

Please describe a typical day:

I am not sure there is such a thing! I have a split post so every day is different!

I have picked one day from my diary to give an example: Thursday 1st August was my third anniversary of joining NELFT. I started the day with our Chief Executive, Chief Nurse and Deputy Medical Director finding out about some of the national Mental Health improvement collaborative work. I then had a 121 with our Clinical Audit team manager – we have recently aligned Quality Improvement and Clinical Audit under one management structure and we caught up on progress with this and plans moving forward. I then attended our Clinical Executive Group where we heard from one of our Communities of Practice about work being done to improve physical health in mental health and vice versa. It was great to hear from some of our psychological therapy staff and in particular about the Social Netball project which we were able to fund through our QI Innovation Cave. The afternoon was spent with the QI team – firstly catching up on progress with our care planning collaborative and then discussing how to encourage more patient engagement in our projects. I then had a couple of hours to catch up on emails which included queries about AHP clinical supervision, QI projects and plans for our next AHP leads meeting, before starting the long commute home; I use my driving time to catch up on podcasts or to phone my family in Scotland. Luckily my husband has a lovely meal waiting for me at home!

What do you like most about your job?

I am passionate about engaging and empowering people to influence change and feel that both my QI and AHP/psychology roles are essentially about that. I also love the variety – having a split role is challenging at times but I am so lucky to be able to work in two areas I feel so passionate about.

What frustrates you about your job?

There are never enough hours in the day to be able to do everything I want to! I do try to be strict about work life balance which is not always easy. Along with time with my husband and some relaxation time, one thing I do prioritise at weekends are some clinical shifts – I do a bank shift at Kings College Hospital usually once or twice a month. These are really important to me – as well as maintaining my clinical skills, it is rare to have a shift where a patient doesn't say something, or there is something in their story which makes me think about our health system or why I do the job I do!

Why did you want to be involved in the London Clinical Senate?

I grew up in a small village of about 300 people in the highlands of Scotland and feel so proud that I now have the opportunity to help shape healthcare for the people of London. I have now lived in London for almost 10 years – I live in South London but NELFT covers North East London, Barnet, Essex and Kent. So I feel again fortunate of truly having a London wide view and interest.