



PAFTA

Wessex Paediatric Awards  
For Training Achievements

# Winners & Nominees 2025

With Special Thanks to



# The Wessex PAFTAs 2025



## WINNERS

Junior Trainee – Dr Rhiannon May

Junior Unsung Hero – Dr Kirsty Foster

Senior Trainee – Dr Hannah Watts

Senior Unsung Hero – Dr Abigail Stapleford

Junior Nurse – Meg Watts

Senior Nurse – Shona Mackie

Consultant – Dr Sarah Williams

Educational Supervisor – Dr Alistair Ewing

Allied Health Professional – Kerry Franklin

Special Person in Paediatrics – Louise Oliver

Training Unit - Dorchester

# The Wessex PAFTAs 2025

## Junior Trainee of the Year

### Nominees

#### *Angel Achese*

Angel Achese is an excellent team member. She is a very good SHO and is always keen to learn and do new things. Angel interacts well with families and makes them feel part of the decision making.

#### *Ella Bailey*

A fantastic trainee showing enthusiasm and commitment to training: she advocated for herself to get to correct neonatal training with the new layout of training which wouldn't have been an easy thing to do and her further neonatal patients will have full advantage of! Her eagerness to learn and positive attitude is a ray of sunshine on the ward. She is respectful of the full team as well as being diligent and very competent. Excelling beyond her current grade. She is already shaping up to be a wonderful paediatrician

#### *Emily Gentle*

Emily is a highly skilled and knowledgeable junior registrar. She is amazing with patients and all the staff love her. She works extremely hard on every shift, and even if it is busy she makes to time to teach or chat through patients with staff whilst still working relentlessly. Emily has been with me during some really challenging shifts, and just her smile and aura have been enough to make me feel calm and supported.

#### *Enni Pentti*

Enni is always enthusiastic and works hard to provide the best care for patients. She is a team player and it is a joy to work with her!

Dr. Enni Pentti is an exceptional senior to work with, and a great role model as a junior paediatric trainee to look up to.

She has good leadership skills and has great communication with the wider paediatric MDT, prioritizing jobs and teaching SHOs whenever possible.

She is meticulous in her work and doesn't shirk any responsibility. She develops a good rapport with the children and their accompanying adult, helping them feel at ease and answering any concerns they have, while maintaining a professional boundary.

She ensures to address any questions junior doctors may have, supports them in learning opportunities ranging from observational skills like cannulation to discussions on managing unwell children and having difficult conversations in safeguarding cases.

It was a pleasure working with Dr. Pentti - she has been a great mentor and colleague, and I hope to mirror her compassion, leadership and dedication to this speciality in the near future.

## Jen Appleby

Jen has made a phenomenal start to her Paediatric training in Wessex, consistently performing at the level of a much more senior resident. Efficient, thorough, dedicated, inquisitive, extremely hard working and diligent....I could go on. She supports the wider team, nothing is ever too much trouble and she is an absolute delight to work with. She has a fantastic career ahead of her and Wessex are very lucky to have her.

Jen Appleby works hard and is showing leadership values as she develops as a junior trainee.

I think Jen is one of the best trainees I have worked with for many years. She is everything you want from your child's paediatrician - kind, conscientious, careful, thorough, reflective, thoughtful, precise and clear in written and verbal communication, reliable and a skilled clinician. She is keen to learn and do better, but confident in the areas where she is entitled to feel confident, and inspired the confidence and trust of those around her. Such an organised, hard working, and efficient doctor and an absolute pleasure to work with. One always breathes a sigh of relief when she is on because you know as the Registrar you have good back up! She has great intuition.

Reliable, thorough, accurate, knowledgeable and always brings a nice calm polite approach which rubs off on the whole team

## Katie Hodgkinson

Katie is an exceptional trainee who has managed to straddle the transitional period between SHO and SpR years with ease. Her positive can do attitude and unwavering efficiency means that any shift worked with Katie is a joy.

Katie Hodgkinson - Katie is a fantastic trainee who is enthusiastic, incredibly helpful and very efficient (especially on the postnatal ward!). She is a pleasure to work with and I always look forward to my shifts with her.

## Kirsty Foster

Kirsty is an excellent ST1. She has good clinical knowledge and is keen to improve it, and she is a happy, hardworking team-player who is an excellent addition to any team. Where she truly excels is in how she works with patients and families. She is kind, caring and empathetic, carefully listening to their concerns and being clear in her communication, reassuring where she can, but being clear about what we don't know and what she can't say. She particularly builds a beautiful rapport with adolescents and I have seen her help them to open up, talking sensitively to them about difficult topics and helping them to access healthcare better as a result.

## *Leah Crabtree*

Leah has been an exceptional doctor to work with. She is always keen to learn and she is already working at a much higher level than ST1. She shows a true enthusiasm for paediatrics.

Leah is a fantastic doctor with an amazing work ethic and excellent communication skills with both her colleagues, patients and families. She always goes out of her way to support others and seeks to help wherever she can. It is always a pleasure to work with her and she has taken to paediatrics like a duck to water.

Leah is an excellent junior. She is calm under all situations and is able to quietly assess and formulate management plans that are holistic, patient and family focused.

She is an incredible team player and helps others without them asking.

She has been a valuable resource to medical students taking time to teach and explain aspects of paediatrics in a very accessible way.

## *Nicola Head*

Has been an excellent member of the neurology team during her rotation in Southampton and has consistently shown a maturity in both her organisational abilities, her management of the clinical workload and her decision making. She has gone above and beyond to support her SHO colleagues in other specialities and has been very flexible in adapting to the demands of the service. She always has good ideas on improving efficiency and safety within the Children's Hospital and has been a joy to work with.

## *Phu Wai*

She is meticulous in her work, well organised in management. She is happy to support anyone in the team and she is excellent in teamwork. She has amazing communication with the patients and their families.

## *Rhiannon Ball*

Rhiannon is an excellent doctor. She is always a calm and friendly face even on the busiest and most difficult of shifts, and has done so well with her step up job. She has been very supportive to juniors after difficult cases, and always checking in with others. I am always grateful to have her on shift with me.

## *Rhiannon May*

It has been an absolute pleasure to work with Rhiannon at QA. She works exceptionally well amongst the MDT and is well liked by nursing and doctor colleagues alike. Her communication skills with patients and their parents helps put all at ease. From a senior perspective, she has been an outstanding ST1. She is able to manage patients competently within her remit and appropriately escalates for help when required. It has been a joy to see her procedural and diagnostic skills improve over time and she will be an asset to any future team that she joins.

As the unofficial NICU social secretary, she has encouraged the team to socialise, build relationships and get to know each other. This has eased working relationships and created a positive, inclusive atmosphere within the NICU junior team. This type of leadership is impressive for an ST1, and is a strong example of junior members of the team taking initiative for the good of the unit.

Rhiannon is an excellent SHO- as an FY2 in paediatrics she excelled, working at the level of ST2s in the department, in clinical judgement, oversight of unit and professionalism, and it is a delight to see how this has continued now she is in training. Rhiannon is clinically skilled with good judgement, appropriate plans, and pro-active in ways that would be expected of registrars. Rhiannon is able to sensitively recognise stress or more difficult days in others, and support team in regrouping, prioritising, and importantly having a drink break.

Rhiannon seeks clinical learning opportunities and volunteers to support other teams without being asked, and has always stood out amongst peers in her clinical and team approach, and she has a lovely manner with patients and families.

It has been a pleasure to see Rhiannon develop over the start of her paediatric training, and is always good to be on shift with- naturally supporting team and bringing positivity and a 'can do' attitude which can't help but improve my own mood if a little grumpy that morning!

She is an excellent paediatric trainee, and credit to her team and the RCPCH. Excellent team member, friendly, lively, and hard working. Excellent rapport with children and families. A pleasure to work with, performing well above her ST level. Can't wait to work with her again!

### *Sami Obeda*

Sami is a phenomenal ST2. She is incredibly sensible with excellent clinical acumen and great communication skills. She thrives in the acute environment and works really well in the team. We have loved having her in CED.

Sami is an exemplary paediatric core doctor. She is an excellent clinician in an acute setting with great clinical instinct and a rare pragmatism for her stage of training. She is consistent in her approach and always reliable. Her communication is always excellent with patients, families and her colleagues and she excels in teamwork. We have loved having her in CED and I am sure she will be an asset in any department that she works in in the future.

### *Shreya Chugh*

Shreya goes above and beyond with every patient and family. She takes time to understand their concerns and reasons for presentation, bringing a reassurance and huge amount of compassion to every interaction. This has been particularly when she is interacting with new parents, providing much needed education around the care of their newborn baby when they are unsure, stressed and sleep deprived! She has been a huge inspiration to us as her more junior colleagues, constantly teaching and explaining her senior decision making. She has a keen hunger for professional development and seeks educational opportunities wherever possible, exemplifying a great paediatric trainee.

## *Sylvia Ogar*

Sylvia has an impeccable work ethic. She is professional, and shows a high level of clinical skills beyond expectations for her level of training. When on a shift with her, you can be sure that tasks will be carried out promptly and efficiently. She is easy to talk to and has good interpersonal communication skills. She gets along with colleagues well.

Her PICU handover skills were impressive. Keep it up, Sylvia.

## *Zoe Cashin*

Zoe is an amazing colleague, I'm always so glad to see her presence on the rota. She has been a kind and supportive presence during a challenging period of training, staying level headed and ready to see the positive or funnier side of things when needed. She can always be relied on to offer sensible advice. As a clinician she managed to be excellent and efficient whilst remaining approachable and kind to patients and parents. I often found myself wishing I was more like her as an SHO! She will be missed on her trip to New Zealand and hopefully will return to us soon!



# The Wessex PAFTAs 2025

## Junior Unsung Hero of the Year

### Nominees

*Alice James*

Works well above her current grade. She is competent, offers high level of care to all her patients and support to her colleagues whenever she can.

*Beth Holmes*

Beth has been a joy to work with as one of our FY2s in Paediatrics. I am so pleased for her that she has a place to start Paediatric training with us in Wessex this year, which is a testament to her hard work and enthusiasm. She goes above and beyond to help others in the team and to progress her learning, and is a credit to the profession. I am so excited to see what she goes on to achieve in training!

*Bijaya Shrestha*

Bijaya did such a good job of settling into a different healthcare setting, remaining kind and calm during what must have been a very challenging time. She has been a very pleasant colleague to work with and I was impressed with how quickly she transferred and picked up new clinical skills as an SHO. I am sure she will continue to go from strength to strength.

*Emily Ross*

Has amazing clinical acumen and writes such beautiful thorough reviews and plans. Always ready to step up when shifts are busy or challenging, and deals with this with good humour and excellent skill. I have been lucky to be on a number of different rotations with her and have learnt a lot for my own practice.

*Emma Benson*

Emma is a fantastic SHO who quietly works in the background to get things done. She is conscientious and very diligent and works hard to always deliver the best care for her patients.

## James Woodward

James worked as an FY2 and now clinical fellow in paediatrics. He is a very engaged member of the department, and has always sought to support other teams when they are more busy, and make the most of all learning opportunities.

James has also been pro-active in seeking projects to support his professional development, and the department have been delighted to convert him to a budding paediatric trainee. He stands out at a level similar/above ST2s in the department with approach to supporting the whole team and volunteering to participate in a regional journal club to support his development and critical appraisal skills- with very positive feedback from consultants across the deanery. James embodies the joy of working in paediatrics, and it is a pleasure to see his development and passion for paediatrics. We can't wait for you to be appointed a Wessex paediatric trainee!"

## Jemma Parrot (Sebis)

Jemma is an enthusiastic, knowledge doctor who is a pleasure to work with! She will make a fantastic paediatrician and I have immensely enjoyed working with her over the past 6 months. She has a fabulous can do attitude and works well with the whole of the MDT. When Jemma is tasked with a job I know she will get it done efficiently, effectively and with a smile! A joy to work with!

## Jennifer Appleby

It has been a pleasure working with Jen. She shows a wisdom and insight far beyond her level of training. Jen takes on lots of additional responsibility and manages to undertake all of these with her usual level of enthusiasm and hard work. Jen never looks for praise but can't help but be praised by all those that work alongside her "

## Jess Plumbley-Jones

Perhaps quietly under the radar, Jess is an outstanding doctor and member of any team. She is one of the most competent ST1s I've met while being incredibly humble and I am excited to see where she goes.

Jess goes about her work quietly and efficiently and does well by her patients.  
Developing into a great paediatrician!

## Josie Bradford

Josie is a pleasure to work with and is a valuable member of the team. Clinically, she is a competent doctor who deeply cares for her patients. When handing over to her, I am confident that the jobs will be completed and the highest level of care will be provided. She is unassuming, supportive and kind.

## *Kate Jordan*

Kate is a fantastic doctor who makes consistently clear decisions and supports her colleagues thoroughly. She recognises and celebrates our learning and consistently offers teaching opportunities. A recent scenario took place where she had to de-escalate a patient who was becoming aggressive towards her mother and other staff members, becoming a risk to herself also. Kate took this in her stride and used great techniques such as reassurance and aiming to calm the patient, in a measured approach, she became one voice for clear communication with the agitated child. She also made sure her colleagues were safe and felt supported during this tricky encounter. So for that reason she deserves to be recognised and celebrated!"

## *Kirsty Foster*

Kirsty is both an clinically excellent doctor and a human ray of sunshine! She is such a kind, hard working and clever individual and it is immediately apparent to everyone that works with her. She is an incredibly supportive junior, often having jobs done before you've even had the chance to ask; she is conscientious even in the smallest of matters and supports every member of the team to reach her high standards. Kirsty makes everyone around her a happier, better member of the team and both parents and children can see that. She has strong, supportive relationships with every family on the ward and can diffuse even the most challenging of situations. She is significantly more skilled than her training level requires!

Kirsty is an exceptional ST1 whose upbeat, proactive attitude enhances any shift she's scheduled to work. Her efficiency and competency with both procedural and clerical work far exceeds that expected of an ST1 and it has been an absolute pleasure to work with her at QA.

Kirsty is an excellent asset to paediatric training in Wessex. She is competent and knowledgeable and delivers excellent care to all of her patients. Throughout ST1 she consistently went above and beyond for her patients and the MDT ensuring that excellent care was always delivered.

## *Nadine D'Silva*

Nadine did an amazing job of stepping up into a reg role last minute during our neonatal rotation. She is an excellent clinician who can manage a mad postnatal ward with ease, always willing to lend support to SHO colleagues when needed and keeping an eye to ensure the team are managing. She is also a lovely approachable person and asset to any team.

## *Rhiannon May*

Rhiannon has made a fantastic start to her paediatric training. She is an absolute pleasure to work with and I always look forward to my shifts with her. She goes above and beyond for colleagues, patients and families. During her NICU rotation, she organised multiple socials for the team which greatly helped morale. I am sure she will make an amazing paediatrician.

*Rhiannon Ball*

Such a lovely person inside and out, kind, thoughtful, hardworking, and so polite.

*Sylvia Ogar*

Sylvia is so reliable and competent, she is going to amazing in her step-up role this year!



# The Wessex PAFTAs 2025

## Senior Trainee of the Year

### Nominees

#### *Abigail Lazenbury*

Abi is a conscientious and hardworking registrar who always goes above and beyond to ensure she has the knowledge and ability to deliver high quality of care, and always does this in a kind and compassionate way. She is always seeking ways to help her colleagues and improve patient care, she actively teaches her junior colleagues and her communications skills are brilliant, even when delivering bad news of suggesting things that could be done better to a colleague. Despite a period of maternity leave she kept up interactions and support. She is the BPNA paediatric neurology trainees rep and organised a fabulous education day for all her PN trainee colleagues in Birmingham. She is a really go getter, never just sits on her laurels, and is a fabulous all round colleague.

#### *Anna Selby*

Anna is a clinician who operates in a calm unassuming manner. She demonstrates quiet confidence but is always able to ask questions when needed alongside challenging decision making where needed. She thinks logically and prioritises tasks appropriately whilst communicating her thoughts and ideas extremely effectively. She has strong relationships with families and actively completes tasks to optimise patient care. She takes appropriate responsibility but at the same time no task is beneath her. She supports and encourages her junior colleagues and the wider MDT appropriately. She has lead development of our grand round ensuring that everyone has the opportunity to contribute to the teaching programme. She is an excellent paediatrician and her practice embodies the RCPCH values

#### *Anne McGough*

As a junior trainee, Anne is one of the best registrars I've worked with. She is calm, steady and competent as well as approachable and supportive of junior colleagues - I think she is a fantastic role model. Anne is particularly good at teaching and has a knack for finding educational opportunities wherever she goes. Her passion for teaching is one of the many things that demonstrates how she goes above and beyond what is expected of her. Thank you Anne!

#### *Annelies Mitchell*

Annie is a fantastic registrar and I always look forward to working with her. She has developed excellent leadership skills and I always feel like we have the shift under control when I am working with her. She is proactive in her support for juniors and I think she will make an excellent consultant.

## Celia Brodie

Celia is an outstanding Paediatrician (not that she would ever believe that of herself). Calm, infinitely capable and beyond sensible. She works extremely hard, is inquisitive and always strives for excellence. She is supportive and is a total joy to work with. She will make a fantastic consultant and will be a brilliant addition to any department when she finishes her training. "

I have known Celia for a number of years and have always enjoyed working alongside her. She has provided support and friendship as I find my feet post CCT on shifts we work together. She is superb clinically and a very safe pair of hands.

## Charlotte Rampton

### Charlotte Sloane

Charlotte is an exemplary PEM trainee. She is calm and sensible with excellent baseline knowledge. She leads very well and works brilliantly in the team. She always works hard and at a consistently high standard. She teaches well and is passionate about research.

She has been a real asset to our team in CED.

Charlotte has spent a year with us in CED as a PEM trainee. She is absolutely at the top of her game and one of the most gifted PEM clinicians who has ever trained with us. She is a natural acute clinician who combines excellent knowledge with a common sense approach to implementation. She is an excellent communicator, an authoritative yet approachable leader and a natural team player. What sets her apart is her passion for PEM research and how she has driven this both nationally through PERUKI but also locally championing whichever projects the department is participating and ensuring that the team see the value in research alongside their clinical work. We have been lucky to have her for the year and hope to welcome her back in the future.

## Emily Marshall

Emily is a person who loves supporting each one and can manage perfectly a whole team with continuous learning. She has very good sense of humor the parents love to talk to her and loved her explanation to the conditions.

## Hannah Watts

Hannah is the backbone of the neonatal department, just as she has been in every job she has ever done. She quietly gets everything done and somehow still has time to be an extraordinary teacher and supportive mentor to junior trainees. Her work ethic and skills are incredibly inspiring and her kind manner, empathy and grace under pressure means parents, children and clinicians alike are all immediately soothed by her presence. Every single shift with Hannah I know will be an enjoyable experience where I will learn so much - I can only hope to be as skilled personally and professionally as her!

Hannah has gone above and beyond to look after the ST1s in neonates, teaching them skills and making sure they get to take every opportunity. She never complains and is always willing to explain difficult concepts or tasks. She deserves so much recognition for being such an inspiration!

## Hannah White

Hannah is a brilliant colleague, she is incredibly knowledgeable and able to impart quite tricky PICU concepts to juniors in easily accessible terms. She is always the first to step up and help out when areas are short and she is an absolute joy to work with.

## Heather Warner

Knowledgeable senior trainee who is inspiring to look up to. She is calm, collected, kind and hard working!

## Jess Palmer

Jess has been very supportive of me as a senior registrar. She has offered me support and advice and is always willing to help in busier shifts. She is an excellent role model to more junior members of the team and also has great procedural skills!

## Jessica Thompson

Jess is a wonderful doctor to work with. She remains calm and logical in challenging and stressful situations, which provides great reassurance to all. She excels in delivering holistic, patient-centred care and inspires those around her through her compassion.

## Kary Sun

Kary consistently exemplifies clinical excellence through her calm confidence, compassionate approach to children, young people and their families, and her impeccable clinical acumen. She is a wonderful communicator to colleagues and patients alike. As a senior registrar, she is a wonderful role model for junior colleagues - approachable, patient and someone to emulate.

## Marisa McMillan

Marisa is undoubtedly the hardest working reg I know. She has everything under control at all times, and is extremely knowledgeable and confident in the care she provides. Marisa is a very strong leader and shows amazing attributes to becoming a consultant. She's kind and supportive and teaches at every opportunity she gets to every level of staff. She's got an amazing rapport with parents and patients alike and works tirelessly to build strong relationships with sometimes challenging patients.

## Nadine D'silva

Nadine is a model senior trainee. Has a calm demeanor and very thorough when assessing patients. She is calm under pressure and supports junior colleagues who are on a shift with her.

For stepping up into being an incredible endocrine SpR. She is always supportive of other members of the G floor team, very willing to offer a helping hand when needed. As a SpR she interacts beautifully with patients and parents, offering reassurance when needed and high levels of care and empathy. Continue being amazing!

## Rachel King

Rachel is an amazing colleague to work with - she is approachable, kind and super supportive of junior trainees. Thanks Rachel!

## Rosalind Brown

Ros is an excellent doctor. She functions well above the level of an ST4 trainee. She is always keen to learn and improve and develop herself. She works within the team brilliantly, she is supportive to more junior members and the wider MDT, but interacts well with more senior doctors and consultants as well. She takes initiative and gets on with tasks without needing to be reminded, and asks for support appropriately when required. She communicates really well with families and children and the patients respond well to her, including tricky teenagers! She has got involved in various projects and engages with all of the educational activities in the department. She uses her influence as a doctor to motivate patients to engage with their treatment plan both on the wards and in clinic. She has actively sought to find new and innovative ways to make the working environment better for the wider team. She is inspiring to the more junior members of the team, and to all of us. She always has a smile on her face and is a lovely person to be around.

## Rowena Craig

Rowena is a great colleague who goes the extra mile. A great colleague she has taught me a lot and always has a smile on her face. I would happily have her as my consultant.

## Sammy Case

Sammy is a wonderful example of a doctor who really cares for her patients and her colleagues. She is excellent in acute clinical scenarios, remaining calm, leading with confidence and checking in on her more junior colleagues. She is approachable and actively listens to those around her. Her ability to sift through a case and get to the heart of it, is both impressive and inspiring.

Sammy is an amazing clinician who delivers effective and high quality care to all of her patients. She goes above and beyond to care for her patients and the wider MDT. She is such a supportive senior and was already ready to teach and support me and the other junior trainees. She is an asset to paediatric training.

## Sophie Harbour

For really pushing for her colleagues well-being by setting up a mentoring scheme across Wessex and always being so very kind and caring to her colleagues with any crisis they are experiencing. No doubt this will have a huge impact on our resident colleagues moving forward and ultimately by improving our wellbeing, we can better support our patients! I also admire her practical and caring approach to patients under her care. She is always keen to teach her junior colleagues where she can.

# The Wessex PAFTAs 2025

## Senior Unsung Hero of the Year

### Nominees

#### *Abigail Stapleford*

Abi will be the first to admit she has spent longer than most acquiring and perfecting the art of being a paediatric trainee - and her quality shines through on a daily basis! Having started and now approaching the end of her training in Salisbury (with a visit or two in between as well), we have had the pleasure of supporting her, and benefitting from her contributions to our team, at various stages along her training journey.

She quietly gets on with the job, supporting her colleagues at all levels as well as the wider members of the MDT. Her calm and reassuring manner (and astute clinical skills) are a huge asset to Team Salisbury.

Abi is more than ready to take her next career step as a Consultant Paediatrician and apply all the experience she has acquired as a trainee to this new role.

#### *Anne McGough*

A real unsung hero, Anne quietly gets on with the vast amount of stuff that she does within the deanery, both in teaching for PREP 2/3 and also as the wider lead for medical education fellows in the deanery. At work, she is extremely competent, efficient and always available for her junior colleagues and I always look forward to working with her.

#### *Brooke Gamble*

Brooke is a wonderful senior and a joy to work with. I always look forward to having her on shift with me. She has been a great support to the new ST1s, putting together welcome packs with lots of goodies for everyone starting out (no mean feat given the number in the cohort!). She is a brilliant doctor, and patients and families love her as much as we do. Special credit also to her incredible baking skills!

#### *Chloe Searle*

Always goes above and beyond for her patients and seems to know every detail about the renal cohort! Always happy to help others and ensure junior colleagues are well supported.

#### *Jemma Shanley*

Jemma works tirelessly to ensure that the trainees in the deanery have their voices heard. She goes above and beyond to support others. She is an excellent role model and leader, and has always been extremely supportive of others.

Karen Lovelock

Nadine D'silva

Paddy Clarke

Pamela Jump

( Academic Clinical Fellow at Southampton CED). Pamela is a very well-rounded hard-working and talented clinician. She primarily works within research and is incredibly accomplished with what she has achieved, and will undertake work efficiently to a very high standard. She also works within Southampton CED and is very hard -working and always brings a positive and 'can-do' attitude to the team which cheers everyone up. She is very reliable and efficient during shifts. She is a great role-model to juniors and we are lucky to have her on the team- thanks so much Pam!

Rachel King

Always brings a smile and a laugh to the team, her enthusiasm for Paediatrics is contagious

Rianna Burrill

( SAS clinician at Southampton CED). She contributes so much to the CED in numerous ways. She is in charge of the junior SHO rota, undertakes educational supervision as well as runs radiology meetings- and she does this all to a very high standard. During shifts she is hard working and a really supportive member of the team to the entire MDT, and is particularly helpful to junior colleagues that have just started. Thanks very much



# The Wessex PAFTAs 2025

## Junior Nurse of the Year

### Nominees

#### *Asha Dhíju (Dorchester)*

Asha came to work at Dorchester after studying her nursing in India. Asha has been with us for 2 years now and has fitted into the team very well. She is chatty, positive, and opening up more and more each day. Asha has recently completed her first transfer of a HDU patient, and is taking more complex and sick patients. Asha is hardworking, positive, and knowledgeable and shares her knowledge and teaches the wider team where she sees fit.

#### *Chanel Williams (Southampton CED)*

Chanel is an incredible nurse who constantly advocates for CYP, as well as has excellent clinical acumen. During a level one trauma for a child who we needed the major haemorrhage protocol, she undertook her role as code red nurse to an extremely high standard. She expertly managed the belmont as well as had clear communication that facilitated efficient and life-saving treatment for the patient. She has demonstrated similar skills in other paediatric emergencies. It is a pleasure working with you.

#### *Charlotte Wilson (Dorchester)*

Charlotte is a fabulous nurse who never complains. She has had some awful shifts which she has taken in her stride, and never moans. Charlotte has been doing in charge shifts at short notice, some of which have been tough, but has absolutely smashed these. Charlotte does not get enough recognition for the hard work she puts into every shift she works. She is a highly competent nurse, who can run a very busy PAU at times, and although has a quiet personality, escalates concerns where needed, and comes out of her shell when feels comfortable. I thoroughly enjoy working with Charlotte as I know she will support me where required, and is able to take any patient you allocate her.

#### *Ella Martin (Poole Hospital)*

Being only 2 years qualified Ella is the definition of a fantastic children's nurse! She goes above and beyond ensuring her patients and their families are cared for with so much compassion. She advocates for patients and their families ensuring that they are well looked after and supported during their stay in hospital whether it's a 1 day stay or 2 week stay. The rapport she is able to build with patients and their families is amazing, with them looking forward to having Ella take care of them again! Ella is also an amazing team player always supporting colleagues to the best of her ability!

## *Ella Taylor (Dorchester)*

Ella has worked at Dorchester for a long time, starting as a HCA and play therapist, then a student and now a Preceptor nurse. Ella has come a long way since starting with us, and takes everything in her stride. Although she has only been qualified since September, she is keen to take High dependency patients and adapt her skills, patients and staff enjoy being around Ella and her bubbly personality.

## *Ellie (Winchester)*

Hard working, fun, and a natural!

## *Emily Jenner (Salisbury)*

Emily is a wonderful part of the already excellent team at Salisbury. What I feel really sets her apart is her eagerness and skill in helping the young people with eating disorders and how she manages them. I believe she makes a massive impact in their care and their journeys. On top of this, she is excellent at digging into safeguarding concerns and generates very helpful information for the work up of safeguarding cases.

## *Fiona Brinsdon (UHD)*

Fiona has been with us since she qualified 5 years ago and is just the most incredible nurse! Having watched her develop from a newly qualified to vital member of the HDU team had been a privilege. Fiona has grown in her confidence and is now a name that is widely recognised on the unit as being an incredible nurse. I see her name listed for shift a know I can count on her to have the sickest patients under control. I honestly can't express how amazing she is enough.

## *Jasmin Maddison (Portsmouth)*

### *Jaz (QAH A Level)*

A wonderful nurse. She is compassionate and caring while holding exemplary clinical knowledge and skills. She consistently treats colleagues and patients with dignity and respect and goes above and beyond for everyone she cares for.

### *Kari Paisley*

### *Kary (QAH NICU)*

Kary is an excellent nurse and is an amazing asset to the neonatal unit at QAH. She is friendly and approachable and delivers excellent care to her babies. She is knowledgeable and always ready to escalate any issues or problems.

### Maisie (Winchester General RHCH)

I really enjoy working with her, she is hard working and conscientious and will advocate for her patients. She is also lovely and kind and has made settling into the step up Reg job easier. She seems more experienced than her years of training. Thank you Maisie!

### Megan Tattersal (Paediatric High Dependency Unit, Southampton)

Since joining the High Dependency Unit as a newly qualified nurse, Megan has shown a huge amount of maturity in her clinical and leadership abilities. She provides a sense of reassuring calm in stressful situations and has been able to manage some challenging patients and families due to her reassuring manner. I have admired her confidence in highlighting areas requiring improvement in the PHDU workflow as this shows a genuine sense of caring and wanting the best for her patients.

### Meg Watts (UHS G2 neurosurgery)

Meg is an incredibly skilled, knowledgeable and highly competent neurosciences nurse. What is spectacular about Meg, is the way in which she delivers her incredible skills. She is always positive and a joy to be around. Even when there are the most tricky families she is able to have difficult conversations and get them to do things that up until a Meg conversation, they have been intransigently refusing. She manages to get everybody on side, she can adapt her manner to whatever the specific patient needs and is able to advocate for her patients with even the most senior of consultants. Every patient leaves the ward remembering their favourite nurse Meg! She is also a great team player and on more than one occasion has stepped up to cover vacant shifts - even when she should have been on a much anticipated study day.

### Myah Comer

### Paige Bates (Dorchester)

The delight that everyone on the ward has on their face when they see Paige is unmatched to anyone I have ever met. And this is just the staff! Drs and nurses of all grades, play team, admin, everyone. She is the ray of light everyone needs. Ever the reflective practitioner it means she can see multiple complexities of situations. She has also been a great support and I don't think she realises just how much of an impact she has. Thank you Paige!

### All of the G4 nurses at UHS

You are incredible!

# The Wessex PAFTAs 2025

## Senior Nurse of the Year

### Nominees

#### *Ally (QAH Neonates)*

Ally is always there to lend a hand with a smile and a kind word, even in the most difficult circumstances. She has the ability to predict what everyone around her will need and just get it done without breaking a sweat. Sometimes she seems to be in 18 places at once! I know in every resuscitation scenario I would want Ally by my side because she is both clinically excellent and a massive motivation.

#### *Amber Cook (UHS)*

Amber is a senior research nurse at UHS. She works incredibly hard, especially over the last year where the team has been very short staffed and recruitment has been challenging due to trust finances. Amber has continued to deliver her studies to an extremely high standard, supporting the wider research nursing team as well as the Outreach team and clinical staff in ED and on the wards, with the studies that are ongoing. As a result of Amber's hard work, we continue to be able to deliver high quality, vital research in clinical settings at UHS, which is leading to significant changes to improve care for children and young people nationally.

#### *Angela Gokceli (Winchester, HHFT)*

Angela is the Lead oncology nurse for Winchester, as well as the Team Lead for the CCNs. In her oncology role, Angela works tirelessly supporting our shared-care oncology patients in Winchester to ensure they are safe, supported and receive brilliant care in the community. Her years of oncology nursing is invaluable in providing reassurance to these families, as well as supporting her medical and nursing colleagues at the hospital. She spends her days driving around the roads of Hampshire, visiting families at home and school/nursery, often at the detriment to her own lunch! She is pivotal in the service and we could not function without her.

#### *Anita Butler (CED, QAH)*

Anita is one of the most competent nurses I have ever worked with. Her clinical judgement, the way she supports her nursing colleagues, and her passion to improve and drive change makes her a force to be reckoned with. I know that if Anita is around, things will run smoothly, even if it feels like the department is on fire!

#### *Carla (Sophie's place on Winchester)*

I have known Carla for years and no matter how busy it is, she ensures Sophie's place is a calm and pleasant place to work. She speaks her mind, escalates appropriately and always has the best interests of her staff and children in mind. Having moved into a consultant post, I find myself more than ever looking to get for guidance as I find my feet and learn to manage. Her quiet guidance of who is sick, who isn't and where the quick wins are...makes my job both more pleasant and efficient. Thank you!!

## Charlotte Misselbrook (Portsmouth)

### Clare-Marie Smith (Salisbury)

Clare works relentlessly on every shift to ensure the best possible patient care and outcomes. She is proactive and supportive to those on the ward and her expertise boosts staff morale. A recent career change has meant that Clare now splits her working week between the clinical environment and the community team which strengthens the link between these two areas immensely. Approachable, expert and professional, Clare goes out of her way to ensure that patients needs are met which does not go unnoticed by the parents and carers that she is also supporting.

### Donna Austin (PICU)

Donna was amazing to me when I was feeling particularly burnt out one day, she listened to me and had some great advice to give. She is so kind and a real asset to the PICU team.

### Emily Stacey-Cox (Salisbury)

Always professional, listens to patients and their families and feels passionately in ensuring that their individual needs are met. Works well as a team with both nurses and doctors.

### Emma Davies (Dorchester)

Emma became Ward manager of Dorchester approx. one year ago. Since joining she has supported the team through a difficult time, and we are now coming out the other side. Staff are more positive, staff retention is high, and she always supports the ward when required, even if it means not getting home until late. Emma is supportive to the senior team as well as the junior team, and goes above and beyond to ensure everyone feels supported.

### Emma (Winchester General RHCH)

Emma is so knowledgeable, it is always great to see her on Sophie's place. She managed to combine a lot of clinical knowledge with care for patients whilst also being incredibly efficient. I have often benefited from her knowledge whilst acting as a new reg in an assessment unit.

### Emma Woodhouse (QAH neonates)

Emma is outstanding. She has a real passion for her role and the babies within her care. Whether she is coordinating discharges, supporting at deliveries or being in charge of the unit, she does so with exceptional skill and patience. Tireless enthusiasm to do the right thing by our babies

### *Gemma (Campbell, I think!) (QAH)*

You always know that when Gemma is in charge on the ward you will have a lovely nightshift! She has a huge depth of paediatric knowledge and experience, and always has everything under control! Sensible, pragmatic, an excellent member of the team.

### *Hannah Taylor (Paediatric Outreach Nurse Practitioner, Southampton)*

Hannah provides a sense of calming reassurance whenever she is on shift. She is able to manage clinical situations as well as a lot of registrars and brings a sense of leadership and confidence to challenging situations, which is highly valued by all of her colleagues. She is a credit to the Outreach team and someone who we are always grateful to have around.

### *Jess Ashwin (Poole Hospital)*

Jess is an absolute credit to the team! She goes above and beyond for not only the patients across the children's wards, but also staff across wards! Jess always advocates for the best for her patients and others ensuring that not only are the patients worries listened to but also that their parents worries are heard! She always advocates for patients. Jess builds great rapport with patients and their families. No matter the workload Jess has, she always ensures the colleagues she's working with are well supported, always offering a helping hand whilst also supporting everyone in developing learning opportunities! Jess always has a positive can do attitude. Jess brings so much happy and positive energy to the wards, I'm always smiling when she's around! Thank you Jess for all you do

### *Jo House (Trainee Advanced Clinical Practitioner at Southampton CED)*

Jo is a really great clinician who has a hugely wide range of skills and broad paediatric knowledge. When working on shifts in CED, she is able to manage a plethora of complex/acute cases to a very high standard. She is also a great and supportive team member, and is always willing to help where needed. In addition to her clinical work, she has also contributed to academic research work which was performed efficiently and to a very high standard. She has been working really hard in balancing her clinical work with her masters dissertation. She is a real asset to our CED and an exemplary display of how amazing the CED Advanced Clinical Practitioner training programme is.

### *Jo Palmer (PICU)*

Jo is so wonderful to work with, amazing at teaching and calm in stressful situations.

## Josie Roberts (University Hospitals Dorset)

Josie is quite simply a fabulous advocate for provision of high standards of care for children within the community. She is caring, passionate, energetic, and innovative. Her motto is 'we can do this!'. She has recently led the community nursing team in the introduction of our children's Hospital at Home helping to reduce length of stay, improve patient experience but maintaining patient safety. Josie has also led collaborative work with our local teams to provide true home/hospice/hospital 'End of Life' choice for children's palliative care. Her community nursing team consists of generic, oncology, palliative, allergy, respiratory, diabetic and epilepsy nurses. Her strong leadership has enabled her teams to evolve to provide excellent care for both acute and complex care for children and she is incredibly proud of her team. An experienced paediatric nurse who is an inspirational leader.

## Katherine (Kate) Baker (E1 - Southampton Children's Hospital)

Kate Baker is, I'm sure, an amazing leader and mentor to the E1 team, but to me Kate stands out for how she leads nurses across the children's hospital. When Kate is the professional bleep holder (which always seems to be when I'm on shift) I feel incredibly supported by her. I know that if I go to Kate with a problem I will be met with a kind, listening ear. I feel like Kate will really hear what I have to say and won't just brush my wards needs under the rug, but take the problem on as hers to manage. This frees me up to be a more present nurse in charge to my colleagues and patients, rather than stressing about staffing and other flow issues.

## Kate Farmilow

## Kate Hawkey (Southampton Neonates)

Lovely lady who really helped me settle in and is a good leader on difficult shifts.

## Katie Hulbert

Always willing to support residents but keeps the assessment unit running and spots the poorly child to escalate

## Linda Holden (QAH)

Linda is a gold mine of knowledge. She is such incredible quiet support to resident doctors in emergency situations to enable them to lead. Following a particularly difficult shift she even went out of her way to source the favourite sweets of the doctors working in order to boost morale.

## Leanne (CAU QAH)

Leanne is an amazing senior paediatric nurse. She delivers high quality care to all of the children coming through CAU and is such a support to the junior doctor team.

## Megan Hockey (G3, UHS Clinical Facilitator)

Megan has been in the clinical facilitator role for the past year on a secondment basis, she fully embodied the role learning quickly to be able to support staff across the entirety of the children's hospital. Megan worked extremely hard to ensure she was able to learn herself what the role entailed and went above and beyond to provide excellent learning opportunities and support to our staff. Megan successfully saw through a few groups of newly qualified nurses and nurses new to Southampton hospital, supporting them throughout their preceptorship. Megan has managed to provide study days across the year that have been vital to care for our group of patients, every one who has attended her study days have said how professional, educational and well run these days have been. Megan has worked long hours and outside of work to ensure that all of the education days and support can be given to staff on a timely manner. Megan has continued to support the ward when she is able, coming off education days and working long days on the ward, meaning she has had to complete some of the education work at home out of hours. Megan has supported junior staff to complete 'nurse in charge' days and 'high care' days. The newly qualified nurses have stated multiple times about how supported and protected they have felt from Megan. You have been amazing Meg, we all appreciate how hard you work and are super grateful for the fantastic year you have given us :)

## Owen Hammett (Southampton PICU)

Owen is an incredibly talented clinician, with a drive to constantly learn, has a significant amount of PICU knowledge and has the technical skills of a ninja. In addition to this, he is the most incredible team player. He makes new clinicians feel very welcome and supported in PICU, and is incredibly patient in teaching people new skills that can be daunting. Thank you so much for all your hard work and kindness- we are lucky to have you on the team.

## Pete Norris (Hampshire Isle of Wight West Community Paediatrics team)

Pete is an incredible Nurse Specialist in the Community Team. He is so knowledgeable and respected by his team and patients. Pete is always available if you need some advice or teaching (he is a Down Syndrome guru) or even tech support!

## Rose Eastham (Winchester)

Always a pleasure to work with. Rose is really experienced and always has sensible suggestions to help make patient care even better. She is really supportive of both the junior members of the medical and nursing teams, and a credit to Northbrook ward.

## Rose and Charlotte (Northbrook Ward at Winchester)

The amazing combination of Rose and Charlotte on Northbrook Ward at Winchester- you always know you are going to have a good night when this combination of sister's are in charge of the ward. They are such good nurses, have great intuition and you can also have a laugh with them.

### *Rosie (Winchester General RHCH)*

Rosie is a calm and supportive presence for the new reges, with excellent clinical skills. She is also lovely with patients and parents. I really enjoy working with her.

### *Sarah West (ANNP Winchester)*

An absolute pleasure to work with. Always happy to answer queries and goes to enormous efforts to support rotating SHOs in learning how to navigate the postnatal ward/NIPes/deliveries. Special credit to Sarah for setting up the outside rest area this year, which the Neonatal team have definitely appreciated this summer!

### *Shona Mackie (UHS)*

Shona has been a senior member of the paediatric neurology team for over 25 years. Even though she officially retired 2 years ago she has continued to support the team and what she has been able to achieve in just 1 day a week has been phenomenal. She has established our first ever tertiary epilepsy database, she has supported the development of a number of junior nursing colleagues, she supported establishing new nurse led clinics to reduce consultant time commitments and work load. She has also supervised and supported the writing and delivery of numerous posters and oral presentation in both local and national meetings, ensuring education for junior team meetings but also the wider community, as well as highlighting excellent work being at done at UHS at a National level. She has doggedly pursued charity funders as well as trust management, and despite incredible obstacles that needed to be overcome (repeatedly!) she has managed to see through to completion the development of a specialist neurorehabilitation ward.

### *Sonia Saji (Salisbury NICU)*

### *Tia Anderton-grey (Dorchester)*

### *Tori Payne (Winchester ANNP)*

From day one of my rotation, Tori has been a ray of rainbow-haired sunshine on neonates. She is excellent clinically, and provides lots of support to SHOs who are almost all completely new to neonates when they start their placement. She has an excellent bedside manner and is loved by the whole team and parents alike.

### *Victoria Case (University Hospitals Dorset)*

Victoria Case, University Hospitals Dorset, Advocating for the safety and wellbeing of patients and staff is just a daily norm for Vikki. She goes above and beyond to ensure that colleagues are happy and looked after. She is always willing to take time to help and teach, sharing her knowledge to help others to grow. She is always approachable, easy to talk to and always willing to listen.

Vincent Omamalin

Vix Haywood (Poole - UHD)

Vix has been amazing in her new role as a band 6 coordinator, dealing with extremely challenging cases within her first few shifts in her new role. She often lacks confidence in herself but I was extremely grateful she was present during these scenarios and her skills were outstanding and vital as part of our team that day. Her empathy and compassion demonstrated to the parents and other staff members involved were immeasurable. She should be proud of herself and everything she does at work, she is a fantastic nurse and we are lucky to have her!

Will Dunford (Poole)



# The Wessex PAFTAs 2025

## Consultant of the Year

### Nominees

#### *Adam King*

Continues to be one of the most supportive seniors out there. Consistently excellent at teaching and looks for opportunities to ensure resident doctors develop their skills. Remains kind and approachable even when the unit is busy with colleagues and parents alike.

Adam has been a pleasure to work alongside during my neonatal rotation. He is quietly confident and very supportive of his junior colleagues. He is able to competently strike the balance of allowing resident doctors the space to trial complex procedures and management of patients in ITU, whilst also being readily available to help with all manner of tasks when complexity or workload dictates, regardless of the time of day or night.

Adam is one of my favourite consultants to work with. He is always happy for any queries, promotes the learning of his juniors all the time and is a fantastic role model.

#### *Ahmed Osman*

Ahmed is an incredibly clever, talented and humble clinician. He really takes values in clinicians within and outside of the PICU setting, and truly recognises the contributions that non-PICU clinicians can offer, making him a great role model for the childrens' hospital and across wessex deanery. This is particularly demonstrated in his interactions via the SORT retrieval service. He can create calm and unity, in the most acute of cases which I think is a hugely unique talent. He is a great team player and is hugely popular across the MDT. He is also someone that people recognise they can go to for help for non-medical support, as he offers sound advice. I do think he should be consultant of the year as he demonstrates a variety of positive and unique attributes that many can learn from.

#### *Alex Nowak*

Alex is incredibly supportive as a consultant. She works hard to help trainees around her and is committed to training and education. She likes to share with trainees things that she has recently learnt and encourage us to join her in things that she feels trainees don't easily get access to. In sharing her learning in this she also demonstrates the continuous learning that continues even after becoming a consultant.

#### *Annie Goss*

Annie is the most incredible consultant. She's only been with us a short while but she has already transformed the processes for our assessment unit. She's so supportive and as a senior nurse she's always more than welcome to give me her telephone number and stresses I can ring her for anything is there's an issue out of hours. Annie is a fabulous role model for junior doctors and nurses alike. She is smiley and welcoming and is always very approachable!

## *Chris Anderson*

Chris is a one of a kind consultant who considers the needs of all he meets. His delicate bedside manner, seemingly unlimited ear and passion for not only paediatric care, but equality and acceptance of all within our society makes him a truly special person.

Supportive to the entire team and a fountain of knowledge, there isn't a single professional who encounters him who doesn't enhance their own practice as a result.

Thanks for being awesome Chris, it's noted daily.

## *Clarissa Chase*

Clarissa is an inspiring clinician, always looking to advocate change for PEM and supporting others in their passions too. She works incredibly hard to advocate for improved trauma care, by driving excellent teaching, such as the regional trauma day/premier conference, and ensuring shared learning regionally. On a day to day basis, she is really fun to work with and always goes out of her way to help colleagues where she can and makes you a cup of tea when needed. She is well respected and appreciated across the MDT. I think she is particularly special in her drive to not only make things better for CYP/ trainees at her own centre but always thinking how to make things great across the region- this is a very admirable trait.

## *David James*

For always being a huge advocate for the trainee voice and wanting everyone to have a good training experience and have a nice time at work. Extremely supportive consultant, kind to the team and a good role model for leadership. Also very funny too. Thanks Dave

## *Donna Winderbank - Scott*

Goes above and beyond in clinical practice. Considers the family as a whole and thinks holistically whilst thinking about the best interests of the child and their quality of life outcomes as well as medically.

Excellent at communicating with both staff, families and considering babies interactions.

Communicates with outward compassion and building upon support of the whole team.

Leaves team members feeling positive and empowered in their work and feeling valued.

Leads with compassion and holistic thinking.

## *Emma Grainger-Allen*

Emma has an unwavering and enviable ability to remain positive in pretty much every situation! She provides a huge amount of pastoral support to trainees both in and outside of our Trust, which has a hugely positive impact and often goes un-noticed by her colleagues. Emma is also an extremely supportive peer colleague and always has time to lend support for clinical (and non-clinical) issues.

Emma is a fantastic consultant and college tutor who always puts the trainees first. She is approachable and makes time for everyone, no matter how busy she is.

## Freddie Speyer

Freddie has been such a great source of knowledge and support. He is really pro active about the resident doctor's education both formal and informal. The neonatal SIMS he organises have always been really well run and very helpful. As a clinician he is incredibly conscientious and hard working for his patients.

## Helen Rutkowska

She is a hugely supportive to the whole team on clinical shifts and is extremely hard-working. She really commits to educator shifts and provides good learning opportunities where possible. Thanks so much

## Ian Rodd

Ian's consultations, particularly with adolescents, are an absolute privilege to observe. He has a fantastic patient manner with young people and I am always so struck by how he seems to know the right thing to say, no matter what the main problem is for the young person that day - something that I have no doubt has come from experience and learning, and that I hope I can one day learn myself. Ian works tirelessly with lots of different teams to deliver the best care for his patients. He also encourages positive feedback among colleagues and does this frequently himself. I feel I still have so much to learn from Ian so will be sad to rotate on, but I hope I will come back in the future to learn more from him.

## James Edelman

James is an amazing consultant for trainees to look up to- clinically skilled and always willing to teach, as well as keen to develop skills for trainees. At Southampton, he is excellent as the rota lead, fair and approachable at all times. James' work and time spent supporting the PIER network and its development, along with his IT wizardry has set Wessex up as a region to look to, and it is fair to say the PIER website would not be what it is without him, and in this he has made the day to day working lives of doctors, nurses and AHPs significantly easier through access and centralisation of resources.

Clinically, he is also a phenomenal doctor to look to- developing supportive and fun relationships with the HDU patients, recognising the individual child amongst the complex medical issues often present, and being holistic in approach to the family. Thank you for being awesome!"

## Kate Pryde

She is always helpful, kind and has a listening ear. She is very busy but manages to find time for people who need it. She is inspiring to work with.

For being a great clinician who is a good role model for the juniors and seniors as well. She constantly demonstrates excellent leadership skills of fairness, good clear communication and always works on bringing teams together.

### *Katie Pain*

Katie is a passionate advocate for her patients and full of compassion as well as good clinical medicine. She supports trainees well and has a good eye for detail ensuring the best care for both children and neonates in her care

### *Kevin Goss*

Kevin was the transport consultant on when an incredibly difficult case came through. He remained calm, kind and empathetic throughout multiple advice calls and checked in on the trainees involved multiple times afterwards. He is always incredibly level-headed and organised.

### *Lucinda Winckworth*

She is so knowledgeable and always makes time for teaching for trainees. I feel inspired and supported to stretch myself and my learning every time I work with her. Be it a Paediatric trainee, FY1/2 interested in Paediatrics (even some not on rotation with us!), Lucinda is always happy to facilitate getting juniors involved, developing trainees' skills and foundation doctors' interest in Paediatrics, while always coming up with new projects and ideas to improve patient care.

Lucinda constantly looks for ways to make Winchester a centre of excellence within neonates and research. Her dedication is admirable and I look forward to working alongside her (and learning from her wealth of experience). A great friend, mentor and colleague - thank you!

Lucinda is a fantastic Consultant & colleague who works tirelessly to promote excellence in all she does, but particularly as Neonatal lead. She is supportive of residents and nurses, but also fellow her consultants. She is the first to jump in and lend a hand, does so much behind the scenes and we are so lucky to have her.

### *Lucy Kidman*

Lucy is such a reassuring presence as the consultant on the ward, and every time I work with her I learn something new. Always has time for trainees and makes learning a priority.

### *Justin Davis*

### *Marjorie Illingworth*

### *Matthew Barry*

### *Max Priesemann*

Max is a brilliant consultant. He is very calm and efficient in an acute situation, knowledgeable and approachable. He supports resident doctors in their decision making and development as clinicians. He is also very considerate and kind in his interactions with parents and families, even when the unit is very busy. He remains unphased and a great consultant to work with. I note that this view seems to be shared by many of my fellow resident doctors, we have learnt a lot from his example. "

### *Munisha Balain*

### *Rahul Kachroo*

He is such a calm and knowledgeable presence. He will take time to explain and teach things on ward round which is really appreciated. He is an excellent experienced clinician and also has a respectful and kind approach with parents, I have learnt a lot from him and would want to have a similar approach as a consultant.

### *Ramya Ramanujahar*

### *Rey Morenas*

Rey is meticulous, methodical and thorough in her assessment of patients, and always takes time to talk through her decision making with trainees. This has really supported my learning in this rotation, and I feel that I can always ask for help or advice and know that I will get a considered and clear plan. I think some of my busiest shifts have been with Rey, but she always makes time to teach residents and students of all levels.

Reynella Morenas- such an inspiring consultant, her passion for Paediatrics is amazing and so contagious. A natural teacher. She has a brilliant mind and is amazing at thinking of rare pathology when everyone else is stumped. She makes a lot of effort to positively feedback to trainees which makes all the difference!

### *Sadia Zeeshan*

Sadia is a knowledgeable and approachable consultant who is very supportive to the rest of the team. During her consultant weeks, she spends time teaching about conditions and cases to the whole team. She sees the team as one only using hierarchy where required.

She ensures the nursing team are kept up to date and aware of plans for children, and when breaking bad news ensures parents are fully supported pre and post.

### *Sarah Davidson*

Sarah has come back from maternity leave wanting to know what can be done to improve our training. She spends time listening to our moans and helps us to understand what can be done and what we could do to improve our training. She does the same with her patients and is a good listener.

Sarah gives good career advice and I've seen trainees coming back to her who she mentored years ago.

## *Sarah Williams*

Sarah is simply brilliant. She always advocates for the needs of her patients and goes above and beyond for every child under her care, no matter how challenging the situation or busy the shift is. She is meticulous in looking after the child and family as a whole and works very effectively with the MDT to ensure that all aspects of holistic care are managed. She is a great educator and takes every opportunity on ward rounds etc to teach junior colleagues in a supportive manner. If my child were in hospital, I would want Sarah to be their doctor.

Sarah goes above and beyond for the patients, using her brilliant mind she creates individual plans for the patients and talks them through strategically with the nursing staff. Sarah has been known on multiple occasions to stay late and help support children and call the wards to check in on patients out of hours. Sarah in particular is amazing with patients who are suffering with bad symptoms as a result of a mental health condition. Sarah takes time to build a good rapport with the child, really understanding their care needs, compiling a plan with the entire MDT to support the child. Sarah talks with the families with compassion and empathy, being a listening ear and really taking into account the child's voice and parental concerns. Sarah is an excellent doctor and an amazing example of the standard of care provided at Southamptons Children Hospital, I am very grateful to work with Sarah, she is a friendly face to all of the nursing staff especially to us on G3, thank you for all of your hard work Sarah, it does not go unnoticed.

## *Siti Yusoff Mohd*

Siti is an almost constant presence on the paediatric cardiology ward. Her communication with families and team members is an excellent example to all. She goes above and beyond to provide teaching/educational opportunity for juniors despite her busy role, with organized teachings as well as ad hoc ward round based teaching.

Siti, you are very much appreciated! "

## *Sumit Bokhandi*

## *Tracey Farnon*

Tracey is always extremely supportive of junior doctors. She is a fountain of knowledge whilst also being a joy to work with. She has also worked tirelessly to ensure that individuals' rota needs are met including ensuring that people have time off for important events (eg honeymoon, wedding!) going above and beyond. I have never been afraid to call her whilst working on call (even if it's a stupid question!) and I know that I will have a good shift when I'm working my with Tracey :)

*Trudie (ED Consultant UHS)*

# The Wessex PAFTAs 2025

## Educational Supervisor of the Year

### Nominees

*Alistair Ewing*

I would like to nominate Dr Alistair Ewing for Educational Supervisor of the Year in recognition of the fantastic support he has given me as I have stepped up to being a registrar. Since stepping into my new role, he has ensured that I have consistently felt supported, inspired and challenged. He has frequently been a listening ear - approachable and empathetic - and I have been grateful for his sound advice and guidance which has covered many aspects of my training. He has taken a proactive interest in my wellbeing and this has made a significant difference to my confidence and resilience. He has also trusted me with increasing responsibility in my clinical work and has supported me to challenge myself further with this. I have launched a QI project under his supervision and he has been encouraging and thoughtful when offering advice. He always helps me to see the next steps when I hit barriers. Dr Ewing is an inspirational role model and I feel very fortunate to have had him as my Educational Supervisor.

*Eleri Williams*

Eleri has been a calm and readily available source of wisdom and guidance. I have appreciated her insight from her own wealth of experience and she is never too busy to listen to the concerns of trainees. She is also generally a very calm and knowledgeable presence on the ward and someone I would hope to emulate as a senior clinician. All this has been of great help when reflecting on my own path through paediatric training.

*Freddie Speyer*

I have felt very fortunate to have Freddie as my ES this year. He is always easy to get in contact with and I never feel that any problem is too big or too small to ask about. He is thorough and meticulous when it comes to portfolio preparation; he has given me lots of practical advice right from the start of the year, and I am sure that the good habits he has helped me to develop will continue to benefit me in my future training and career. He has gone above and beyond in both professional and personal support, checking in with me during more difficult periods. His feedback on my portfolio reports are some of the most detailed I have had in my career, and with meaningful suggestions for improvement and further development. He has also taken charge of the teaching rota in Winchester, regularly running the Friday simulation sessions with lots of variety, and openly encourages involvement of senior, junior, and nursing colleagues.

*Gautham Gopalakrishnan*

An amazing consultant to work with. Supportive of all trainees. Shows excellent leadership skills and is a great role model. Always happy to teach and I have learnt so much about procedures from him (the lines guru!). Goes above and beyond to support families.

## Hushi Hu

Hushi has been an excellent educational supervisor. Despite her busy workload, she always makes times for supervisor meetings (including meeting overnight during on call shifts!) and is well prepared having read through my portfolio and identified learning opportunities in advance. Despite not wanting to pursue neonates as a career, she has made this placement relevant to my learning needs and identified specific opportunities which have furthered my portfolio. Hushi will always touch base on the unit to ensure everything is okay and is so responsive to e-mails and admin concerns. She really is such a valued consultant.

Hushi has been a kind and caring supervisor. She has taken the time to read through my portfolio, identify learning needs and suggest avenues for further development. She is a very good example of how positive an education supervisor interaction can be. She is dedicated and committed to her work, whilst also being open and friendly.

I don't think I can speak more highly of Hushi. She is a genuinely amazing supervisor. She actively seeks to set up meetings, even during her busy on call weeks and she takes a genuine interest in her supervisees (even if they don't want to do Neonates). She is always available for support and provides excellent feedback. She establishes early what your goals are for the rotation and then actively goes out of her way to support trainees in achieving these which is rare.

## James Edelman

Works tirelessly to ensure patients on HDU are cared for holistically and advocates for them and their families. Provides excellent support to colleagues, particularly in managing complex ward based patients and helping juniors when needed. If I am stuck with a patient, James will always be willing to help out. Excellent rota coordinator managing a very complex rota and works hard to ensure that individual needs are met, even at short notice. He has been hugely supportive to trainee's personal and training needs and cares about their wellbeing. In the background he works hard to support teaching such as regional sim days and the step up/step back course for new or returning registrars. He also works to ensure PIER guidelines etc are up to date and in organising the pier conference. I'm not sure how he manages to find time to do it all!

## Jane Bayreuther

Jane is a fabulous ES who really takes time to support her trainees in their career progression. She takes the role seriously and is extremely thoughtful in how she approaches trainees' development and career progression.

## Karen Deem

The best Educational Supervisor I have encountered throughout my entire training journey, even before starting Paediatrics. Her unwavering support, dedication, and genuine care have been truly inspirational and deeply heartfelt

## *Laura Porter*

Very supportive, understanding and truly wants the best for all trainees, so that they can achieve their potential. Any trainee who would be lucky to have her as their educational supervisor!

## *Lindsay Cutler*

Lindsay is an awesome supervisor. She is always available and keen to provide support from both a training and pastoral perspective. Lindsay is always keen to teach both at a departmental and regional levels, and share her knowledge and experience. She ensures that WBAs are always relevant and valuable, thinking not just about what is required for the trainee in the short term but for their training as a whole. She schedules in regular supervision for all of her team and makes you feel part of the team even if you're only in the Trust for a limited period. "

## *Munisha Balain*

She is amazingly supporting all the trainee under her supervision. She is continuously encourage them towards improvement of their skills. Continuous teaching and educating us and patient to educate and teach if someone is new to the system. "

## *Olie Chowdhury*

Olie is an ideal educational supervisor. She supports her trainees ensuring that they are doing above expectations ensuring good ARCP outcomes.

## *Vinnie Vijayakumaran*

Vinnie was such a supportive educational supervisor during my placement in QA Paediatrics. He really took the time to understand my learning needs, read my portfolio ahead of time and plan for the upcoming 6 month rotation and how best the department could support my training journey. He identified ways I could further my portfolio outside of the regular workday, including linking me into governance meetings and clinic opportunities. He took the extra time to help me with mock interviews for my GRID application as well as meeting impromptu out of hours for a career discussion when important decisions had to be made. His support was really valued and I am really grateful for all of the feedback given and effort he took into helping me further my career.

# The Wessex PAFTAs 2025

## Allied Health Professional of the Year

### Nominees

*Catherine (HCA Salisbury)*

Catherine is one of the best HCAs I've ever worked with. She is always looking to help, knows everything and is a genuine pleasure to be around. She also has excellent skills in the management of young people with eating disorders or CAMHS problems.

*Clea Uwins (Renal dietitian)*

Clea is amazing at working with patients and families in her role as renal dietitian. She is incredibly knowledgeable and I have learnt so much from her!

*Hannah Howell (ACP Dorset County Hospital)*

*Harry Davies (UHS pharmacist)*

Since Harry joined the paediatric neurology team it is hard to imagine how we coped beforehand! He has been proactive in supporting our patients with complex epilepsy, ensuring safe and effective ways of prescribing tertiary prescription only drugs which had previously resulted in high burden to consultants, and huge anxiety to families. He is always ensuring he understands clinical pictures so he can advise patients, as well as consultants on potential drug interactions of issues. He will support seeking alternatives and even managed to prescribe a previously unprescribable drug (uridine) for a very complex patient. He is efficient and hard working, communicates effectively and has really gone the extra mile for paediatric neurology patients - he is a fantastic colleague!"

For always answering my prescribing queries and being keen to teach and give explanations for any questions I had!

Harry is so helpful and knowledgeable. He is someone you can call on to help and has been a joy to work with!

*Jade Gribble (Paediatric dietitian at Winchester)*

I honestly don't know what we would do without her! She is always friendly to everyone in the team, and puts together excellent sensible plans that are easy to follow and always considering the patient at the centre of care.

*James Barrett (Paediatric Dietitian at UHS)*

He is always so kind and helpful, great with patients, provides excellent support to the Paediatric diabetes patients, always willing to educate the team and support junior doctors and trainee dietitians.

## James (pharmacist at Winchester)

Pharmacists are an important and very visible member of the paediatric team who's role seems to keep expanding year on year. James brings enthusiasm and professionalism that is great to see and makes sure that paediatrics is a safe and enjoyable environment. I know that both the medical and pharmacy team notice his absence when on leave and this emphasizes the reliance we have on him. Thankyou James

## Kate Griffiths (Occupational Therapist, University Hospital Southampton)

Kate is an OT working within the neonatal unit at the Princess Anne Hospital, Southampton. Kate also provides input to the neonatal units in Basingstoke, Winchester and Salisbury.

Kate is an integral part of the neonatal service here in Southampton. OT is a relatively new role for the unit, and something that has been well received by both families and staff. The difference she has made to families is clear to see, as is evident by the feedback she receives. Parents regularly share with us how Kate has helped them to feel like parents, how with her support they have felt confident to comfort and soothe their babies in ways they didn't feel possible in an ITU context. Kate advocates for babies and their families, and helps us think about ways we can support their sensory development and attachment needs on the unit. She is regularly involved in training the staff here on neonates, providing a space to think about alternative ways of caring for babies, to ensure their comfort and sensory development is at the heart of what we do – whether that be empowering parents to use neonatal touch massage with their babies, showing how a wrapped bath can reduce stress for babies, or finding ways to slow things down for babies so we can go at their pace, whilst also ensuring they access life sustaining interventions they require.

Having worked alongside Kate for the past few years, and it is hard not to notice how Kate goes above and beyond to support the parents on the neonatal unit, and also the students who work with her. Kate is knowledgeable, patient and kind, and makes such a difference to the families she supports – one family recently described her as 'incredible', and attributed much of their confidence as new parents to the input, knowledge and interactions that Kate offered them.

Kate often has OT students on placement with her. It is clear to see that she provides these students with fantastic opportunities to learn about the role of a neonatal OT, through sharing not only her wealth of knowledge, but also her ability to build rapport with families and put them at ease. Kate often goes above and beyond to share her experiences and knowledge, thereby shaping the education of future occupational therapists / the NHS workforce!

## Kerry Franklin (UHS - PEEER Youth Service - Trauma and CAMHS Youth Worker)

As a regional Major Trauma Centre for adults and children we see approximately 250-300 young people between the ages of 10 and 24 with major trauma every year.

The young people we see in our combined major trauma centre sustain life changing injuries most commonly from road traffic incidents, self harm, assaults and falls. Many of the individuals in this cohort are vulnerable with complex psychosocial circumstances, previous mental health history and involvement with drug taking behaviours, alcohol and county lines.

Over the last 18 months Kerry has piloted a trauma informed youth worker role within this service providing support, signposting and consistency to this vulnerable group of patients during both their in-patient stays and following discharge. Kerry has navigated the somewhat unknown task of carving out a role in a service focussed on managing the medical emergency, and clearly evidenced the positive outcomes in engagement, experience and outcomes for young patients through her dedicated and consistent support meeting their psychological, safety, education and social needs.

An example of the impact of her role, is a young man in his 20's who following a fall from height suffered catastrophic injuries resulting in a double below the knee amputation. Kerry support this young person through admission, navigating decisions and practical tasks and linking in with specialist local support services. Fast forward 10 months and Kerry is still in touch with this young person who now resides in the North of the UK, and has supported him to gain business support and investment to enable him to launch a design for an app to help other young people affected by amputation.

Kerry's commitment to young people, seeing beyond their experience, their circumstances and their behaviours and just being present in the moment, guided by what the young person needs and their voice, is what makes this role so successful. We are very lucky to have a Kerry here at UHS.

## Komal Walters (PA UHD)

## Lou Pitman (Pharmacist)

Over the last year, Lou, our Principal Pharmacist, has taken on the unusual (and often thankless!) task of being Clinical Lead for Paediatrics at Salisbury. I'm sure she will have questioned this decision on an almost daily basis! The Consultant team has, however, benefitted from a fresh set of eyes and a different viewpoint on the various issues that she is expected to deal with as Clinical Lead. She has grappled with staffing, strike cover, job planning, outdated technology, clinic backlogs, a new EPR project - all with good humour (and a significant amount of caffeine!), while also heading up a paediatric pharmacy team that lost a key member of staff over the summer too. Here's to the next two years, Lou. You're smashing it 😊

## Mareli Neethling (OT UHS)

Mareli works with the eating disorders team and is simply fantastic. She gives the time and space her patients need and works hard to ensure their voice is heard. She liaises excellently with the medical team to advocate for the patient and is always happy to help with anything whenever possible.

### *Naz (pharmacist at QAH)*

Naz is always helpful and nothing of an enquiry is too small or big for him to help with. He makes the day to day ward work go smoothly, and he has been so helpful with the rollout of digimed, taking time to resolve everybody's queries. Thank you!"

Always patient and smiling, always knows where to find the answer! Makes our lives 10 times easier and more straightforward everyday on the wards, an absolute hive of information on paediatric prescribing. Notably, this year has achieved an absolute miracle in convincing the QAH consultant team that they can embrace digital prescribing! Well done Naz!

Naz is a fantastic colleague. He is not only very knowledgeable and extremely efficient but always kind and patient

### *Susan Hodder (G3 UHS HCA)*

Sue is always going above and beyond for our patients and their families, providing them with excellent standards of care not only physically but also caring for their well-being. Sue has recently joined G3 and her presence on the ward is like a breath of fresh air, she cares deeply for the colleagues on the ward, she is dedicated and she is a true example to all health care workers. Our patients have nothing but amazing things to say about Sue and everyone has a fond memory of her throughout the years. I speak for myself, G3 and our patients, that I am so grateful for Sue and feel that G3 is a better place because of her :) Thank you Sue.

### *Vanessa Pulvinar (CED ENP at Southampton Childrens Hospital)*

Vanessa is an incredibly hard-working member of our team. When she is on shift she is efficient and always brings her 100% A game every time. She also has such a significant range of expertise, knowledge and experience. She deals with such gnarly paediatric trauma presentations with efficiency and skill, whilst always ensuring the patient has adequate analgesia and support, and is incredible with families too.

### *All the Paediatric Respiratory/Critical Care Physiotherapy Team, Southampton*

I wanted to highlight the fantastic work of the paediatric respiratory/critical care physiotherapy team at Southampton as they are an integral part of so many patients' progress through PICU, HDU and the general wards. The team are always responsive, adaptable and flexible to support patients in whatever way they can, and they are a source of knowledge and experience which we are very lucky to have.

# The Wessex PAFTAs 2025

## Special Person in Paediatrics

### Nominees

*Abi Pike (Basingstoke ward clerk)*

Always a friendly face for children arriving on Charlie's Day Unit. She often proactively seeks out ways she can be helpful to both patients and colleagues. Abi has made me feel very welcome since I started in the trust and has gone above and beyond to help me implement a project I am passionate about.

The ward clerks in Basingstoke are brilliant, and are part of the ward team in a way I haven't seen in other places. Abi in particular knows our frequent attenders or long stay patients, builds a rapport with them and helps them to feel comfortable in the ward environment. She's a friendly face to them and I have seen how interacting with her has helped de-escalate an agitated patient. She is also hard working and friendly and smiley in a very busy and sometimes difficult environment.

*Chun Law (G3 University Hospital Southampton, Ward Clerk)*

Chun is extremely hard working, he listens throughout the day to conversations between the nursing and doctor teams and starts preparing paperwork/admissions before even being asked. Chun has recently come in on his days off to ensure that the ward was well looked after and that the surgical lists can run smoothly. Chun is not just a ward clerk he is an absolute asset to the team. He completes tasks before we even know there are tasks to complete! No job is too big for Chun, he will help wherever he can and support the staff morale, Chun is often known to fill up water for patients, move beds and make tea for the busy nurses, he does all of this in between his very busy schedule on the ward.

*Eliza Wood (secretary in Winchester)*

Eliza is seemingly always around and ready to help no matter what the issue and despite it not necessarily being her job to sort. Being new to the department, she has helped me fix issues quickly and guide me as to what needs to be done. I am truly grateful for your support these last few months. Thankyou

*Emma Collins (Dorchester)*

Emma was appointed as paediatric acute matron on year ago after a challenging time on the ward, and has brought back some of the positivity that was needed. Nothing is ever too much to ask of Emma and I always feel supported thoroughly if I go to her with a problem.

## Emma Kelly (paediatric secretary at Winchester)

Happy to help anyone, actively listens to families and identifies potential issues, which means they can be dealt with promptly. Thank you Emma for everything you do!

## Gemma (ward clerk, QAH NICU)

Gemma is amazing. Nothing is too much of an ask, she goes above and beyond and always with a huge smile

## Jasmine Hindle (University Hospital Southampton - PEEER Youth Service - CEW Youth Worker)

Jasmine has embedded the role of youth work in the CEW Service at Southampton, setting an example of how important it is to engage with the young person, empower their voice and give them space and support to identify and work towards goal that matter to them. Jasmine demonstrates the UHS Trust values consistently and impact of her dedication and professionalism is clearly evidenced. One example is her work with a young man who had not left the house for nearly 2 years, under multiple specialists at the hospital and CAMHS, and struggling with familial relationships in the home. Working alongside other professionals in the CEW team and external partners, Jasmine supported this young person to engage in treatment, attend virtual clinics, achieve an Asdan award, begin a journey towards increased physical activity with short walks outside and over recent months he has been able to go out in the car and participate in activity with Jasmine at a local museum, visiting his mum in hospital and going to mini golf. The core ingredient to this achievement was Jasmine's patience and respect towards the young person, never giving up but going at their pace, a value central to Youth work practice.

This is just one example of many, but if there was ever a Youth worker that embodied everything Youth work is and all it can deliver within the management of long-term health conditions, Jasmine is that Youth worker.

Jasmine joined the Southampton Complications of Excess Weight Team 2 years ago and in that time has made a dramatic improvement in the engagement and day to day lives of our patients. Always, smiling and full of energy she exudes positivity and compassion, frequently going above and beyond to personalise care and make the clinical setting much less intimidating for some very vulnerable patients. Examples include making bags of fidget toys for children with autism and ADHD in the waiting room, changing our clinic format so we start every MDT clinic appointment with news about positive achievements for each patients, building patient confidence and trust in our team (for patients who are often not keen to come to clinic and worried about being weighed or measured) and producing written summarised action plans for each patient at the end of the clinic so they know exactly what to work on and expect.

Keen to use communication platforms favoured by young people, Jasmine and colleagues have set up a PEEER Youth Tik Tok account posting motivational and reliable tips for a healthier lifestyle with features such as 'Movement Monday', 'Wellbeing Wednesday' and recipe suggestions on 'Fakeaway Friday'

Jasmine has also worked hard to create 'All in this together' a peer support group for parents and patients in the CEW program which meet on a monthly basis and has collaborated with local gyms and charities to produce the Activation project, a fun introduction for young people with weight difficulties to engage in sports and gym activities.

A passionate advocate for ensuring the young person's voice is always heard and at the centre of their care, Jasmine is a fabulous member of our team and truly deserving of a PAFTA nomination.

### *Jen Lake (Clinic support worker at Hampshire Isle of Wight West Community paediatrics)*

Community clinics are not the same without Jen! When she's around, everything runs smoothly, she has a lovely rapport with the patients and has loads of knowledge to share.

Outside of clinics she works tirelessly to make sure that families are supported in completing investigations such as bloods for their children and that the clinic rooms are stocked with everything we need. Jen's skills know no bounds and I hope she realises how valued she is!

### *Jenny Carter (housekeeper CED UHS)*

Jenny has worked in CED since it opened and before this PAU. She is reliable, hard working and always friendly. She is the kind of person that the NHS is built on and we are proud to have her as our colleague.

### *Jo (Ward house keeper at Winchester)*

Looks after the parents so well!

### *Julie Cook (Play therapist on G-floor UHS)*

Julie goes above and beyond to support patients. A recent example is all the work she is putting in to acclimatise a patient to starting haemodialysis, but she also is incredible supporting patients having blood test and finding ways to encourage patients being independent with taking medication and reaching fluid targets.

### *Karen Bidwell (Paediatric Oncology Secretary on Piam Brown Ward @ UHS)*

Karen Bidwell is the unsung hero of Piam Brown Ward. As the Ward Secretary, she plays a vital role in ensuring that the team can deliver the very best care possible. Dedicated, hard-working and deeply committed, Karen is the steady presence that underpins the smooth running of the ward. Her interactions with children, young people and their families are always warm, respectful and compassionate—she takes time to listen, to reassure, and to make each family feel welcomed and supported during what can be an incredibly difficult journey.

For her colleagues, Karen is the first port of call for countless queries in UHS and for our POSCU's, she always responds with patience, professionalism and kindness. She goes above and beyond to support the clinical team, anticipating needs and removing practical barriers so that the doctors, nurses and allied health professionals can focus on patient care. Her quiet efficiency, attention to detail, and calm under pressure make her an indispensable part of the ward. Karen's day-to-day excellence may be behind the scenes, but it profoundly shapes the experience of every family and every staff member who passes through Piam Brown Ward

Karen demonstrates leadership not through formal titles, but through her example, her initiative, and the positive influence she has on everyone around her. She embodies the RCPCH values: she includes every child, young person, their family and team member by making them feel seen and supported; she influences the culture of the ward with her professionalism and kindness; she innovates by finding practical solutions to challenges that keep the service running smoothly; and she inspires colleagues with her unwavering commitment, dedication and can do attitude.

Her impact is lasting because she creates stability and confidence within the team at UHS and more widely throughout the Wessex network. New staff, trainees and visiting professionals quickly recognise her as a source of knowledge and support, and she is often the quiet mentor who helps others find their feet. By ensuring that administrative and organisational processes are efficient and reliable, Karen makes it possible for the wider paediatric oncology team to concentrate on providing excellent care. Her leadership may be understated, but it is transformative—Karen sets a standard of dedication and compassion that inspires others to perform at their best, every single day. Karen is a huge asset to PB and the wider network and she deserves the recognition as an exceptional member of the multidisciplinary team!"

*Karen Lovelock*

*Kelly Williams (play specialist at Southampton Hospital)*

Kelly is absolutely fantastic at her job. She goes above and beyond for patients within the emergency department as well as provides additional services beyond CED to families such as working with autistic/ neurodivergent/ CYP with disabilities who have difficulties with some of the hospital environment and processes. She develops ideas, plans and her time into making this process smoother and making things less stressful for the patients and their families. In addition to the phenomenal service she offers patients, she is also an incredibly kind colleague and looks out for the team. She recently supported a member of staff that was not feeling well and advocated for them. She also cheers up the team with her delicious baked items with fantastic frosting. We really value you and are grateful you work with us.

## Kerry Franklin (PEER Senior Trauma and CAMHS Youth Worker at UHS)

She is the most incredible asset to our MTC and provides an invaluable service to young people involved in trauma. Her care and dedication is a joy to watch and I know that so many of our young people and families absolutely love her as do we."

Kerry is the first youth worker to take on a role within a trauma team, and in the past 18 months of delivering this role has surpassed expectations. Responding to the often complex needs of young people facing unpredictable circumstances, and navigating pathways of uncertainty. Following the devastating shock of the Barton Peveril bus crash, Kerry responded by not only supported those admitted but visiting the college and ensuring those impacted had supported. She works in partnership with Emergency providers in the community to help young people understand and often thank those who helped them at such a vulnerable time. Kerry offers a perfect blend of professionalism, insight, compassion, empathy and empowerment to the young adults she supports. "

## Liz Lewis (Poole hospital)

## Lizzy Chalk (Secretary & administrator for the CEW service, UHS)

Lizzy's main goal it seems is to find as many ways as possible to either save money or generate more money for the service - what more could we want from a secretary. Her knowledge of the way these things work and her innovative ways of how to use these in our service is remarkable. On top of this Lizzy is efficient, cheerful and makes a good cup of tea. Please dont ever leave Lizzy x

## Louise Oliver (Play specialist University Hospital Southampton)

She is an incredible play leader that every patient seeks again and again. No matter the age, the interests or the duration of stay, Louise goes out of her way to make our patients feel relaxed and enjoy their stay as best as they can. Repeat patients ask for her as soon as they arrive! Whilst based on one ward predominantly, she often will pop to other wards to help or follow up patients that move from one ward to another.

Louise is the definition of a 'Special Person in Paediatrics'. She is unendingly dedicated to the wellbeing of her patients and will go out of her way to ensure that children receive the play support which is vital to improving their experience of being in hospital. She has been integral to the progress made with many of the neurorehabilitation patients but she will always try to support patients in any environment within the Children's Hospital.

Louise has worked with a rapidly shrinking play leader team over the last year and her enthusiasm and willingness to adapt has ensured that patients have not felt this reduction in staffing numbers. She is a wonderful asset to the Children's Hospital and a clear example of the benefit of play support for Paediatrics.

It is impossible to put into words how amazing Louise is and the difference she makes to all our patients and their families' lives. She is currently the only play specialist for G2 and G2neurosurgery so cares for around 22 patients. Which she does with a smile always on her face and she is always coming up with fun, imaginative activities for the children to keep them occupied/distracted from being stuck in hospital. When patients are discharged in their feedback, she is recognised all the time parents clearly state that Louise has made a massive difference to the child's stay in hospital. Louise often stays late to ensure all children are settled and as happy as possible. She goes above and beyond always, she has even come in on her days off to assist with taking terrified patients to theatre for example. She is an integral part to our team and I would love for her to be recognised for her incredible work.

Louise is a phenomenal example of a play therapist, she creates extremely positive relationships with patients and their families. Supporting them with bad diagnoses, with complex treatment plans/procedures, helping staff complete necessary interventions while distracting the children. A recent experience I had with Louise was that she supported a child with needlephobia to have a cannula to the point whereby the patient was smiling by the end of the cannulation and she continued to create slime with the patient throughout a long infusion to distract them. The patient was told they may no longer need inpatient ward stays for their infusion, which usually children are happy about, however this patient was upset because she wouldn't be able to see Louise as often. That patient was a clear example of the impact that Louise has on the patients and their families, and her impact does not stop there, she also is a massive support to the staff on the ward. Louise makes even the busiest/most chaotic shifts bearable, her very presence creates a positive atmosphere. Thank you for the hard work and dedication you show. You are amazing :)

Louise is a very special person in paediatrics. She is full of joy and fun and doesn't "just play" with the children. She is able to assess a huge amount of clinically relevant information from her fun sessions when the children are relaxed and don't realise she is supporting the doctors' assessments! Her communication is excellent with the children and families (as expected for a play leader) but what makes her stand out is how brilliantly she then documents her sessions and will always note important factors relevant to medical and social care of the family. She is a hugely valued part of the rehab team, when we have agitated or reluctant patients she will often join session and support therapists getting the best out of the patients as only she seems to know how to do!

### *Lucy (Play specialist in RHCH)*

Lucy is such a great, positive and fun presence in Winchester. She is proactive and approachable, highlighting the play specialist's work and initiatives to the team. She makes such a positive difference to the experience of the children in our care. Thank you Lucy !

### *Lucy (Ward clerk Salisbury)*

Really friendly and supportive when I first joined Salisbury. Made me feel welcome and was happy to help with any silly questions! Really helpful and also goes above and beyond to support families.

## *Megan Higham (Secretary for Paediatric Endocrinology, UHS)*

I would like to nominate Megan because she is the most amazing and efficient secretary.

Any job you ask of Megan, she has sorted it within minutes, providing a high quality service for patients and staff. She has grown in confidence over the last few years and is an important and valued member of the team. Megan has had a difficult year having had a life-changing diagnosis - we all missed her massively whilst she was off having treatment. It was always lovely when Megan popped in between treatments to say hello and I was impressed by her resilience and bravery during this tricky time. I am so glad now she is back, always smiling and still as amazingly efficient despite everything she has been through in the last year. Megan absolutely deserves this award as her absence demonstrated how much we need and appreciate her 😊. Thank you Megan for all your hard work.

## *Michele Willis (Play Service Volunteer - Salisbury)*

Michele is a volunteer within our play team at Salisbury who dedicates 16 hours per week to the children and families within our care just because she wants to. She is passionate and kind about the contributions that she both suggests and creates for the ward and is dedicated to improving the inpatient experience for all. Be it sprucing up the playroom with her creativity or being unwaveringly available to lend a hand, Michele is a key member of our team, who is an advocate for positive mental health. Her resilience is commendable and we hope to see her for years to come. Thank you for being a part of our team.

## *Paediatric oncology team (Poole hospital)*

Where do I start! Our oncology team is just amazing! And always go above and beyond ensuring positive experiences for patients and their families in what I'm sure is extremely tough times! The oncology team are supportive of these patients in and outside of hospital always advocating for each individuals best interests and wishes! Seeing the bond they have with all the patients is heartwarming and inspiring. They go out of their way to learn the interests, likes, dislikes and goals of their ever growing workload ensuring to share this information with the whole team to ensure these patients and their families are supported by all who will cross their paths! It is not only inspiring but also incredible seeing the team provide the care they do and I'm sure you all leave a lasting impact on these families lives!

## *Sandra Bridle (rota co-ordinator in QAH)*

Hard working, dedicated and absolutely giving 100% in what is an incredibly difficult and frustrating job!

## *Stella Waddington (Salisbury)*

Queen of the secretaries, how would Salisbury survive without you?

## *All of the ward clerks at QAH Neonates!*

These are the most supportive, empathetic and kind group of women I have ever come across. Nothing is too much for them and they are always there for a smile and a supportive word. They are all incredibly organised and efficient, often having notes, stickers and paperwork organised for the baby before they're even on the unit. I know every single family feels welcomed and supported the second they walk through the door just from how they are greeted by these wonderful ladies. They make every single person on the unit, patient, family or doctor, feel like family.

## *Neonatal Community Outreach Team, Portsmouth NICU*

"I'm not sure if this is the right category... but the neonatal community outreach team (NCOT) in Portsmouth NICU.

The team work really hard to support vulnerable babies and to keep them at home and out of hospital! With reviews, sleep studies and blood tests, reassurance and everything else, the NCOT team do an amazing work which is greatly appreciated by the families they help, as well as the consultants! "



# The Wessex PAFTAs 2025

## Training Unit of the Year

### Nominees

#### *CED UHS*

This has still been my favourite unit to work at. So many teaching and learning opportunities. The team go above and beyond to ensure trainees get the most out of their rotation. Innovative and willing to always learn whilst also being a great team to work with.

#### *Dorchester*

As a trainee moving towards CCT, Dorchester has been an excellent unit to work in. The consultant team have modelled clinical excellence and leadership across acute paediatrics, SCBU and outpatient paediatrics. They have been able to provide supportive stepping up opportunities and tailor education to meet my specific needs. The whole MDT at Dorchester has been incredibly supportive and compassionate during times of difficulty, demonstrating qualities outside of clinical practice that I would be proud to emulate. Our job can be incredibly challenging at times and numerous members of the Dorchester team have taken the time, in and out of work, to remind me that it is incredibly rewarding and worthwhile too.

#### *G Floor Southampton*

Very supportive environment with lots of educational opportunities. Excellent support particularly from the general paediatric consultant body and outreach team to ensure trainees are well supported especially out of hours and with sick/complex patients. The team clearly really care about their juniors - we are not just numbers on a spreadsheet.  
Thank you!

#### *HIOW (previously Solent West) Community Paediatrics team*

Every single member of the MDT is so supportive and ready to teach. Lots of regular supervision is provided to trainees and there's opportunities to get involved with all kinds of neurodevelopmental clinics and child protection work.

#### *Paediatric Orthopaedics*

#### *PICU*

PICU at UHS for an incredible teaching program throughout the 6 month rotation with face to face and online teaching covering a wide range of topics. I left PICU feeling so much more confident with sick patients.

## *Poole children's wards*

The whole paediatric team at Poole hospital is amazing! The support provided from everyone- from ward clerks to nurse and doctors- is incredible and what makes a team strong! I always feel well supported in my role by everyone. Care and compassion provided to patients and their families is of high quality and they are always put at the centre of their care! Having worked at other trusts it's amazing to see a team who all get along so well and work hard to support not only each other but also their patients.

## *Portsmouth Neonates*

I have really enjoyed my time in NICU in Portsmouth. The team are excellent and I really feel that they allow you to grow and improve as a junior.

## *Salisbury*

I thoroughly enjoyed the guidance and friendship the consultants and staff provided me as I navigated my final year of training. The team helped me prepare for life after training and gave me opportunities not previously had. Their outpatients set up is particularly impressive, ensuring trainees get plenty of exposure (more than any other rotation)

## *Southampton neonates*

They are always trying to improve training and recognise how difficult neonates is for some of us.

## *Winchester*

Thank you to the whole team for making this such a fab rotation. I've noticed in particular that the team will frequently give positive feedback both to junior and senior team members, whether via "WOW awards", "Neonatal stars" and emails to educational supervisors in addition to offering formal portfolio feedback. It makes such a big difference to the overall atmosphere at work, and has made me reflect on how often I give positive feedback to others. I will try to continue emulating this in my future placements and spread the positivity. I've felt supported to stretch myself in this role and have been given lots of additional opportunities to push myself out of my comfort zone with the knowledge that I have senior support. I feel I have really grown as a doctor in this placement. Thank you Winchester team!