junior residents enjoy being on shift with her and she is a pleasure to work with. I hope she comes back to our unit again in the future!

Celia Brodie: Celia is an excellent doctor, who one can always look up to and seek advice from, and know you will be supported and confident in what to do next. She cares hugely for her patients, and is extremely conscientious and considerate of the family as a whole, particularly important and valued in her gastroenterology SPIN post. Her clinical knowledge and skills are excellent, and she is a highly valued member of both the gastro and wider G-floor team.

Rosie Chandra: Rosie is an exceptional Dr and is always willing to help and support her nursing staff. She also is a great teacher and have seen her teach the junior Dr's without judgment when they don't know or understand something. She is always happy at work and have never seen her speak poorly to anyone. Always speaks positively to patients and gets on their level or parents level to ensure understanding.

Jen Pearce: Jen Pearce is a consistently phenomenal doctor. Her knowledge, expertise and rapport with colleagues and patients alike sets her apart from most other trainees. As a junior member of the team it is always reassuring to have Jen around - I know that the day will run smoothly with her at the helm! She is clinically brilliant and develops fast relationships with patients and their parents which is wonderful to watch.

Jonathan Baker: Jonny is always willing to teach and is approachable and understanding. He is very good at taking charge of a shift, delegating appropriately and keeping everything running smoothly without making people feel pressured.

Gen Southgate: Gen always provided so much support to juniors, and her kind words always made a big difference. On one particular unprecedented weekend shift, when not even meant to be working, she helped support the team, offering help wherever she could. She would always check-in after particularly challenging shifts too, to ensure that you were okay, which always meant a lot.

Josh Jewell: Josh is extremely knowledgeable and always willing to explain and help staff to understand different conditions and treatment paths. Josh is always ready to help when there are questions or concerns on the ward, he is quick to respond and gives good advice. Whilst being on a usual ward round in the morning, a patient became unwell, Josh immediately jumped into action without being prompted and supported the patient throughout a crash call. Josh always listens to nursing concerns and works collaboratively with them to ensure the best outcomes for the patient. Thank you Josh, your hard work does not go unnoticed.

He works well within the ID team but also across the wider MDT. He is supportive and sensible. He remains calm and easy to work with.

Emily Gentle: Amazing SpR, always willing to help and is always kind.

Keira Hassam: There are many reasons Keira deserves to be named senior trainee of the year. Over and over again Keira has demonstrated her dedication to making sure the babies in her care get the best treatment. She is both thorough and also has a lovely caring manner with families. She works incredibly hard and offers support to her junior colleagues, sharing her knowledge and supporting them in skills. I feel Keira works at an incredibly high standard as a registrar and she is a much valued team member.

Keira has really impressed the team with her kind, calm but no-nonsense approach. She is the queen of handovers! She has great attention to detail and ensures smooth running of the shift. Always a pleasure to work with.

Hannah White: No-one is more dedicated, knowledgeable or kind than Hannah. She goes above and beyond to teach not only her juniors but her other colleagues. She is so incredibly clever but so good at explaining everything in much less complicated ways. She is excellent with every child in the ED and works incredibly hard. Her determination and commitment to always improving and developing is so admirable - she is a role model for every trainee.

Esther Mulatya: She joined the UHS CED team having done mostly neonates before this. Esther is an incredible doctor, taking on the challenge of CED in an MTC and absolutely establishing herself within the department. She really tried to learn as much as possible and built up her skills to an excellent standard. In addition to this she is one of the most incredible humans we have ever come across- kind, gracious and so humble. You made such an impact on the entire team for being the most wonderful person. Whichever team you end up working with is incredibly lucky! We do hope you come back to work with us though at some point in the future! Thank you for choosing to work on our team, we were very lucky to have worked alongside you.

Judith Pritchard: Judith is awesome. Everyone loves working with Judith because she is efficient and calm whilst being extremely clever and often making sense of clinical conundrums' which have perplexed others. She is a role model for junior team members and yet she retains humility and humour, often in the face of really horrendous shifts.

Sian Morriston: She is always happy to help others and will manage or re delegate staff to assist others when the wards are busy.

Sophie Harbour

Junior Trainee of the Year

Nominees

Josh Molina: Really great doctor. Such a great person to work with. Really good with the paediatric patients.

Rhian Mitchell: Rhian is an excellent SHO who will make a brilliant registrar very soon. She demonstrates clinical knowledge and procedural skills that are above her current level of training and contributes effectively to the neonatal team in delivering safe, high-quality patient care. She works efficiently within a busy clinical environment, with strong time management and organisational abilities. She has also provided effective leadership on the postnatal and transitional care wards, contributing positively to team functioning and patient flow.

James Woodward: James Woodward is a clinical fellow about to embark on his paediatric training in Wessex. He has been working at UHS CED and is an extremely talented paediatrician. He clerks patients super efficiently, making sure to undertake thorough reviews and escalates to seniors when worried. He works to a level that is beyond his current level of training, and much much above SHO level- hitting reg level calibre at some points on the shift! He is well liked by the team, and is kind and respectful to all members of the MDT. He is also a very innovative clinician driving projects and change, and smart efficient IT ideas. Wessex is very lucky to have such a wonderful and smart clinician join this region, and we look forward to James bright and thriving paediatric career!

Eirini Mitropoulou: Eirini is super organised and efficient. She is a joy to be on a shift with and works hard to make sure that all the jobs are done.

Katarina: Always happy to help with a smile on her face (even when on post nates!). Supports her colleagues well.

Lily Marrable: Lily is an incredible Paediatric trainee. She is always kind and gentle towards her patients and colleagues. She has such a warming persona that you always feel comfortable in her presence. She is vastly knowledgeable and is so good at teaching to all levels. Lily has grown in confidence and it has been a privilege to have been witness to this. I really look forwarding to welcoming Lily back in her future registrar jobs.

A wonderful and bubbly face to have around the department. So good at her job you wouldn't know she's only ST1. Very supportive of the more junior colleagues and really facilitates them learning new skills.

Rachel Groome: Rachel is a brilliant paediatrician with clinical acumen above her level of training. She remains calm **Rachel Groome:** m under pressure and has managed some complex and challenging situations very well. In addition to this she is a great leader of the juniors, enthusiastic with education and teaching and a universally liked and valued member of the team. She gets involved with projects and has done great work getting the wellbeing resources collated for PIER.

Rachel has been excellent in her first registrar job. She is hard working and a pleasure to work with.

Amr Ismail: Amr is intelligent, hard work & very professional. He works hard & the wider team enjoys working with him. He is amenable to the multiple rota changes that have occurred & we thank him for that. Amr has stepped up to the middle grade rota well- taking on the additional responsibility, asking for help appropriately. He has made good use of the teaching opportunities & has provided excellent local teaching within the department. He had got involved with local projects and has completed them to a high level.

I would like to nominate Dr Amr Ismail for Junior Trainee of the Year in recognition of his outstanding clinical knowledge, efficiency, and professionalism. He is an extremely knowledgeable and efficient trainee who consistently approaches his work with a positive and enthusiastic attitude. He is always keen to teach and share his knowledge with others, while remaining approachable and supportive to colleagues at all levels. He is an excellent role model and thoroughly deserving of recognition as Junior Trainee of the Year.

Rhiannon Hoggins: Rio is super dependable, compassionate and a skilled trainee.

Jessica Duguid: Jess is incredibly hard working and conscientious. She is a fantastic team player and a great support young her senior colleagues. Jess brings a strong positive energy to the team and is quick to recognise the hard work of others. She shows great compassion and care of children and their families. She has the courage to speak up and often raises important points. She shows a professional curiosity and is always looking for opportunities to improve her knowledge and experience. Jess has a very bright future in paediatrics.

Sylvia Ogar: Highly knowledgeable with great insight. Apart from the clinical side, she is compassionate and always ensure the member of the team are alright in a busy shift.

Sylvia is brilliant. I have always been impressed by her dedication and knowledge and this has continued as she has rotated through the neonatal department. She is efficient and simply gets on with things in the background at lightning speed (whilst still making excellent decisions and being thorough).

Fantastic at her job and always a pleasure to work alongside. She stays calm in challenging situations and is committed to her learning. She works with a very quiet confidence but I believe her colleagues are always very grateful to see her on shift.

Sylvia is brilliant! She is hardworking and knowledgeable and she oozes kindness and compassion, topped up with a good dose of dry humour. Her clinical decision making is really excellent but overall she is just a wonderful human being.

Emma Benson: Emma is an excellent paediatrician. She has great clinical acumen, good clinical skills and is conscientious ensuring that tasks are followed through and patients are fully supported. She is a hard worker and well-liked within the team. She just needs to believe that she is as good as we think she is!

Laetitia Jarvis: Incredibly hardworking and proactive working way beyond the level of an ST2. She is also fun and brings joy to the workplace. She is excellent with families as well as her colleagues and I have loved working with her for the last six months.

Emeema Govindu: Emeema is a really supportive and dependable colleague. She is always willing to help, looks out for the people around her and brings a positive attitude to work. She is kind, hardworking and just a lovely person to have on the team.

Jen Appleby: She is truly amazing and does not realise how great she is! She is always so on top of the jobs and at the same time able to teach other colleagues or students. She had managed to complete lots of procedures whilst on NICU and is functioning far above the level of an ST2. She will be great at her step-up jobs and cannot wait to see her continue to thrive.

Jen is an excellent and well-respected junior trainee - quietly hardworking, takes the initiative, keen to learn, always reliable and well organised. She makes sensible decision and is always calm and approachable. A highly valued member of the team and will make a fantastic registrar very soon (and already functioning at this level).

Rebecca Moon: She is so lovely, reliable and hardworking. She is an amazing Dr!

Tess Angus: Tess is always extremely helpful and friendly. She takes time to understand the patients that we have and complete thorough assessments on them to ensure that they are receiving the correct treatment. She responds very quickly and puts the patients before herself more often than not. Tess is very hard-working and determined to ensure the best outcomes for the patients. Tess is an enthusiastic junior doctor always willing to learn a new skill and to collaborate care with members of the MDT. Tess Always likes to work in partnership with the nursing staff, ensuring they are empowering them to work autonomously and supports them using new skills. Thank you Tess for all of the work you do.

Erin Bannister: Erin approaches every task with positivity. She is hard working, reliable and a really kind and well liked team member. She often goes above and beyond to make sure that patient's receive the best care.

Beth Holmes: Beth has been a fabulous ST1 this last year. She has excellent clinical knowledge and can thoroughly and appropriately assess babies, children and young people and put clear, safe, effective management plans in place. She is able to communicate with and confidently and capably work well with children of all ages, their families and members of the MDT. She is hard-working and efficient and a valuable team member. She has consistently demonstrated the ability to work above the level that I would expect for an ST1. Keep up the excellent work Beth!

Rosie Chandra: Rosie's calm approach and gentle manner is reassuring for colleagues and patients/families alike. She never comes across as flustered and has a smile for everyone. She has a strong work and team ethic and a sound knowledge base, all of which means she has an exciting future ahead! All she lacks is a little confidence in her own ability - hopefully this will continue to develop as she progresses through training.

Rosie is in her first registrar grade post here at Salisbury and has been absolutely phenomenal. This is a view that is reflected by all of the team from consultants to resident doctors to nurses in every area I have spoken to. She has a brilliant work ethic and is a real asset every time she is part of the team. She is cheerful, helpful and supportive to her team and is popular with her patients and their families. She is right up there with the very best ST3 registrars we have had the pleasure to have and we have had our share of fantastic trainees!

Absolutely loved by all! Everyone (particularly all the nurses) always say what a fabulous doctor she is (and that's high praise!). She is calm and so kind to everybody, she's a real pleasure to have around.

Educational Supervisor of the Year

Nominees

Lambri Yianni: Lambri has been an exceptionally supportive clinical supervisor during my return to training following maternity leave. She demonstrates insight into the challenges this can present and has actively ensured that I have the appropriate support and structure in place. She regularly checks in on my progress, prioritises our formal supervision meetings, and remains available for additional support when required. Despite the demands of a busy tertiary neonatal consultant role, she is consistently approachable and engaged in my development. I am very appreciative of her support.

Regina Nalliannan: What an amazing person to have as a supervisor. Regina consistently goes above and beyond to ensure I achieve everything expected at my level of seniority. She provides thoughtful, constructive feedback, which I believe is far more valuable for a trainee than simply offering reassurance. Her guidance has helped me strengthen my competencies and continue to grow professionally. She also has excellent insight and always offers valuable suggestions for improvement. Thank you, Regina you are truly amazing, and I sincerely appreciate your support, guidance, and dedication.

Tara Brown: Tara has been my Educational Supervisor for the past three years, and I feel incredibly fortunate to have had her guidance throughout my training. She has been an exceptional supervisor, providing unwavering support, encouragement, and mentorship at every stage of my development. She is always approachable, compassionate, and generous with her time, creating an environment where I have felt comfortable seeking advice on both professional and personal matters.

Even during rotations away from Basingstoke, Tara remained consistently supportive and engaged in my progress. Despite not working together on a daily basis, she always made herself available whenever I needed guidance or reassurance. Her genuine interest in my development and wellbeing has made a significant difference to my training experience.

Alongside being an outstanding Educational Supervisor, Tara is an exceptional clinician. She remains calm, composed, and decisive, even in the most challenging and high-pressure situations. Her clinical expertise, professionalism, and ability to lead by example are qualities that I deeply admire and have learnt a great deal from.

Above all, Tara's kindness, empathy, and dedication to supporting trainees make her truly exceptional. She goes above and beyond to help those she supervises achieve their full potential, always encouraging confidence, growth, and reflection. She has had a lasting positive impact on both my professional development and my confidence as a clinician, and I cannot thank her enough for her outstanding mentorship.

Sumit Bokhandi: Dr Bokhandi has been wonderful to all the foundation doctors this year. He has gone above and beyond to help facilitate opportunities aligning with our specific interests. He also is so good at checking in on us and importantly he provides and delivers feedback in a really constructive way!

Annie Goss: Annie is an excellent supervisor. She is supportive, helpful and encouraging.

Victoria Puddy: Dr Puddy is an exceptional educational supervisor who consistently made time for me whilst balancing her many other responsibilities. She offered invaluable advice to strengthen my Paediatric ST1 application and continually encouraged me to go above and beyond in my fellow year. She was more than happy to undertake multiple interview practice sessions with me, providing honest, constructive feedback that significantly improved my confidence and performance. Her guidance, encouragement, and genuine investment in my training will have a lasting positive impact on my career and I only hope one day to be as supportive and inspiring an educational supervisor as she was to me.

Rupjani Banerjee: I would like to nominate my supervisor Dr Rupjani Banerjee for Educational Supervisor of the Year. She is an exceptional mentor who is genuinely committed to supporting my learning, development, and career progression. What makes her truly outstanding is the genuine interest she takes in her trainees' development. She consistently encourages us to recognise our strengths, work on areas for improvement, and pursue opportunities to reach our full potential. Despite her busy schedule, she always makes time for teaching, guidance, and meaningful feedback. She is not only an excellent educator but also someone who inspires and empowers those around her, making her highly deserving of this award.

Hushi Hu: Hushi has been an excellent supervisor to me (and many other trainees) and I am so grateful for her. She goes out of her way to support trainees with their own interests and find opportunities that align with them, as well as supporting their progress through NICU rotations. She makes a huge effort to do this and it's much appreciated!

Ed Andrews: Ed has been by far the best supervisor I have had and has been incredibly supportive during my final years of training. He ensures he is available to his trainees, checks in regularly, and has even helped with interview practice. Thank you Ed for being a great supervisor!

Susie Deamer: Susie Deamer UHD. She is incredibly supportive and always makes time to meet and ensures all forms are completed. She is kind and approachable and gives excellent advice and signposts to learning opportunities. Thanks Susie!

Phil Parslow: Phil Parslow- for always having a listening ear. He's gone out of his way to support and encourage me and I really appreciate it.

Steve Warriner: Steve has been a very supportive and approachable ES. He takes the time to listen, gives thoughtful advice and is genuinely interested in helping trainees develop. He is easy to talk to and gives that right balance of support, encouragement and direction.

Eleri Williams: Eleri Williams is approachable, supportive and gives thoughtful guidance and feedback. Her calm, encouraging style encourages learning and develops confidence. It's been a pleasure to work with her and learn from her.

Adam King: Adam is the most organised supervisor I've ever had which really helps reduce the burden of sign-offs and portfolio. He is proactive at suggesting portfolio opportunities and supervising projects. He always has very helpful and sensible advice and goes above and beyond to help with any issues that have come up. He's definitely made training easier.

Kat Petit: Calm, caring, practical and fun. Perfect qualities for an educational supervisor with the right balance of kindness and encouragement.

Daniel Owen: He is very caring and approachable. He cares of my welfare beyond the hospital.

Kim Sykes: Kim is the epitome of excellence when it comes to educational supervision. She always advocates for her residents, supporting and guiding them though the challenges of training, portfolios, CSAC reviews and CCT calculations. She is incredibly knowledgeable when it comes to the curriculum and what needs to be done and when. Her residents are incredible fortunate to have her in their corner.

Jo Staples: She cares about others and shows kindness and support.

Senior Unsung Hero

Nominees

Seshendra Rayasam: Quietly capable and calm even in an emergency. Sesh is an excellent senior on the neonatal team. He is endlessly supportive of junior colleagues, encouraging them to learn and improve their skills. He is a fountain of knowledge and you know if Sesh is on shift the job will get done well!

Seshendra has been a great asset to the NICU. Apart from the unmatched skills and knowledges, he approaches patients, families, nurses and junior members of the team with care and kindness

Liam McGillian: Liam is working as an educational fellow at UHS. He is approachable and very supportive to junior colleagues and med students alike. Nothing is too much trouble. He will always take medical students under his wing and ensure they receive teaching during a busy clinical shift. He has a lovely manner with patients too.

Jason Barling: UHS PEM consultant for being such a dedicated, reliable, hard working & supportive consultant. He always works hard on every CED shift, and gives his heartfelt time and effort to the department. I think he is an inspiration to the surrounding team, and certainly someone resident doctors and other consultants can aspire to. He is a well experienced consultant and still shows his enjoyment & enthusiasm for PEM in every shift he does.

Tamali Hodgkinson: An excellent registrar who always goes the extra mile not only for patients but also for her colleagues. Tamali's positive attitude encourages everyone around her at work during busy shifts and she is very hard working.

Tamali is a brilliant doctor. Hard working, knowledgeable and compassionate. She is an inspiration and an excellent role model for other paediatricians.

Marhamat Chavoshzadeh: Marhamat is the best Senior Fellow I have had the privilege of working with. Her calm, mature personality, combined with genuine kindness and humility, is a truly rare and admirable combination. She has worked in the neonatal unit at Princess Anne Hospital for decades, yet she remains incredibly open to new learning, fresh perspectives, and suggestions from junior colleagues. Her willingness to listen and embrace new ideas is inspiring and speaks volumes about her character. I always look forward to working shifts with her because she creates such a supportive environment. Her presence is reassuring, and I know I can rely on her guidance whenever needed. She is respected and loved by everyone in the unit, not only for her exceptional expertise in neonatology but also for her calm, compassionate nature. I have learned so much from Marhamat. She is always approachable, generous with her knowledge, and willing to help every member of the team. One of her greatest strengths is her communication. She speaks with parents, colleagues, and staff in a calm, empathetic, and clear manner, making even the most difficult situations feel manageable. Marhamat embodies the qualities of an outstanding clinician and leader. Her clinical expertise, kindness, humility, composure, and unwavering support for those around her make her an exceptional role model and an invaluable member of the neonatal team. I have no doubt that my colleagues across the whole Neonatal Unit at Princess Anne Hospital would wholeheartedly second these sentiments.!!!!!

Kriti Singh: Kriti is an excellent senior trainee. She is quietly spoken , gets on with the work, whilst nurturing those around her. She takes time to teach & support, often going out of her way to do so.The patients & family appreciate her attention to detail & kind manner. Thank You for all that you do.

Orla Baird : Orla Baird is worth her weight in gold!!!! Her no-nonsense approach to tackling a busy workload and willingness to help out when staffing crises arise makes her an incredibly valuable asset to our team in Salisbury. Added to that, her experience in managing children in outpatients too makes her a star performer, who we are incredibly grateful to have working with us.

Olumuyiwa Bamidele: I would like to nominate Dr Olumuyiwa Bamidele ; He is an exceptionally kind, supportive, and hardworking member of the team who consistently goes above and beyond to help others. He works incredibly efficiently while always maintaining a positive and approachable attitude, making him someone colleagues can rely on whenever support is needed. What makes him truly deserving of this recognition is his willingness to share his knowledge and experience. He is always keen to teach and support the junior members of the team, taking the time to explain things, offer guidance, and help others develop their confidence and skills. He never seeks recognition for the help he provides and simply gets on with doing what is best for the team. His kindness, professionalism, efficiency, and willingness to support and develop others make a real difference to those around him. For all these reasons, I believe he is a truly deserving Senior Unsung Hero of the Year and would be delighted to see his hard work and contribution recognised.

Sarah West: Sarah is such a key member of our team, always happy to muck in, fill any gap, help anyone out, support the whole team and is always super happy whilst doing it all! Sarah is clinically excellent and freely shares her knowledge not only at all inductions but throughout all the resident rotations. She is also loved by all the families on our unit, always having a smile and kind word for them. We would be lost without her - don't ever leave Sarah!!

Paddy Clarke: Paddy is a brilliant doctor, and someone you can really look up to. He builds excellent relationships with patients and their families, and their feedback and want for Paddy to look after them speaks volumes for his clinical skill and care of the family. He supports G-floor residents perhaps in equal measures of skill and teasing, and is always approachable and very considerate in his clinical approach. Paddy also supports the Transplant Games, using annual leave to support some of the patients and families in his care by going to the Games, and also doing a sponsored bike ride the last few years from Evelina Hospital to Southampton, to raise money so families don't have to pay to go to these. He's an all-round great doctor and person, obsessed with nephrons.

Judith Pritchard: Judith is an incredible paediatrician. She is highly conscientious, knowledgeable and efficient. She is a great senior, who is able to manage a busy department whilst making sure her juniors are okay and finding time to teach them and allow them to develop their own skills. Everyone breaths a sigh of relief when Judith is on as you know everything is going to be under control. It has been a pleasure working with Judith and I hope our paths will cross again.

Keira: Keira is an absolutely brilliant registrar - reliable, proactive, solid clinical skills, calm leadership, excellent communication with families and colleagues, approachable and keen to learn and teach. Despite all this, she remains thoroughly humble and grounded. She deserves recognition for her hard work and commitment to always doing her best for patients, families and supporting her colleagues and the wider team to do their best too. A genuinely lovely person to work with and highly respected by the whole team - thank you, we will miss you!

Abi Sharpe: Abi is not only clearly incredibly knowledgeable and hard-working, but she really cares for her colleagues and patients alike. She would go out of her way to ensure colleagues and patients were well supported and looked-after. On shift she would always help to share the burden of the workload where ever she could, never once thinking a job was only for a more junior member of staff to be doing.

Nandhika Rabindrathnambi: Nandhika is one of those quietly exceptional colleagues who consistently gets on with the job without seeking recognition. She is knowledgeable, approachable and always willing to help or support others. She is one of those people who makes a shift run better simply by being there.

Nadine D'Silva: Nadine is a great doctor to work with, someone who I looked up to while working with her. She is committed to her patients and her colleagues, works well with all members of the MDT and is keen to teach and give advice..
She is a great leader and team player, and has all the qualities and more to be a great registrar - I look forward to hopefully have at least half of her qualities for when I become a registrar.

Nadine is so hardworking, diligent and always looking to improve her skills. Her compassion and kindness shine through.

Sophie: An experienced paediatrician who is a valued member of team Dorchester. Sophie manages multiple demands well and has initiated improvement projects such as pill school as well as leading on the mentoring project at regional level and being a huge support to other resident doctors at all levels. She will be an excellent consultant.

Alison Green: She has a positive attitude towards helping those that maybe struggling and will try to relieve any obstacles to help others. She always remains professional and can empathise with those around her.

Dan Owens: Dan absolutely pushes research to the forefront of our CED and we all feel incredible proud and privileged to work in a department that is pushing the boundaries to make PEM better and better. This comes through doing research and Dan is the absolute driver of this. He makes it fun and makes it happen! He developed a monthly research meeting €â˜inquire' in the department, again encouraging everyone in the team to get involved and find the joy in research, even if it's not your bag. He also inspires his academic fellows who work alongside him, who all speak so highly of him! And when he does projects with them they always deliver. He also drove the peruki/apem conference this year to be in Southampton, and has absolutely put Southampton on the map for being a game changer in research! We are incredibly proud of all the work you achieve and above all it is an honour to work in department where we push to make things better for PEM by driving research! After all we want things to be great for those paediatric patients. Every CED could do with a research Dan.

Charlotte Kohn: Charlotte puts marbles in everyone's jar. She is quietly brilliant and is such a fabulous noticer of others' achievements and struggles. She comes alongside to support all those around which is why she is loved by colleagues across the whole MDT. Charlotte, you rock.

Junior Trainee Unsung Hero of the Year Nominees

Jen Appleby: A real workhorse in paediatrics. Always there - calm and steady, working well above her level. She always gets the jobs done and actively offers to help other teams at the same time. Thank you for being fab!

Daisy Cody: Daisy is one of our fellows hoping to apply for paeds. She is excellent. Always positive and an excellent clinician. She is a pleasure to work with and very supportive of other colleagues.

Lily Marable: Lily is extremely conscientious and hard working. She is an excellent ST1 and will make a fantastic registrar in the next couple of years.

Jessica Duguid: Jessica is a brilliant trainee- she is dedicated & conscientious. She has a lovely work ethic, keen to help where she can. She makes good use of her time seeking learning opportunities where she can. She is bright, a pleasure to work with & her patients appreciate her hard work. She always completes tasks. She has presented her audit. She is my Junior Unsung Hero- as she has worked exceptionally hard, filling in rota gaps, doing the jobs that others leave behind & should be recognised for all the extra effort she puts in

Jessica Plumbley Jones: Jessica Plumbley Jones. Jess is a motivated, kind and enthusiastic trainee who is a pleasure to work with.

Jessica Plumbley-Jones consistently treats colleagues and patients with extraordinary respect and compassion. Never the loudest in the room, but usually the kindest, she is an invaluable member of any team she works within

Anna Carpenters: Anna is one of the most competent member of the team. Her knowledge and skills are equal to her training peers. She always approaches everything with positive attitude. A great member of the team.

Anna has been a huge asset to the neonatal team throughout her time in the department. She is enthusiastic and reliable, always keen to help others. She really has become embedded in the department and will be greatly missed when she moves forward in her career.

Sophie Hadfield: Sophie is truly the angel of paediatrics and has a special gift when it comes to caring for children. She is a wonderful example of calmness, compassion, and genuine kindness & compassion to everyone around her.

Beth Holmes: Beth is a force to be reckoned with. Super enthusiastic, excellent clinical skills and intuition and always keen to learn. She's completed several QIPs in the last year, made multiple positive changes to departmental working and also presented at national conferences. She always comes to work with a smile on her face and is generally a lovely resident to have in the team - we'll miss her when she rotates away from us.

James Woodward: James is an excellent doctor, and it is great we were able to help him see the light and realise he is a paediatric trainee- congratulations on the training number. James is a highly capable, trusted member of the teams he has been part of. On rotation in G-floor, both in F2 and on his fellow job, he is conscientious, proactive and an excellent doctor. He functions at the level of ST2s in post, and more than plays a part. He stands out for being one of the doctors who will always ask if any other team needs help when he has completed jobs on his team, and is eager to take up learning opportunities and gain more experience whenever there is a chance. He is level-headed, humble, and a really valued member of the team, and valued doctor to his patients and their families, with a natural rapport and great ability to put them at ease. He should also be commended for creating a new award in G-floor for the surgical doctors.

Consistently the most kind, good humoured and sensible face in CED! He is always willing to learn and develop but also just incredibly organised. He is such a reliable person to have on shift and never has a bad word to say about anyone. He works incredibly hard, often taking on multiple patients at once with complex plans to challenge himself. He has a particular talent with young people in distress and is going to be such an asset to Wessex paeds!

Rachel Groome: For all her wellbeing work and generally being a lovely, kind and caring colleague. She has stepped up brilliantly into the reg role and I've loved working with her.

Rachel is wise beyond her years. She approaches each shift with professionalism, attention to detail and an outstanding work ethic. She is such a safe pair of hands and her humility means that she does not realise how much the whole team appreciates her.

Rebecca Moon

Mohammed Elymany
Mo is always offering to help, encouraging his colleagues and doing what he can to support the team. He brings a lot of positivity to work and is genuinely a joy to work with.

Komal Raval
Komal is the absolute definition of an unsung hero. She is the ultimate team player who always supports her colleagues; she is a truly dedicated clinician who cares deeply about her patients and will go the extra mile to make sure they get the care they deserve. Komal is especially important to the children and young people admitted with eating disorders; this is a patient group who can be very dysregulated and challenging but she treats them with compassion and respect and makes a huge difference to their healthcare journey. Komal is a permanent member of the paediatrics team in Poole and provides training and support every change over for new members of the paediatrics team in Poole and provides training and support every change over for new members of the team. She is always kind and reliable. Poole’s paediatrics department is truly lucky to have her and she should be recognised for her dedication to paediatrics. Kamel, paediatric physician. She's always happy, professional and friendly. She will help others around her and keen to support the flow of care on CAU and the wards.

Paediatric Senior Nurse of the Year

Nominees

Kasey Prince: Such a fantastic asset to the CED team. She goes above and beyond for the patients we have within the department. Her knowledge and skills are exceptional. Whenever anything needs doing, Kasey has already done. It. Excellent team leader, consistently works hard

She is so kind and a good communicator.

Kasey Prince is a senior nurse at UHS CED. She is an absolute joy to work with and is always a cheerleader for the resident doctors. Numerous resident doctors have shared her being helpful on the shifts and supporting their reviews, offering her excellent insights and suggestions. I have worked with her on a few shifts where things are really kicking off, and she is exactly who you need on those types of shifts. She makes things easier for you, by supporting patient flow, getting tasks done and keeping the environment calm and at times fun! When I work with Kasey I know I'm going to have a better day, even if it is super busy. We all really respect and appreciate you. Thank you!

Aleasha Astell: Aleasha is a friendly face that you can always go to regardless of whatever the problem is. She is extremely knowledgeable and is so patient when teaching juniors new skills or knowledge. When she is NIC I know that I will feel supported!

Arun Das: New to the band 6 role. Taken everything in his stride, so much knowledge, always appears to help when needed even if you didn't know you needed help. Kind and professional.

Jo House: Jo House is a trainee ACP at UHS CED, coming to the end of training period now. She has put 150% effort of hard work and commitment into her training programme She is a phenomenal clinician who is genuinely the best of everything. She has her nursing skills and medical skills, and uses her talents to help the team in so many ways. Jo is brilliant at leading and managing a wide plethora of patients in CED, from minor traumas and illnesses, to the really big major traumas and significant medical resus cases. She is a sensible clinician who always adds valuable ideas and thoughts for the team- so a great team player too. She is also an extremely hard worker and always contributes to the shift. She also helps to support education within the team, and is supportive to our resident doctors and has led morning simulations to develop their knowledge. Jo is real demonstration of how incredible & successful the ACP training programme is, and we are incredibly lucky and proud to have such a talented colleague within our CED team. She genuinely is an inspiration to all departments who are thinking about developing ACP training in their CEDs/ and an inspiration to fellow nurses that want to take the same pathway. Thank you for everything.

Nicola Mountain: Managed a situation on the ward with a very tricky parent and limited help from social care. Nicola was able to remain calm and professional despite a stressful situation. She showed a great deal of empathy and compassion towards the family. Nic managed this situation during a busy weekend shift and I was very grateful to her for doing so allowing me to attend to the unwell patients.

Vicki Case: Vicky is our ward lead for HDU. she stepped into the role only 2 years ago and has already done so much to improve our level 2 provision. She has worked hard to prove that team Poole are capable and willing to take level 2 patients, and she is a massive role model to the nursing staff on how to provide the care right. She is an oracle to all, including Doctors and is hugely respected by all.

Not only is Vicki an incredible ward lead for HDU, she is also incredibly compassionate to staff. She cares about everyone, and will always try to help in the best possible way. She always has an open door, and everyone on the unit feels able to approach about issues (work related or otherwise). Thank you Vicky for everything you do!.

Hannah Howell: Hannah goes above and beyond.

Laura Markham: Laura is a brilliant CCN & I am so very grateful for all the work she does with the oncology patients. She has built amazing rapports with each of them. She is kind, thoughtful & professional. She quietly goes about things making sure that all of our patients have everything they need.

Lauren O'Shea Smee: Los is a legend. She works incredibly hard, has strong leadership skills and is a brilliant advocate for patients, families and staff.

Eilidh Robertson: Eilidh has been a ray of sunshine who manages SCBU's complex discharges like a queen she is. Eilidh's work ethic and her ability to navigate all the tasks and challenges are unmatched.

Abi Tomlinson: Abi is new to our team however since her arrival she has demonstrated all the skills needed in a senior nurse. Abi is extremely experienced and uses her skill well and presents herself as a role model to the rest of the team. No task is too big or small for Abi to accomplish and she has quickly become an integral part of our team.

Leanne (QAH): Leanne is an excellent nurse to work with. She is kind, approachable, compassionate, knowledgeable and experienced and truly a pleasure to work with and always strives to provide excellent care for her patients.

Rebecca Cure: Becky always goes above and beyond for the whole Children's Unit at Poole, from nurses, to healthcare support workers, to students and even towards the senior team. Becky is always so approachable and will always find a solution to every problem no matter how big or small. We are incredibly lucky to have Becky as one of our sisters on the Children's Unit!

Julie Opie: Deserving of recognition for her reliably calm and supportive leadership of the team, always quietly hard working and efficient without any drama.

Mel Everleigh: Mel is a brilliant nurse and I'm always happy when she's on. She's supportive and kind and doesn't realise how good she is.

Kate Hopkins: Kate is always supportive to us as paediatric trainees, whether that is with procedures or improving their knowledge and care of neonatal patients. She is always happy to answer queries. Her expertise goes well beyond her clinical work and she works on a huge amount of quality improvement projects and guidelines for our SCBU - but does so very quietly. Kate is also extremely caring towards the parents of our babies and has a really admirable communication style.

Emma Collins: Emma is highly knowledgeable and skilled in her role as Matron for acute services. She is the first to offer help for anyone in need and is a highly compassionate leader. Her greatest asset is the unmatched level of wisdom she has. She is always calming regardless of how stressful any situation is. She embodies everything a great leader symbolises for me.

Becky Joslin: When asked to think of a great leader Becky is who I described. She understands the whole team's needs, the needs of the service and is approachable and fair. She has great strategic vision and knowledge and balances this with being a compassionate leader for all of those within her team. Thank you Becky for everything you do.

Jenny Bull: Jenny has worked tirelessly for several decades to optimise the care for Babies, children and young people (BCYP). Throughout her career within PICU at UHS she consistently developed and delivered expert care to her patients and through both her education role and senior leadership, role modelled this excellent practice to many hundreds of junior and senior staff alike. In the latter part of her career she set up, from scratch, the Critical care outreach team in Southampton Children's Hospital (SCH). Again, through compassionate and expert leadership, she has built this incredible service, which ensures that children and young people in all areas of the Children's Hospital have access to safe and effective PCC level 2 and 3 where required. Through enthusiasm, motivation and commitment, she has inspired many nurses to join this team, secured effective training programs for them, ensuring that they receive effective professional development and mentorship to equip them to deliver the expert service required within this role and ultimately has secured longevity of this team. Within this role she has also led on many Regional Nursing and MPT education programs, influencing both service and professional development in many areas outside of SCH. On a more personal level, she has been my friend and my rock for many years. She has offered me professional and emotional support in my own leadership roles, encouraging me to stretch myself and apply my skills in areas that I would never otherwise have dreamed of and for which I will always be truly grateful. As Jenny nears the end of her professional nursing career she should take time to look back on the many services that she has helped to develop; PICU at UHS, the PICU Education team, the Paediatric critical care outreach team , the PCC level 1 and 2 competency document and associated training courses, to name just a few. But..... most importantly her legacy will be the many hundreds, if not thousands of nurses whose careers are much brighter and more successful, who have reached their true potential because at some stage in their career they met and were inspired by Jenny Bull.

Cara Roose: Cara is a very experienced senior nurse in Charlie's Day Unit in Basingstoke. She is a great team leader and she has excellent clinical skills, she is able to identify sick patients very quickly which is crucial to acute settings as children's assessment unit.

Catherine Roberts: Catherine is very hard-working and determined, she's always looking at the bigger picture and thinking outside of the box. She works tirelessly to ensure that the Children's Hospital runs smoothly and the children have the best outcomes. When she is on call, she is always very visible to the nursing staff and always willing to help where possible. Catherine often gets involved on the wards when necessary and supports the nursing staff with clinical jobs if they are struggling or if staffing is bad.

Catherine is very caring and does a lot of well-being checks on staff throughout the day and in the days following if there has been some hard shifts. Catherine is always able to support and reassure staff, and guide staff to make independent decisions and empowers us to have important conversations.

Catherine is very good at problem-solving and always likes to find a solution, I always feel at ease when Catherine is working because I know that between us we will be able to solve some of the toughest problems. Thank you, Catherine, for all of your support.

Lorraine Warwick: Lorraine is hugely valued by her colleagues and families. She goes above and beyond to support complex families in their discharge (and the medical and nursing teams caring for them). She is a source of endless sensible advice for us all. She is always smiling and a pleasure to work alongside. Despite her huge workload Lorraine always finds the capacity to help her colleagues.

Lucy Deverall: Lucy is a phenomenal CED senior nurse. She has the cannulation skills of an absolute ninja. She is also super helpful to resident doctors, guiding and supporting them when they join the department. She is also a supportive team player to the consultant body, always with an attitude of trying to make the shifts easier and better. She also has excellent acumen and supports the team by highlighting patients to be worried about. When it is busy she stays calm and always helpful, working hard to facilitate the team moving forwards through a busy shift. She is also always keen to develop her skills and knowledge. More recently she has joined the faculty for our department sim course, so sharing her wisdom even further. I believe we are incredibly lucky to have a colleague like Lucy and the paediatric patients in CED are lucky too!

Polly Horwood: Polly is unflappable and whatever is going on during her shifts we all feel like we are in safe hands. She is a problem solver and her experience, common sense and kindness means that patients and families receive really outstanding care. If Polly is worried about a patient, then we should all be worried.

Zoey Fry: Zoey is the best nurse I have ever worked with. Everything Zoey does stems from her desire to deliver the best possible care to her patients and their families. She goes above and beyond all the time. Her patient's confide in her, their families rely on her, her colleagues learn from her and she does all this with utter humility. Her passion for caring for children with cancer is endless and she manages to juggle this with an enormous workload as our community matron. Zoey is in summary, an incredibly wonderful human with the biggest heart.

Emma Woodhouse: Emma's 'can do' attitude and positivity is infectious when she is on shift. She does amazing work as the lead nurse for the retrieval team and has been a driving force for preterm optimisation and life support teaching in our department.

Vicky Warner and Libbie Jones: Having joined the team and taken on the patient case load as a new consultant I could not have managed without their experience, knowledge, support, kindness and humour. They work enormously hard to deliver excellent patient care to all our patients and are always cheerful, responsive and helpful to both patients and colleagues.

Alice stone: She shows professionalism, empathy and compassion. She makes positive changes to CAU inputting new care leaflets to help relieve patient and family anxiety.

Hollie Tutt

Abbie Walton

Ruth Steele: Ruth has worked at UHS for 31 years, and retires as Queen of the Haemodialysis Unit this year. She has had a profound impact on the babies, children and young adults, and their families over the years, building a sense of family in the haemodialyis unit, for those who often spend 3 days a week confined to one chair for their treatment. This is evident in those who get back in touch, and have even invited Ruth to their weddings later in life. Ruth brings fun, clinical skill and a wealth of knowledge she is always willing to share, and is always focussed on her patients and doing the best by them. She will be a huge loss to the haemo unit, but wish her much well deserved fun in her retirement.

Ruth has worked at Southampton Children's Hospital since the mid 90s, helping set up the Children's Haemodialysis Unit, and leading it with passion and dedication up until August this year when she retires. Ruth is a wonderful advocate for her patients and their families, constantly going above and beyond to support them and ensure they receive the best possible care. It would be fantastic for the decades that Ruth has dedicated to the Paediatric Renal service at UHS to be recognised and celebrated with this award. Ruth should be awarded Paediatric Senior Nurse of the Year in recognition of her exceptional contribution to paediatric nephrology and haemodialysis and also her outstanding dedication to children, families and colleagues.

Ruth has worked in haemodialysis and G4 for 30 years, but her commitment to paediatric nephrology goes back even further, having previously worked in nephrology at GOSH in the 90's. She was instrumental in helping to establish a paediatric nephrology service at UHS in the late 1990's alongside Maggie and Dr Waldron, bringing with her a wealth of knowledge, experience and passion for the specialty. Throughout her career, Ruth has demonstrated an extraordinary level of dedication, compassion and clinical expertise. She has supported countless children and families through incredibly challenging times, always providing care with kindness, reassurance and professionalism. Her knowledge of haemodialysis and nephrology is exceptional, and she is someone colleagues can always turn to for advice, guidance and support. She has shared her experience generously and has been a constant source of stability and expertise within the team.

Ruth's contribution over so many years has helped shape both the service and the people within it. Her commitment has never wavered, and the difference she has made to patients, families and colleagues is immeasurable.

Ruth is an exceptional nurse who has brought so much skill and knowledge to the haemodialysis unit over the years. Ruth is an expert teacher in her field and is a fountain of wisdom which has helped so many people develop in the unit. Ruth has dedicated so much time to the families of the unit and will always go above and beyond for all. Ruth truly embodies the qualities of an outstanding senior nurse. After such a remarkable career in paediatric nephrology, she would be a thoroughly deserving recipient of Senior Nurse of the Year.

Paediatric Junior Nurse of the Year

Nominees

Winston Buendia: Great nurse, always works hard and is so lovely with the children he cares for.

Jas Maddison: She firstly is an incredible nurse and one I aspire to be like, she goes above and beyond for her patients, she is such a team player and always brings a lovely energy to each shift. It is always a pleasure working with her.

Ellie Dixon: Reliable, knowledgeable, sensible, kind, a team player with a wicked sense of humour.

Ellie is a positive team player. She works hard and is compassionate and caring. She will work anywhere across the unit with a smile. Patients are lucky to have her as their nurse and we are lucky to have her as a colleague.

Ellie (QAH) is such a pleasure to work with. She is kind, compassionate and an excellent nurse who goes above and beyond to care for her patients.

Tianna Murphy-Attis: I would like to nominate Tianna for her exceptional dedication and commitment to patient care. She is an incredibly hardworking and flexible nurse who is always willing to work wherever she is needed across the unit, always with a positive attitude and a smile. She never hesitates to care for any patient and consistently demonstrates kindness, compassion, and professionalism in everything she does. Despite being a junior nurse, she shows a level of confidence and maturity well beyond her experience and is often mistaken for a much more senior colleague. Tianna is a brilliant team player, highly valued by both patients and colleagues, and is truly deserving of this recognition.

Mia Collins: Mia is such a hard worker. She gives 110% every shift and is a great colleague to work alongside.

Sophie Maddox: Sophie is a hard-working and compassionate nurse. She does not shy away from complex patients and is a great advocate for them. It is wonderful to have Sophie as a colleague.

Ellena Callaghan: It is unbelievable to think that Ellena is one of our newly qualified nurses. The knowledge and skill that she already demonstrates is beyond what we expect so early in her career. She is friendly, extremely hardworking and her attitude to work is exceptional. Ellena has an amazing bedside manner providing excellent quality care to patients. She is also a very supportive and helpful team member. She is driven and keen to progress in her nursing career, I can't wait to watch it develop further!

Lily Horton: Lily started with us in Sept 25 as a NQN. Before Lily stepped into this role, she had already greatly proved how ready she was to be a staff nurse in her consolidation placement with us. Lily works tirelessly to give her patients the best possible care. She is always willing to learn, but always keen to exchange her knowledge with our nursing students. Lily has showcased leadership qualities that will take her very far in her carer. Lily has gone from strength to strength in her NQN phase, in every area she has rotated into she has thrived and be a hugely admired member of the team. I am so proud of Lily for just how brilliantly she has done, in one of the hardest transition periods you can go through as a Nurse. Well done Lily, Keep rocking it!

Lily has excelled within her first year as a qualified nurse. Lily is always so positive and brings a breath of fresh air to the Children's Unit at Poole. Lily has excellent communication skills with both patients and families and is always a joy to work with! We are extremely lucky to have Lily as part of our team!

Lilly Horton is the most positive person on the children's unit. She is an Absolute pleasure to work with. She is reliable and upbeat. She works so well with the rest of the team. We are so pleased to have her as a qualified nurse after having her here on her placements. Even when we have really difficult shifts she's understanding of the situation but doesn't let it get to her but along side that is so naturally supportive of the other staff on the unit even in those difficult times.

Lily Horton, she's always positive and goes beyond to help others.

Telina: An incredible nurse. No matter how busy PAU gets, Telina always remains calm and smiley!

Immy Syrett: Immy is a fantastic nurse and is a pleasure to work with. She is skilled, kind and thoughtful.

Charlotte Wilson: Charlotte is a fantastic nurse who doesn't realise how amazing and valued she is. She works incredibly hard with little complaint, but will equally stand up for her patients and raise any concerns appropriately. As a registrar I always trust her opinion, enjoy working with her and think she is just fab! Her patients and parents love her- she is a star on kingfisher ward.

Sunita Gurung- Tamang: She has blossomed over the last year and is so thorough with her patient care. Sunita is always willing to learn new skills and it has been lovely to see her confidence grow as she realizes how much more she is able to do now. I always receive positive feedback from patients and their families regarding her bedside manner. She is empathetic to all and always takes the time to listen to families and is very respectful of all cultural needs. We always look forward to a shift with Sunita.

Tamara: Great teamworking and communicates effective with all members of the team and with families, always keen to learn and support and proactive with tasks.

Ella Taylor: Working alongside Ella is always enjoyable. She is confident and efficient. Ella is always happy to carry out any task you request of her. She is great with children of all ages and able to provide reassurance to anxious parents.

Faith Solly: Kind, compassionate, enthusiastic and strives for the best for those in her care. I truly admire her commitment to learning and being the best practitioner she can be, thank you for keeping inspiring me and so many others.

Heather Warner: Heather is a brilliant nurse who has been working for years in Charlie's Day Unit in Basingstoke. She is very good at her job, she has excellent clinical skills, very skilled in doing cannulas which is very helpful to the team as she is always able to cannulate patients with difficult IV access. In addition to being very good at her job, Heather is so fun to work with, she brings joy and laughter to the team which always reduce the stress of very busy shifts. Heather has decided to move to be a health visitor which is a big loss to our team in Basingstoke but we will always wish her the best in her future career.

Misha Soper:
I was always happy to see Misha on shift. You could tell that she truly cared for the patients and colleagues alike and would go out of her way for patients and their families. She would always treat colleagues with respect and help them in anyway she could.

Emily Blades: Emily is extremely caring and compassionate with all the work that she does. She gives her everything to all of the patients and ensures that they have individual care plans to support all of their needs. Emily often goes above and beyond her role staying beyond shift time to keep promises she's made with patients, such as braiding hair. Emily creates amazing relationships with the patients and their families being able to support them when they could be going through the hardest time in their life. Emily thinks outside of the box to ensure that her patients needs are met. Emily is also a strong team member, She always works really well in the team supporting and reassuring all members whilst keeping morale at high. Emily is really friendly and really kind. She is an absolute asset to G3. We are extremely lucky to have her. Thank you, Emily.

Grace Sanders: Always goes above and beyond for her patients and willing to learn!

Georgia Legood: Working with Georgia has been one of the highlights of my 6 month job on G floor. She is a truly outstanding nurse. Her friendly demeanour is appreciated by colleagues and patients alike. As well as this, she is truly skilled at her job. Her clinical judgement is fantastic and I'm always confident my patients are getting the best care with her. She completes tasks SO efficiently - I'm always surprised at how much Georgia can achieve in a shift while still giving outstanding care.

Louise Huddlestone: She is just incredibly kind, organised and gentle! Before you even think of a job Louise has already done it. She is calm and empathetic in resus, but also incredibly supportive of every single colleague.

Bonnie Mather: Bonnie is an incredibly capable nurse. Nothing is too much trouble and Bonnie will often have completed tasks before she's even asked. She will always approach tricky situations with a solution focus and her care and compassion for children, young people and their families is obvious to everyone. Families feel safe when Bonnie is caring for them and the medical team are always pleased to see her on shift.

Georgie Ward

Allied Health Professional of the Year

Nominees

Olivia Hunt and Poppy Ludford: Olivia Hunt and Poppy Ludford consistently go above and beyond in their support of both the nursing team and the patients on the ward. No task is ever too much trouble, and they approach every day with dedication, professionalism, and a strong work ethic. They build excellent relationships with patients and their families that makes a meaningful difference to their experience. Their contribution to the ward is invaluable, and they are highly respected and appreciated by both colleagues and patients alike.

Daniel Simmons: I would like to recognise Daniel for the excellent support they provide to the team. As a trainee ACP, they consistently demonstrate professionalism, dedication, and a strong commitment to patient care.

They always take the time to listen to concerns, valuing the input of all members of the multidisciplinary team and ensuring people feel heard and supported. They work hard, remain calm and efficient under pressure, and are always willing to help wherever needed.

As a nurse, I know I can rely on Daniel for advice, support, and guidance during a shift. Their approachable manner, teamwork, and commitment to delivering high-quality care make them a highly valued member of the team.

Mareli Neethling: For always having time to listen to staff and patients. Patients even during their most vulnerable time are happy to talk to Mareli who has so much time and patience for them. She is such a valuable member of the paediatric team in so many ways!

Tash Rutt: Knowledgeable and very supportive. Makes sure everyone is ok after bad shifts.

Komal Raval: The most important presence in the department, when she's not in nothing runs as smoothly! She works so hard, finds solutions to everything and is the best at cannulating. She's also so supportive and kind to all colleagues.

Komal goes above and beyond in everything she does. She is extremely conscientious and kind. Whenever there's a task everyone's unsure about, you count on Komal knowing exactly how to do it! She has been indispensable when new staff rotate onto paediatrics, making sure they are welcomed and inducted smoothly. She has a particular passion for working with adolescents, which she is great at. She is an expert cannulator and her skills are sought when there is a patient with difficult access. She is always keen to develop new skills and teach others. She pioneered a departmental teaching schedule which has been a huge success. It's been wonderful to work with Komal and she is a huge asset to the world of paediatrics.

Priya Wernick- (Paediatric physio): Priya is such a knowledgeable person- she is fantastic clinically and really cares about her patients. She communicates well with all the team and is a brilliant teacher. I have learnt such a lot from her.

Frankie Glover-Ford (clinical psychologist): Frankie has been joining physiotherapists and doctors to support them with patients with functional disorders. She is working incredibly hard to improve the care our department provides patients with functional disorders. She has significant contributed to a recent trust mental health study day. In addition, she is trying to find away to free our psychologists' time to support patients on the ward. In addition, she often provides individual 1:1 support for staff who are experiencing work related stress. She works in such a collaborative way, she thinks outside the box and she is not afraid to speak up in order to develop services. Frankie is an incredible addition to our team and we are very fortunate to have her.

Susan Benton: Susan is incredible. There's nothing she can't do and she does it with a smile. Her patience and care with the teenage eating disorder patients is paramount to their care. She is just amazing and deserves recognition for this.
Nick Conde (**SLT**): Nick has fully embraced his role on our neonatal unit and gets to know all the babies and families quickly, proactively giving advice and encouraging feeding. He is currently looking to expand his role to further support babies after discharge which will be a brilliant addition to our service!

Clare Nutbeen (**Housekeeper**): Claire is an integral part of G4. She knows the regular patients and their families by names, always greeting them warmly and being someone they can ask something of. She really cares for the families, and will go out of her way to get things that are what the individual patient needs or is familiar with. She is very supportive of all the staff on G4, and a warm face that immediately makes you feel better about being at work.

Susan Cleverley and Katherine Knaggs: (**Paediatric physiotherapists**)
Approachable and supportive, always happy to review and support for neonatal patients, excellent team working with the wider team.

Sam Wilkinson (pharmacist): Sam is not only an incredible fountain of knowledge, but she is always so supportive and approachable with a question or query you may have. You can tell she is so passionate about doing the best for patients and will always go out of her way to help.

Jo Lawes (Paeds physio): Jo is an extremely knowledgeable physiotherapist who exudes warmth and kindness with all the families she works with. She is part of the team who run our baby massage group for babies who have been on SCBU and the families absolutely love these sessions. Her approachable and down to earth manner means that families will often share concerns or worries with Jo which the doctors would otherwise not get to hear about.

Sarah Holland: She works hard, always finds things around the wards that needs cleaning, stocking up or improving. She's demonstrates care and empathy for those around her and makes a positive difference to the ward and people around her.

Mary Claire, Music Therapist

‘Special Person’ in Paediatrics

Nominees

Kasey Prince: Has always been so supportive and kind to all members of the CED team, no matter what their grade or job role. Always willing to help anyone that needs it. Pleasure to work alongside Kasey.

Sarah carpenter: Sarah carpenter as a nursery nurse with many years experience, her practice is phenomenal. She has so much knowledge and experience to share. I have only ever heard family's that she has cared for sing her praises! That's why she should be special person of the year

Sue Hall: I would like to recognise Sue for the invaluable support she provides to the team. She is always willing to help without hesitation and consistently goes above and beyond to ensure everything runs smoothly. Her organisation and attention to detail are exceptional, and her hard work often happens behind the scenes but makes a huge difference to the day-to-day running of the unit.

When Sue is around, things are always well organised and efficient, allowing the rest of the team to focus on delivering patient care. She is a dependable, hardworking colleague who is greatly appreciated by everyone she works with.

Lisa Cunningham: Despite a challenging year, Lisa gives her all at work for her patients and colleagues. She’s always got a huge smile on her face and is willing to help and support anyone. It always brightens my day seeing Lisa arrive on shift!

Clair Fletcher (Senior CSW for CPMS):
She offers exceptional support, kindness and dedication every single day. She is always at the end of the phone with a listening ear, offering advice, reassurance and guidance whenever I need it. No matter how busy she is, she goes out of her way to support not only me but everyone in the team, consistently going above and beyond to make sure people are okay and have everything they need.

Since I started my Nurse Degree Apprenticeship, Clair has supported me with unwavering commitment, always giving 100% of her time and encouragement and belief in my potential. Her support has made a huge difference to my confidence and development. She works incredibly hard, often putting the needs of others before her own, and does so with genuine compassion and professionalism. She is the kind of manager who makes people feel valued and supported. She deserves to be recognised for the positive impact she has on both her team and the children and families we care for.

Julie Coward (Dorchester Ward Clerk): Julie makes everything run so much more smoothly on PAU! She's also a lovely, positive person to have around and a delight to work with.

Maureen Cummings: The whole of HHFT paediatric department would fall apart without her- our rotas would collapse, the estate would crumble and no-one would be able to access any information they needed. She is always helpful, has a smile on her face & we would not function without her!
Lauryn Harvey, Ward Support Worker, G2, Basingstoke
Lauren has been a wonderful addition to our team. She is incredibly supportive to her colleagues and makes a significant positive difference to the care of young people, going the extra mile on a regular basis. She brings a positive energy to the ward and nothing is too much trouble for her. We are very lucky to have her.
Los O'Shea Smee: We have had an exceptionally busy few months in paediatrics recently, but Los never fails to put the children at the centre of everything we do. A recent case in point was a teenager with some exceptionally complex needs, whose family unit was at breaking point and Los went above and beyond to ensure that a package of care was in place to allow the young person to go home, and for the family to be supported.

Salisbury admin team: Special People rather than one individual person - the Salisbury admin team supporting the paediatric consultants. They have been significantly depleted in numbers over recent months and years (reflecting the state of the NHS across the region no doubt) but their ability to 'keep calm and carry on' and adapt to new ways of working to meet the needs of the consultant team has been much appreciated and they deserve recognition for this.

Susan Benton: Susan Benton is our superstar particularly with our Camhs patients especially our eating Disorder patients. Susan has an amazing ability to build rapport with our young people and is recognised as our expert. We appreciate Susan for many reasons but this one particularly stands out.

Julie Coward- DCH Ward Clerk: Julie is the MVP of Kingfisher Ward- since she has arrived she has made life so much more efficient for both patients and staff. No task is too trivial including making the slightly grumpy registrar a cup of coffee! She faces everything with a smile and is such a welcome sight for patients and staff arriving on the ward each day. She has made such a phenomenal difference and I know is valued by all.

Transitional care nursing team in Winchester
The transitional care nursing team in Winchester - all the nursery nurses are superb. They advocate well for their patients, are excellent at supporting feeding and are a brilliant link between families and the medical team. All the families really appreciate all the care they give including general support that medical teams might not think of. Thank you to the whole team!

Melanie Connett (ACCP): Melanie Connett (ACCP) so accommodating and helpful with the rota.

Amy Saul (ACCP): Amy Saul (ACCP) - always patient and supportive with a smile.

Gemma Chalmers, Portsmouth NICU: Gemma Chalmers, Portsmouth NICU - always so cheerful and happy to help at the ward clerk desk.

Play team at Dorchester: Deliver a brilliant service which is ever expanding and leading the way for the future of play in hospital. The atmosphere wherever they go is always one of positivity and I am very grateful for this for both our patients and for the staff.

Special Persons - Dorchester Play Team - Paul, Suzy, Katie, Lianna
All the members of the play team in Dorchester are incredibly special people. They have a talent that just cannot be taught. They work miracles with the most frightened children and turn potentially horrible experiences into fun ones. They never run out of smiles, fun, toys, crafts, hilarious chat and wonderfulness.

Katie Watts Advanced Clinical Practitioner Paediatric Orthopaedics
Nothing is too much trouble for Katie. As well as looking after patients on ward, she supports the staff amazingly well. Not only does she manage the Orthopaedic patients, she is willing to assist with patients from other specialities when needed. She advocates for her patients, and ward staff, and very frequently helps with nursing tasks when ward is busy. She is always on hand to answer questions/educate new staff/support the multi disciplinary team. Katie always goes above and beyond her job role to ensure quality care for patients and is kind and compassionate to families and all staff.

Ogho Olubor
Olubor is one of those senior colleagues you are always pleased to see on a shift. He is incredibly dependable, very knowledgeable and naturally takes leadership when needed. He is calm, approachable and always willing to help. You know the team is in good hands when he is around.

Zoey Fry, Paediatric Matron for the Community and Outpatients, Dorset County Hospital
Zoey Fry because she goes more than above and beyond her job role to support the paediatric services and those that work in it. Over the years Zoey has really developed the community and outpatient service and continues to do so! Thank you Zoey!

Zoey has totally transformed the service since taking on this role, and is now the present and approachable Matron that we have never had and always needed. She is utterly hardworking and stands for what she believes in and what is best for the children and young people using our services. She manages multiple teams and specialist paediatric services and always strives for the best possible care for our patients.
She is also the lead nurse for paediatric oncology and still makes time for these patients and their families, even though she is so busy. Personally, she has been a good friend throughout my career and is reliable and trustworthy. She will always make time if you need her, and always has a smile on her face. I don't know where our service would be without her.

Emily Fraser (Portsmouth)
Emily is the secretary for multiple paediatric and neonatal consultants at Portsmouth. She is a complete star. Very good at communicating with families, even in challenging situations. She can track down any bit of information requested. She is also a very thoughtful and lovely person - just having a little chat with her brightens up my day.

Mr Rory Nicholson (Portsmouth)
Rory is a paediatric ophthalmologist. He is so approachable and always takes time to listen to and consider any questions put to him by the neonatal team. He goes above and beyond to provide an excellent service to the babies.

Sadia Zeeshan.
Supports and supervises many doctors undertaking CESR and international doctors and advocates for their needs and requirements.
Tracey Fordham, play therapist
She is always makes time to help. She will go out of her way help staff and families even if she is not actively working in that area.

Freya Spicer
She's shown ambition, she's happy to help others and has a positive attitude to helping the ward flow and work load.

Paediatric Training Unit of the Year

Nominees

Portsmouth: The team work. The best work family

Princess Anne Neonatal Unit: My experience on the tertiary neonates unit at the Princess Anne Hospital has been extremely positive. I have felt well supported by the multidisciplinary team, with seniors who are approachable and actively encourage junior involvement in practical procedures. Leading care on the postnatal and transitional care wards has provided important experience in preparation for stepping into a registrar role, with robust support and escalation pathways when required. Overall, this placement has greatly enhanced my confidence in managing both term and preterm neonates.

Southampton G Floor: Brilliant rota management - including self rostering for on calls. James (rota co-ordinator) ensured top requests for AL were sorted prior to this, and also made sure DIL were allocated as appropriate.

Excellent induction which included useful information required for the job, including good resources to refer back to.

Prioritisation of learning for residents in all specialities - teaching and grand round session well organised and attended.

Friendly consultants across most specialities who are happy to teach. Ability to gain skills and knowledge across the floor during cross cover shifts and on calls. Consultants organised Christmas dinner too for residents.

Brilliant atmosphere amongst residents - sociable doctors office, culture of helping other teams who were busier, few social events outside work.

Dorchester: I have had a very challenging last year and Dorchester has been a safe haven for me. The whole team have been incredibly supportive, accommodating, kind and helped me get back on my feet. Dorchester sees some fascinating pathology and works hard to share any learning from these cases with regular education, well attended M&Ms and ward updates. The team are respectful of each other, hard working and it genuinely has a family feel. I have loved working there!

All the team have been so supportive in helping me step up into the consultant role. I've had lots of opportunities to push myself and act as a consultant whilst always feeling supported and safe. Thank you!

PICU: excellent teaching programme and accommodating rota

Paediatric ED: Very dedicated staff and lots of learning