January 2016 marked the mid-point of my term as RSM President. The extension of the President’s term of office from two to three years was originally agreed by Council and the membership with the intention that it would promote continuity of leadership within the Society whilst enabling your President and Council to establish and consolidate new initiatives within a single term of office.

It therefore seems appropriate to take stock of some of the developments that have occurred during the past 18 months. Those of you who follow my monthly updates will already be aware of some of these, but I should like to highlight the major initiatives that, I believe, will shape the face of our Society for many years.

I am especially pleased to note significant progress in our efforts to contribute to the agendas involving the broadening of access to careers in healthcare and medicine. Our partnerships with experts in secondary school education, coupled with a commitment to evaluate the impact our initiatives deliver for public benefit, place the RSM at the forefront of organisations in this field. They also provide important opportunities for some of our younger members to train as mentors for aspiring medical students.

Another innovative partnership with novel research potential (an entirely new activity for the RSM) is our Global Health partnership with King’s College London (more on page 9). The promulgation of expert knowledge has long been a feature of our academic meetings but, as far as I am aware, we have never previously committed ourselves to participation in the generation of new research data.

These, and other ongoing initiatives being developed by our new Dean, Dr Fiona Moss, will both ensure that our activities remain in line with our charitable purpose, whilst also heightening the prominence of our Society within the healthcare community.

A further recent exciting collaboration is our role as a founder member of the Health Alliance on Climate Change. Together with a number of Medical Royal Colleges, *The Lancet* and *The BMJ* we have committed to a programme whereby we will help to educate the general public about the links between health and climate change, whilst mobilising the healthcare professions to engage more effectively with this issue. This initiative is in keeping with my belief that the RSM should be prepared to engage in advocacy where this is clearly likely to result in major public benefit.

I conclude, therefore, that our Society is in sterling health and that the future months should prove rewarding to all who access our unique facilities. I am sure that you will wish to join me in thanking all of our colleagues who work at the RSM, as well as those who give so much time and energy to their Sections, for all that they do to promote the culture of excellence in our Society.

B Sethia
President

“significant progress in our efforts to contribute to the agendas involving the broadening of access to careers in healthcare and medicine”

View monthly president updates at www.rsm.ac.uk/about-us/latest-news/president-updates
CPD: making sure it matters

RSM Dean Dr Fiona Moss discusses how CPD should make a difference to patient care

The RSM’s motto could reasonably be “CPD is us”. Last year the RSM delivered 350 educational programmes through its 58 specialty Sections to over 24,000 delegates. This probably makes the RSM one of the most prolific producers of CPD courses in the UK.

Course organisers put much effort into making sure the content of programmes is relevant and up-to-date; and attendees evaluate most programmes very positively.

However, although it is easy to quantify and describe what the RSM does, it is considerably more difficult to assess the learning and its impact on patient care.

Getting up-to-speed with new developments and ideas, learning new skills and updating old ones are at the heart of today’s CPD. But if the RSM is to say that it delivers more CPD than others, with the assurance that its programmes are helping doctors and others to make a difference to their patients and to the NHS, then perhaps the content of some programmes needs to broaden.

Team work = better patient outcomes

Team working is at the heart of good patient care. Good team working is associated with better patient outcomes (1). Conversely, serious problems in care are rarely the results of individuals not knowing enough and are much more likely to stem from poor team functioning and poor leadership (2).

Including learning within programmes that supports good team development and the delivery of care across boundaries is likely to be synergistic with the more technical or specialist aspects of CPD. This is already happening at the RSM to some extent. For example, the February programme Transcending the ophthalmology team, delivered by ophthalmologists, specialist nurses and specialist allied health professionals provided an excellent forum for discussion of the challenges of developing functional multi-professional teams.

Meanwhile, the RSM Trainees Section held a meeting on 15 March that reviewed and discussed the merits and challenges of seven-day services in the NHS – a topic that certainly crosses specialist and professional boundaries.

For CPD to make a real difference to the quality and safety of care, we need ideas about how educational programmes can be broadened to include some of the organisational skills necessary for good team and department functioning. The trick lies in neither treating such skills as “soft” nor separating them from learning about technical advances. Rather learning about these skills needs to be integrated with specialist aspects of medical work and participants encouraged from other relevant disciplines and professions.

The RSM as a multi-disciplinary and increasingly multi-professional organisation is in a good place to be able to extend the content of CPD in this way, while ensuring that none of the lustre of the technical and specialist aspects of our educational programmes is lost.

Celebrating success

Prizes have been part of the RSM’s repertoire for centuries (the first RSM prize was the Marshall Hall Prize given in 1878 to Dr John Hughlings Jackson (3)). While perhaps not contributing to CPD in the strictest sense, prizes allow us to mark success. Indeed, recognising and celebrating the achievements of today’s trainees is at the heart of the RSM’s prize programme.

November’s finalists for the Wesleyan RSM Trainee of the Year award demonstrated the talent of the UK’s trainees and the breadth and depth of the research they undertake. Choosing the prize winner from the five finalists who had been selected from the list of over 130 winners of individual Section prizes was always going to be a difficult task. But in the end the panel was unanimous and congratulations went to Dr Elaine Soon for her research into the pathobiology and genetics of pulmonary hypertension (see opposite article).
Research underpins medical practice and the RSM’s research prizes go just a little way to supporting and encouraging those trainees who undertake research. Many RSM Sections have prizes that celebrate research and also prizes that recognise other aspects of trainees’ work. Prizes help recognise the contribution that trainees make to many aspects of patient care and indicate those aspects of care that are considered important. It would be good if all Sections found ways to recognise trainees and if awards could be given for those who show excellence in working across boundaries (which may mean Sections work together more frequently) and for more training in leadership and team working.

Talent spotting

Meanwhile, we know that there are some very talented consultant trainers whose contribution as teachers, although inevitably recognised by their trainees, may not be widely celebrated. The RSM would like to recognise those consultants who consistently provide excellent teaching and safe training. Identifying these trainers will not be as straightforward as judging research but it is important if we are to promote learning as being central to improving patient care. The people who know who they are, are, of course their trainees.

Join the debate

Social media is now a routine part of promoting and marketing our programmes. Twitter is a good way of widening participation during events and encouraging discussion and debate about interesting, new and controversial ideas. It is also a good way of promoting and encouraging entry to prizes. Most RSM events now have a meeting hashtag - please use these and encourage others to do so.

And there is now an RSM Dean’s Twitter account @RSM_Dean in addition to the RSM account @roysocmed. Please use these and other channels to let me know what you think about broadening CPD, using the RSM’s prizes to reward working across boundaries and identifying talented trainers.

References


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Dr Moss has extensive experience in postgraduate medical education and from 2010 to 2013 was Director of Medical and Dental Education Commissioning for London. She developed “one year in one place” rotations for junior doctors and London’s Specialty Schools and devised the Darzi Fellowship Programme. Founder editor of Quality and Safety in Health Care (now BMJ Quality and Safety), Dr Moss is a member of the Strategic Advisory Board of the International Forum on Quality & Safety in Healthcare and is a co-chair of the International Conference on Residency Education.

In 2006 she was awarded a CBE for services to medicine.

Wesleyan RSM Trainee of the Year

The keenly anticipated finals of the Wesleyan RSM Trainee of the Year award represent the pinnacle of the RSM’s prize programme and the 2015 finals, held in November last year, were no exception.

Respiratory physician Dr Elaine Soon was named the winner for her research into the pathobiology and genetics of pulmonary hypertension. Competing for this prestigious award among four other finalists representing the top prize winners at the Royal Society of Medicine in the past year, Dr Soon (pictured centre) said: “This is a tremendous honour. Winning this award means a great deal to me as a scientist and as a doctor and I am very proud to contribute to the knowledge about pulmonary hypertension.”

Dr Eoin McKinney, RSM Nephrology Section (left), was awarded second place and in third place was Dr Amy Foulkes, RSM Dermatology Section (right). The judges included Professor Sir Bruce Keogh, NHS England Medical Director, Professor Karol Sikora, Medical Director, CancerPartnersUK, RSM Dean Dr Fiona Moss and Professor Parveen Kumar, a member of Wesleyan Advisory Board and former President of the Royal Society of Medicine.

Current RSM President Mr Babulal Sethia, who has chaired the judging panel for the awards for the last two years, said: “The standard of presentations from our five finalists this year was higher than ever. The awards are a highlight of our academic programme with the finalists representing the cream of the crop from RSM prize-winners in the 2014/15 academic year.”

Mr Sethia warmly welcomed the continuation of the RSM’s collaboration with Wesleyan who have recently extended their sponsorship of the Trainee of the Year awards.

Alan Whiting, Head of Group Marketing at Wesleyan, commented: “Congratulations to Dr Soon for a truly inspirational presentation and for her stunning work over the last few years. The Wesleyan are committed to helping medical professionals across the country with their financial planning. Being the ongoing supporter of this prestigious award process is just one element of our commitment to the future generation of talented medics that we continue to see developing in the UK.”

To watch highlights of the RSM Wesleyan Trainee of the Year award evening go to the RSM’s YouTube page: http://bit.ly/traineeawards16

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At the time of writing we are fast approaching the Annual Meeting of Fellows, when I will report on progress over the last 12 months and I thought I would take this opportunity to emphasise some of the highlights.

The education programme goes from strength to strength, with 94% of all those attending finding the sessions useful. The appointment of our new Dean, Dr Fiona Moss, will ensure that the quality of our programmes remains high but equally importantly we can improve this by objective criteria.

The next 12 months will see a review of how the CPD accreditation process works and move the RSM into a position where we can influence debate nationally on this issue.

Our public engagement programme comprises three main broad elements. Our programme of flagship lectures, open to the public, the Medicine and Me series of meetings which attract 75% of the audience from patients and carers, and finally our activities in relation to schools and entry into the healthcare professions.

On this last issue the next 12 months will see a focusing of effort with regard to widening access to the healthcare professions. Working with other established organisations we will attempt to influence the aspirations of young people in areas perhaps not noted for providing large numbers into the healthcare professions (see more on p7).

Our global health programme goes from strength to strength and as the President said in his contribution to RSM News, we have formed a new and exciting partnership with King’s College London to take this agenda forward.

The services provided by our Library continue to develop and evolve reflecting the changing needs of users. The service provided is now truly 24/7 and the number of e-journals available online exceeds 5,000. Increasingly the unique resource of the RSM Library is available to much greater numbers of people.

Retention of members stays strong and major work is underway to determine how best to attract members in the future. A recent survey of junior doctors shows that where a junior doctor has experience of the RSM, they believe it to be of high quality at all levels. However, large numbers of junior doctors have not experienced the RSM and are unclear about its role. A key message from this survey has been the importance of ‘value’ in terms of the services we offer. Also the message that juniors are very interested in pan-specialty education as well as the more clinical components currently delivered.

The medical innovation programme continues apace with two medical innovation summits planned per year. These events although quite intense, provide a shop window for a vast range of fascinating innovative ideas.

The conferencing and hospitality business offered by the RSM continues to provide crucial income to support the charity’s work and investment continues to ensure that One Wimpole Street remains one of the premier conference venues in London.

We continue to make changes at the RSM that reflect what our customers (because you all pay for it) require. The RSM needs to ensure that there is increased choice in the future which reflects current expectations in most aspects of our life.

Ellison-Cliffe Travelling Fellowship

The Ellison-Cliffe Travelling Fellowship is one of the most prestigious award programmes at the RSM. Inaugurated 10 years ago by Dr Carice Ellison-Cliffe, one of the Society’s most generous benefactors, the Fellowship is valued at £15,000 and is intended to cover expenses for travel abroad in pursuit of further study, research or clinical training. Normally two Fellowships are awarded each year.

Fellows of the RSM who are of specialist registrar or lecturer grade or equivalent, or who are consultants within three years of their first consultant appointment are eligible for the Fellowship.

For the 2016 award candidates will normally be expected to take up the Fellowship between 1 July 2017 and 30 June 2018.

Closing date for entries is 3 October 2016. To apply go to www.rsm.ac.uk/prizes-awards

Make a note of two upcoming Medicine and Me events examining the conditions of autism and pulmonary fibrosis. These meetings are free of charge for patients and carers and there is a small charge for RSM members. Please forward information about these meetings onto patients and colleagues who may be interested in attending.

For further information email medandme@rsm.ac.uk or call 020 7290 3919.

Dr Carice Ellison-Cliffe

Ian Balmer
RSM Chief Executive
Upcoming events

Here is a selection of highlights from the RSM’s programme of meetings and events. To find out more and to view the full educational programme visit www.rsm.ac.uk/events.

3D printing: A revolution for medicine
Tuesday 14 June
An international panel of speakers at this meeting will present cutting edge and futuristic developments in the technology of 3D printing in surgery and medicine. Also known as additive manufacturing, 3D printing has a phenomenal potential for rapid construction of precision individual body parts, implants and devices in a range of biocompatible materials. This development in medicine is considered the future for tissue regeneration.

Cancer screening: Making the right choices
Tuesday 14 June
To be hosted by RSM Professionals in collaboration with Public Health Wales, this conference will take place at Cardiff City Stadium and will provide a day of informed discussion around the topic of cancer screening in the UK. It will focus on choices and decision making for those delivering programmes and the eligible population, and the role in which screening plays in early diagnosis and prevention of cancer.

Evolution or revolution: Survival of the cardiothoracic surgeon
Friday 24 June
It is likely that cardiac surgeons of the future will need to develop expertise in areas not traditionally associated with surgical training. Suitable for cardiac surgery trainees of all grades and also consultants, this meeting aims to explore likely future changes and debate how this will affect training and the skills required to do the job. The meeting offers an opportunity to hear the views of a number of high profile medical decision makers including Professor Terence Stephenson, GMC Chair, and Mr B Sethia, RSM President.

Emergency medicine clinical excellence series: Trauma update – the principles of modern trauma care and the future
Friday 24 June
This popular topic is being presented to cater for the multidisciplinary team looking after patients who suffer traumatic injury. The programme will embrace the academic as well as the clinical advances in trauma care to enable clinicians to reflect and update their present day practices. Recent NICE guidance topics relating to complex fracture management, major trauma, spinal injury and trauma services have been incorporated into the programme’s schedule.

Humanitarian medicine 2016: The future of humanitarian response
Monday 27 June
This conference will provide delegates with an overview of the most pressing issues in contemporary humanitarian policy and practice. Issues at the centre of the 2016 World Humanitarian Summit will be explored and there will be opportunities for delegates to engage directly with representatives from operational organisations and to network with sector experts.

Pregnancy and the kidney
Tuesday 28 June
This one day conference will provide clinicians with an update on the preparation for antenatal and postpartum care of pregnancy in women with chronic kidney disease, and the management of acute kidney injury during and after pregnancy. The conference will include international speaker, Professor Ravi Thadhani from Massachusetts General Hospital, USA, who will give an overview of new insights into the pathogenesis of pre-eclampsia and discuss novel treatment options.

Prizes

There are over 80 RSM prizes and awards open to students and trainees each year. Full details can be found at www.rsm.ac.uk/prizes-awards.

Here is a selection of prize submission deadlines and recent prizewinners.

Forthcoming prizes

Anaesthesia
Trainees and Students Essay Prizes
Submission deadline: Friday 6 May

General Practice with Primary Healthcare and CAIPE
John Fry Prize
Submission deadline: Wednesday 11 May

John Horder Award
Submission deadline: Monday 23 May

Psychiatry
Students and Trainees Award
Submission deadline: Thursday 30 June

Sports Medicine
Helal and Harries Prize
Submission deadline: Friday 6 May

Trainees
John Glyn Trainees’ Prize
Submission deadline: Monday 18 July

Medical Authors Prize
Submission deadline: Monday 1 August

Vascular Medicine
The Harvey Prize
Submission deadline: Monday 4 July

Venous
Pump Priming Grant, Spring Meeting Prize and Travelling Fellowship
Submission deadlines: Wednesday 25 May

Recent prize winners

Paediatrics & Child Health
President’s Prize
Dr Prita Rughani

Oral & Maxillofacial Surgery
John Langdon Essay Prize
Mr Shofiq Islam

Short Paper Prize
Dr Andrea Tedesco

Dermatology
Monthly Trainee Presentation Award
Dr Jason Thomson

Maternity & the Newborn Forum
The Wendy Savage Bursary
Mr Patrick Hickland
Spotlight on the Orthopaedics Section

A long-established RSM Section, the Orthopaedics Section has a rich history of notable orthopaedic surgeons as past presidents who were instrumental in establishing the Section as a trusted portal of educational excellence.

Now in its 102nd year the Section still relies on a respected, experienced Council, but importantly it has welcomed young members onto the Council and continues to grow its membership to include the orthopaedic surgeons of tomorrow.

The goal is simple: to offer high quality educational orthopaedic meetings. As a surgical specialty, the Section has to keep pace with rapidly progressing innovation and technology and this year’s meeting calendar is book-ended by two new exciting meetings, each entitled Digital Orthopaedics

These meetings focus and showcase how as a surgical specialty we have embraced digital technology successfully to help our patients and encourage them to be more involved in their care. They also provide forums and networks for idea generation and delivery to real life applications.

The meetings have been attended not only by surgeons, but also by technology engineers and designers as well as health industry leaders and investors. This unique mix of meeting delegates facilitates collaboration and brain-storming of everyday orthopaedic related problems with fascinating results.

Our meeting in October 2015 was preceded by a medical ‘hack’ over a weekend which demonstrated perfectly how such collaborations yield almost instant results: a virtual fracture clinic working model was presented and is currently being finalised for NHS use. We were also pleased to welcome to the meeting the founders of Touch Surgery who have radically changed the delivery of surgical education with the use of interactive technology and virtual reality and are already a successful digital start-up on both sides of the Atlantic.

The next meeting on Monday 12 September will focus on the power of big data, more examples of how surgical fields are adopting digital technology to the benefit of their patients and funding and investment into digital healthcare.

Recurring success

A series of embedded meetings in the Section programme demonstrate recurring success. The two-day Sports injuries and sports orthopaedics meeting in January drew an expert faculty giving specific updates on head injury in sport, the knee and the future of sports medicine. Highlights included Dr Simon Kemp’s lecture on concussion, novel tools for diagnosis with experience from the recent rugby world cup and a spotlight session on Achilles tendon injuries and management.

The faculty for the Early Intervention in hip surgery meeting in November was truly world-class. Preservation of the hip joint with respect to a wide range of pathology was presented and discussed with expert perspectives under-pinning each topic. Updates on the natural history and surgical management of femoro-acetabular impingement and the faculty’s unrivalled experience with peri-acetabular osteotomy were very well received.

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The annual Future orthopaedic surgeons conference, which this year will be held in December, is a demonstration of the Section’s commitment to our junior membership and their needs. The conference provides junior orthopaedic trainees and would-be orthopaedic trainees an invaluable insight into the specialty, opportunities available, association support and advice on career progression and varied sub-specialities. In addition, practical workshops are on site, supported by our industry partners, which provide dry bone simulation of several standard trauma techniques.

Our flagship meeting for a number of years now has been the Trauma symposium which took place in February. Offering a truly excellent update on all aspects of trauma care and with an international faculty, the visiting speakers roster had a strong Canadian influence with four speakers giving up their valuable time for the symposium. Many of our national trauma experts comprise the rest of the faculty and delegates were treated to an ‘everything you need to know about orthopaedic trauma’ programme. Special mention must go to the two council members who do such a fantastic job of organising the meeting annually, Mr Jon Monk and Mr Rajarshi Bhattacharya.

The Section Council would be interested to hear from individuals in the wider orthopaedic community outside London to contact us with ideas on how to take RSM orthopaedics to all parts of the UK in a meaningful way.

Looking to expand the programme next year the Section’s aim is to collaborate with other RSM Sections to host interesting and relevant meetings.

The Section continues to be a financial and educational success in no small part thanks to its membership, council, administrative staff and industry partners.

To contact the Section with your ideas and feedback please email orthopaedics@rsm.ac.uk
Widening access to careers in medicine and healthcare

The RSM has recently launched a pilot scheme designed to broaden access to careers in healthcare and medicine. The aim of the scheme is to raise aspirations among students who may not think that a career in healthcare is open to them.

The pilot scheme will be run through the partnership formed between the RSM and:
1. Inspiring Futures who specialise in the provision of career information, advice and guidance.
2. Brightside, a charity which provides an online mentoring service.
3. Medic Portal, an online community to students interested in applying to medicine.

The pilot will be running in Norfolk and the London Borough of Barking and Dagenham and the aim is to work with 11 schools to engage students from Year 8 through to Year 12.

We will be working with research and evaluation experts CFE to independently evaluate the impact of this pilot scheme.

The RSM is looking to recruit current medical students and foundation year trainees to become mentors to these students. The mentors will support the students in considering a career in medicine as well as investigating the many alternative pathways available within healthcare.

For more information about the RSM’s widening access scheme contact Jemma Mallorie on 020 7290 3919.

In June we will be partnering with Public Health Wales to organise a cancer screening conference in Cardiff (see p5).

RSM Professionals

SM professionals, the bespoke event management team at the RSM, started the Academic year with successful conferences collaborating with several organisations. These included:

• The first London aorta masterclass in October with Royal Brompton and Harefields NHS Foundation Trust. This will run again in October 2016 as part of a five-year plan.
• A collaboration in November with Live Music Now to run a unique meeting on music interventions on neurological disorders in older people which brought together a mix of music therapists and clinicians.
• The third Winter meeting in association with the Nutrition Society focusing on sleep, circadian rhythms, obesity and metabolic disease. Due to the success of this annual conference over the past three years, we have confirmed the next conference in December 2016 which will focus on diet, nutrition and mental health and wellbeing.

In June we will be partnering with Public Health Wales to organise a cancer screening conference in Cardiff (see p5).

RSM professionals works with a variety of specialities and grades on topics including medico-legal, professional development and training as well as specialities such as cosmetic and aesthetic medicine.

To contact RSM professionals please call 020 7290 3928 or email rsmprofessionals@rsm.ac.uk

Visit www.rsm.ac.uk for more information and to register

Doctors of the Future

A collaboration with ITN Productions

In a unique communications partnership, the Royal Society of Medicine and ITN Productions are producing a news and current affairs-style programme which will explore how the doctors of the future are developing.

‘Doctors of the Future’ will be an in-depth, online programme telling the story of the fundamental role education - for both medical students and postgraduate doctors - plays in shaping the future of healthcare.

Showcasing success in clinical practice, medical innovation, global health and patient and public engagement, the programme aims to heighten awareness among doctors, healthcare professionals and the wider public about the significant strides forward the sector is taking; ones that often don’t get the exposure they deserve.

Simon Shelley, Head of Industry News, ITN Productions, said: ‘ITN Productions is delighted to be partnering with the Royal Society of Medicine, in examining the way in which we ensure the profession is prepared for the future. We’re excited to embark on this project and engage with key organisations dedicated to innovation across medical education, medical practice and technology’.

‘Doctors of the Future’ will premiere at the 12th Medical Innovations Summit on Saturday 16 April 2016. The programme will be available to watch on the RSM website from Tuesday 19 April. www.rsm.ac.uk/doctorsofthefuture
Enhanced services have been introduced to both the Library’s physical and electronic resources. The Mezzanine floor is now open until 9pm Monday to Thursday giving Library users access to the carrels and the Mezzanine suite.

The number of e-journals has increased to 5,700, allowing RSM members access to even more journals 24/7 and from anywhere in the world.

**Library Services Strategy Review Group (LSSRG)**

The aim of the LSSRG is to review the current Library Services Strategy, including the range of services provided (usage, costs, etc) and to set a new strategy for the next five years. To do this, the LSSRG will: examine the changing trends in medical library usage and provision of library services in general; consider how the services will need to adapt and develop over the next five years in order to meet the needs of those who use the Library.

To inform the LSSRG, ideas will be gathered from the Virtual Library User Group (VLUG), Sections, Academic Board, Education Committee, Council and Executive. In addition, external advice will be sort.

The recommendations of the LSSRG will inform the development of a new Library Services Strategy to follow the current five-year Strategy.

To feed into the strategic review the Library is always looking for new VLUG members. If you are interested please email VLUG@rsm.ac.uk or contact the Library Customer Services Manager nicolas.fernandez@rsm.ac.uk

**Birth e-journal backfiles**

The Library would like to thank the Maternity and the Newborn Forum for the donation of £3,000 for the purchase of e-journal backfiles of *Birth*. The Forum is the first Section to use its funds to improve access to resources by sponsoring e-journals within the Library.

**New discovery search tool**

Later in 2016 the Library plans to introduce a new e-resources Discovery searching tool. This will enable Library users to search the full text of articles as well as for titles of journals and books. Authors and subjects can be searched too, as will items in the print collection. This one-stop-shop solution will be an improvement on the current facilities, which require different search tools depending on the search requirement. Watch out for news of the launch of this service on the website www.rsm.ac.uk/library or on social media @RSM_Library and www.facebook.com/rsmlibrary.

**Women in medicine**

**Centenary count down for the Medical Women’s Federation**

The celebrations to mark the centenary for the Medical Women’s Federation (MWF) will take place over three days in May 2017 and will be held in collaboration with the RSM, the BMA and guest of the MWF, the Medical Women’s International Association (MWIA).

Proceedings will begin with a formal launch on Thursday 11 May hosted by MWF President Professor Parveen Kumar and RSM President Mr B Sethia. Lectures by a number of high profile guest speakers will be followed by a drinks reception for guests to mingle, network and socialise.

The main conference on Friday 12 May 2017 will be held in the Great Hall at BMA House. The centenary theme is *100 years of Medical Women: The Past, Present and Future*. The programme will again feature high profile speakers.

The Centenary Dinner will take place at

To gain access to this new title and many more e-resources, please log into the RSM website and visit www.rsm.ac.uk/library

If any other Section is interested in sponsoring e-journal backfiles within the Library please contact the Director of Library Services wayne.sime@rsm.ac.uk.

MWF is also fundraising for the centenary by participating in this year’s Royal Parks Half Marathon, which takes place on Sunday 9 October 2016. MWF only have 50 places available, so if you are interested in running for the MWF please contact Dr Henrietta Bowden-Jones at admin@medicalwomensfederation.org.uk. Please note this is on a first come first serve basis only.

MWF will also be profiling their Centenary Book to be formally launched in May 2017 detailing the history of MWF’s pioneering past Presidents.

**Medical Women’s Federation Centenary Count Down**

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**Save the Date**

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New faces to lead RSM Global Health programme

The RSM is pleased to welcome new leaders Andy Leather and Paula Baraitser who will be directing the Society’s Global Health Programme.

Andy Leather is a former consultant surgeon, chair of the Lancet Commission on Global Surgery, and an advocate for health partnerships, bringing broad international clinical and policy experience to his role at the RSM.

Paula Baraitser is a Senior Lecturer at the King’s Centre for Global Health where she runs undergraduate and postgraduate training and is a consultant in sexual health at King’s College Hospital. She is chair of the International Advisory Group of the Faculty of Sexual and Reproductive Health Care and her research and policy interests focus on online health service delivery and education in sexual health.

Plans for 2016

Both Andy and Paula, along with the Global Health team at the RSM, are planning a diverse programme to stimulate critical analysis and debate on the important global health issues of our times.

2016 will see a meeting on supporting refugee populations and a global surgery summer school. The content for these events is currently being developed. To register your interest, email globalhealth@rsm.ac.uk

2017 conferences

Two Global Health conferences are planned for 2017 to address major concerns in global health


2. Global Surgery - September 2017: examining the current state of surgery within the global health agenda.

Film initiative

The RSM Global Health Film initiative has another exciting programme for the year ahead.

On Wednesday 16 March the RSM hosted the UK premier for The Surgery Ship, an award-winning film about Mercy Ships, the world’s largest floating hospital that provides free surgical care to some of the world’s poorest people.

Keep an eye on the RSM website for more information about global health film screenings and watch out for the date of the RSM Global Health film festival 2017 to be announced soon.

RSM Videos on the move

The RSM’s e-Learning website, RSM Videos, is now responsive and accessible via desktop, mobile and tablet devices. There are over 600 lectures available covering a wide range of specialties, many of which are CPD accredited. So take a look and start catching up on the latest lectures or re-watch old favourites on the move today.

Most popular videos

Elizabeth Garrett Anderson and her hospital
Ms Elizabeth Crawford
videos.rsm.ac.uk/ElizabethGarrett

Sexuality, sexual health and religion today
Dr Rowan Williams
videos.rsm.ac.uk/SexualHealth

Vagus nerve stimulation: a new bioelectronics approach to treat rheumatoid arthritis?
Dr Paul Peter Tak
videos.rsm.ac.uk/VagusNerve

Update on epilepsy
Dr Bridget MacDonald
videos.rsm.ac.uk/Epilepsy
What your home says about you

Dr Linda Papadopoulos, psychologist, research scientist and an RSM member talks about the psychology of the home and what the things within it – from photos to décor – say about you and your family.

Psychologists call the subconscious way in which we develop our living spaces ‘behavioural residue’, reflecting our behaviours, values and choices over time. With this in mind, it’s no surprise that the home holds such emotional significance for us. It’s a place of comfort, of security, but also one where we can explore and develop our identities and let the rest of the world know that ‘this is who we are.’

An evolving declaration of identity

Our homes are an amalgam of our choices and behaviours that accumulate over time. The fact that you have a special area for muddy wellies may attest to your family being an active one, and that old crochet blanket that covers the chair in your bedroom may be there because it reminds you of summers you used to spend at your grandma’s home. In effect, our homes allow us to showcase our personalities. And what we showcase differs not only because of our personalities, but also because of the life stage we’re in. If you think of a teen’s room for example, their space is often very much a declaration of identity, from the posters and music collections on display to the fact that there are clothes all over the place. The message is clear: “This is my space, this is who I am and I have (or at least am trying to develop) a healthy sense of entitlement to be me.”

Young adults and self-discovery

When we fast forward a few years to the time in which we’re living alone as young adults, the indicators that shout about our identities and values may not be as loud as in our teen years, but they’re still there. Testaments to our self-sufficiency and lifestyle choices as adults, like cook books and stainless steel juicers, may be on display. While money may be tight for most people at this time, this is also when experimenting with design and interior style probably happens for the first time – so the conscious decision to be on trend with the latest ash wood floors and minimal white walls, or indeed to be seen as rejecting trends with a reclaimed sofa taking pride of place in the living room, is in the forefront of our choices for our homes.

When ‘I’ becomes ‘we’

When we become a couple the home literally becomes a place of shared identity. We’re no longer decorating and living for just ourselves, me is now we and this is reflected in the way we live. There are practical things like sharing cupboards and negotiating who gets the most wardrobe space. And then there’s the stuff like the print you bought together on holiday that hangs over the fire place, or the signed rugby ball that your partner negotiated to keep in the living room on the grounds that you could choose the duvet cover.

Family life

As family life takes over and children come along, the aesthetic design elements that mattered once may make way for more real life functionality. Cream carpets may not be practical with kids around, and the dining room table may double up as a desk for Millie’s revision. The photos, some old and some new, give a timeline of the journey you’ve been on, and the décor is likely to reflect this too.

Empty nest and beyond

Finally, when the kids leave and the empty nest becomes a reality, we may see a re-emergence of the need to consciously re-engage with the décor of our homes and how we use them. So Joey’s old room is now an exercise/computer area, and more space is made in the dining room to try out moves from that new yoga class you’re taking. And the mementos of life, from books to souvenirs, from hobbies that didn’t last to sentimental knick-knacks of inestimable value, tell the story of our lives and become the character of our homes.

Making your home your own takes time, effort and passion. If you want to keep your creations safe so you can enjoy the hard work you’ve put in for years to come, then home insurance can help to safeguard your style and protect the home you cherish.

RSM members can protect their homes and belongings with Hiscox insurance available with a 12.5% discount.

To request a quote and/or take out cover, go to hiscox.co.uk/rsm, or call 0800 840 2373
A great deal driven by Motor Source Group

Since the launch of a new partnership with Motor Source Group last summer, RSM members have been able to take advantage of some great savings when purchasing new cars. Now, even more car brands have signed up to the programme, with the latest additions of BMW, MINI and Peugeot.

In addition to a great saving, Motor Source offers local participating dealership delivery*, meaning you can collect your new car at a time and place convenient to you.

To find out more call Motor Source Group on 01522 500055 or visit www.nhs.motorsourcegroup.com today●

*Please ask for details of the local participating dealer programme

Save £6,274.83

Example discount:

Peugeot 508 Diesel Saloon 1.6 BlueHDI 120 Allure 4dr
Just £18,570.17

Memorial Board update

The RSM’s Memorial Board has attracted considerable interest among RSM members since its launch in Autumn 2015.

The board has been installed opposite the sun-filled atrium at the RSM for members to inscribe the name of a loved one or someone they have admired and respected who devoted their lives to helping patients.

A number of members will be honouring their loved ones with an inscription on the Memorial Board and making a donation to the RSM to support the provision of medical education for the doctors of today and tomorrow●

For more information about the RSM Memorial Board please contact Paul Summerfield, Development Director, on 020 7290 3857 or email paul.summerfield@rsm.ac.uk

New Year’s Honours

The Council and senior officers congratulate the following RSM members who were recognised for their achievements and service in the 2016 New Year’s Honours list.

Dame Commander of the Order of the British Empire
Professor Lesley J Fallowfield

Companions of the Order of the Bath
Dr Paul Cosford

OBE
Professor Jill Belch
Professor David A Cowan
Dr Emrys Kirkman
Professor K Elizabeth Tanner

MBE
Dr Reginald Carr
Professor A Paul Forster
Ms Deborah J Glover
Mr Christopher Williams

The Autumn issue of RSM News omitted the name of Professor Christopher H Raine who received an MBE in the Queen’s Birthday Honours 2015. Apologies to Professor Raine.

If we have omitted any member honours please advise membership@rsm.ac.uk so we can update our records and include in our next news●
The Lifetime Allowance dilemma

Specialist financial advisers Wesleyan explain the impact of the reduced Lifetime Allowance on doctors’ pensions

The Lifetime Allowance (LTA) is the maximum amount of pension savings that can be built up over a lifetime without incurring an additional tax charge.

It has steadily decreased over the past five years, from a high of £1.8 million in the 2011/12 tax year to its new allowance of £1 million from 6 April 2016. This means more people than ever could find they are at risk of breaching the LTA and it is not just the high earners who need to be mindful. Here we look at how doctors could be affected.

How could you be impacted?
From 6 April 2016, if your total pension savings – which will include not only any private pensions you may have, but also the NHS Pension – are more than £1 million when you take benefits, you will face a tax charge on any excess amount over the LTA. How much the tax charge will be will depend on whether the excess is taken as income or as a lump sum. If it is taken as a lump sum, it will be 55%, and if it is taken as a taxable income, such as pension payments or cash withdrawals, the tax charge will be 25%.

While £1 million may seem like a big figure, it could easily be reached as you go through your career, gradually increase your salary and build up your pension savings. For example, a member of the 1995 Section of the NHS Pension Scheme only has to have a pension of £43,478 to break the £1 million LTA. Members of either the 2008 or 2015 schemes will only need a pension of £50,000.

There is also the possibility the Chancellor of the Exchequer could continue to reduce the LTA in future Budgets, meaning all doctors need to be aware of what it is, how it could affect them, and what can be done to protect their saving against the next reduction in April and any further reductions in the future.

What can be done?
It is important to understand the £1 million ceiling doesn’t just apply to the pension contributions you make over your lifetime; it also includes any investment growth those savings make. Many individuals try to pre-empt, or even guess their own levels of return on investment so they can decide when to stop saving into a pension in order to avoid the £1 million cut off. But this could be difficult to judge for even the most seasoned fund manager.

There are certain types of protection you may be eligible for if you have savings over the Lifetime Allowance – Individual Protection 2014, Individual Protection 2016 and Fixed Protection 2016. Eligibility for protection and which protection is most appropriate for you will depend on your own personal circumstances, so it is important to talk to a financial adviser to get expert advice.

Another option is to make alternative savings elsewhere to avoid going over the limit.

By making long term savings into an ISA, for example, your money will be outside your pension savings so will not count towards your Lifetime Allowance.

With an ISA, you won’t receive tax relief when you pay in, and there are limits to how much you can pay in each year (£15,240 for 2015/16 and 2016/17 tax years), but any growth on these savings will not be taxed when you come to withdraw it.

Depending on how close you are to retirement and your appetite for risk, other options might include investing in property or investing in unit trusts, a collective investment with no fixed term that allows you to pool your investment with other investors, spreading your money across a wide range of shares or other types of investment.

Ensuring you have enough income for retirement can be complicated, so it is important to take expert advice from a financial adviser.

Conclusion
The reduction to the LTA means it is not just a concern for the very highest earners any more. Many more doctors will find they could be affected far earlier in their career, and at a lower salary, than they might have expected.

Given the speed of the changes and the complexity of all of the options, it is vital to talk to a specialist financial adviser, who is not only well versed in personal finance, but has a detailed knowledge of the medical sector as well.

This is important whether you’re just starting out on your career or are close to retirement, since timely expert advice can provide the guidance to put you on the front foot.

The above information does not constitute financial advice.

For more information about Wesleyan call 0800 980 232, email financialreview@wesleyan.co.uk using the code 47277 or visit the website at wesleyan.co.uk

more people than ever could find they are at risk of breaching the LTA and it is not just the high earners who need to be mindful.

Wesleyan continue to support the annual RSM Trainee of the Year

The Final this year take place on Thursday 24 November
Special MCCC cricket offer for RSM members

Make a massive saving on joining as a new member of Middlesex County Cricket Club and enjoy a season of cricket at Lord’s

Since 1877, Lord’s Cricket Ground – undeniably the most famous ground in world cricket - has been home to Middlesex County Cricket Club. Thanks to this brilliant offer, RSM members can enjoy a whole season of county cricket at Lord’s in 2016 with Middlesex.

As a Middlesex member you’ll receive free entry into every single Middlesex match at Lord’s, have the privilege of being able to use the famous Lord’s Pavilion as your own at all Middlesex matches, be able to sign a guest into the Pavilion with you, have the right to watch cricket from the hallowed Lord’s Long Room, and you’ll receive priority access to tickets for international matches at Lord’s in 2017.

With no waiting list to join and approximately 40 days of Middlesex cricket at Lord’s to enjoy across all three domestic formats, Middlesex membership is simply not to be missed.

What’s on offer?
This special RSM introductory offer allows you to join as a new full member of Middlesex CCC for just £100 for the whole year, reduced from the normal price of £265, or if you live more than 50 miles from Lord’s ‘as the crow flies’ then you’ll be able to join as a new country member for just £80 for the entire year, reduced from the normal rate of £176.

Should you want to treat a friend or loved one to something special, you may also purchase an RSM discounted Middlesex membership as a gift. This special rate can also be used to buy a Middlesex CCC membership gift voucher, which you can simply order and receive in the post, packaged and ready for you to send to your loved one as the ultimate cricket gift!

To join today, or to purchase a gift voucher, simply go to www.middlesexccc.com/2016rsm and enter the relevant offer code below at the checkout to receive this special discounted rate:

New FULL membership offer code: F2016RSM
New COUNTRY membership offer code: C2016RSM

Other membership categories are available; for further details contact the Middlesex CCC office at Lord’s on 0207 289 1300.

The personal touch with Austin Reed

RSM members are invited to book an exclusive personal shopping appointment with Austin Reed. This complimentary shopping experience offers you the opportunity to have your items tailored to you for a perfect fit with the Austin Reed alterations service. At the same time you can take advantage of your 20% RSM member discount (10% off during the sales).

- Free consultation – every appointment is complimentary
- Alterations – their tailors will ensure you find a perfect fit
- Free delivery – on any purchases made during your appointment

To make an appointment or if you have an enquiry, please contact Austin Reed on: +44 (0)844 800 2977 or visit austinreed.com to book a store appointment.

Discount available in store and online
Simply present your membership card in store or enter the online code at the checkout: ROY284 for 20% off full price items and 10% off sale & promotional items.
In 2008, Wexas Travel and the RSM formed their partnership, and since then over 3,500 RSM members have taken advantage of the award-winning travel service from our most trusted travel partner.

This month, Wexas is offering the chance for RSM members who sign up for FREE Wexas membership, to win two complimentary return tickets from London Luton to New York on the award-winning all-business class boutique airline, La Compagnie.

For more information and to enter this exclusive free prize draw, visit www.wexas.com/RSMflights. Please note that this prize draw is also open to existing RSM Wexas members.

Benefits of becoming a free member of Wexas include:

- Specially negotiated travel offers and member-only exclusives
- FREE UK airport VIP lounge access on qualifying holidays (T&Cs apply)
- Access to the UK’s best cover-for-cost travel insurance
- Members-only events
- Personal one-to-one advice and booking service from well-travelled destination specialists
- Wexas travel services and benefits extended to friends and family

Travel offers and exclusives

With more than 45 years’ worth of industry contacts, Wexas are able to negotiate great values offers and member exclusives on flights, hotels, cruises, tours and more. All the latest offers can be found on their website, www.wexas.com but here are some examples of the fantastic holidays on offer:

- **Wildlife, Wilderness & The Great Barrier Reef**
  14 day tailor-made self drive from £1,995 pp

- **Luxury Quito & Galapagos Cruise**
  11 day tailor-made journey from £6,595 pp

- **Venice to London Simplon-Orient-Express**
  4 day luxury rail journey with 2 free nights at the Belmond Hotel Cipriani Venice from £2,620 pp

- **Pousadas of Portugal**
  7 day tailor-made self-drive from £765 pp

- **Enchanting India With Oberoi Hotels**
  8 day tailor-made journey from £1,845 pp

- **Highlights of Botswana with Sanctuary Lodges**
  9 day tailor-made journey from £4,595 pp

Free UK airport VIP lounge access

One of the most popular benefits of booking with Wexas is the use of their exclusive airport VIP lounge programme. They provide you and your party with free lounge access at participating UK airports whenever you book a long-haul flight with at least two nights accommodation, or a short-haul flight with at least seven nights accommodation through Wexas.

To take advantage of this RSM member benefit and to enter the prize draw, register for your free Wexas membership by visiting wexas.com/RSMflights or calling 020 7664 2271.

**DIAL MEDICINE FOR MURDER**

**Special free RSM member event**

Monday 23 May - from 6pm

This show tells the stories of the two most notorious British physicians of the 20th Century, Dr Harold Shipman & Dr John Bodkin Adams who were allegedly responsible for over 400 murders between them. The production compares and contrasts the background, arrest, trial, legacy and psychopathology of both individuals interspersed with film footage and contemporaneous news items. ‘Dial Medicine for Murder’ is presented as a consultation with Dr Harry Brunjes & Dr Andrew Johns who will dissect and discuss the reason why these doctors turned from medicine to murder.

The production was one of the great successes of last year’s Edinburgh Fringe Festival and it will be returning this year. Showing for just one evening at the RSM on Monday 23 May, RSM members are assured of a fascinating evening followed by a drinks reception. Places are limited so book online at www.rsm.ac.uk.
Specialist travel with Jon Baines Tours

Jon Baines Tours run medical and professional study tours, cultural tours and tailor made tours. Each tour offers privileged and specialist access to a country. In January the RSM and Jon Baines Tours organised our annual joint medical study tour which this year took a group of members to Sri Lanka. Information about the RSM 2017 medical study tour to China will be available shortly. To hear about this please contact Jon Baines Tours and ask to be emailed once details are available.

For more details on all Jon Baines Tours please refer to www.jonbainestours.co.uk or call 020 7223 9485 / 5618.

In the meantime here are two tours that may appeal to RSM members:
Remember to mention you are an RSM member when you book your tour to receive a 5% discount.

**East of Java - Java, Bali, Flores and Komodo**
3 - 17 June 2016

This tour led by Dr Anne MacAlister steps off the tourist trail and explores the cultural riches of Java. Peer into a vast volcanic caldera at daybreak, drift among remote islands, snorkel in turquoise waters, relax on a pink beach, explore the lush hills of Bali and come face to face with the Komodo Dragon.

[www.jonbainestours.co.uk/java](http://www.jonbainestours.co.uk/java)

**Burma - The Road to Mandalay**
17 - 30 September 2016

Now is the time to visit a stunning country going through a period of momentous transition in its history. Join tour leader Professor John Richardson and travel to the beautiful and welcoming country of Burma with its rich layers of culture and history, retaining many old traditions.

[www.jonbainestours.co.uk/burma](http://www.jonbainestours.co.uk/burma)

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**Win tickets to The Patron’s Lunch**

On Sunday 12 June The Mall will be transformed for its largest ever street party in honour of The Queen, and RSM members have the chance to win tickets to the celebrations. The Patron’s Lunch is a significant National and Commonwealth event to celebrate Her Majesty The Queen’s patronage of over 600 charities and organisations throughout her lifetime, on the occasion of her 90th birthday.

As a charity which holds The Queen’s patronage, the RSM has brought five pairs of tickets for The Patron’s Lunch which we are giving away as a free prize draw as a thank you for all your contributions to the Society.

We have three pairs of tickets for RSM Members – one pair for students and trainees, one pair for working members, and one pair for retired fellows – and two pairs will be offered to our staff members. We have emailed all members about the draw.

The lucky winners will be notified in early April by email or telephone.

For more information about The Patron’s Lunch visit [www.thepatronslunch.com](http://www.thepatronslunch.com)
Enjoy RSM Club hospitality

Fine wine dinners

Once again The RSM and Neil McKenzie of Ellis of Richmond wine merchants have joined forces to organise three fine wine dinners during 2016.

The wine served will be expertly matched to each course; members can expect to taste up to seven fine wines.

The dates for 2016 are:

- **THURSDAY 7 APRIL**
- **THURSDAY 30 JUNE**
- **THURSDAY 27 OCTOBER**

As always fine wine dinners sell out months in advance so be sure to book.

For reservations please contact Lucy Wade on 020 7290 2951 or email fwevents@rsm.ac.uk

New menu arrangements

Menus in the Club restaurant will now see dishes individually priced for lunch and dinner, rather than two or three course set pricing. This will mean greater choice, even better ingredients and a more cost-effective way of dining for RSM members.

More changes in the near future will create a more flexible dining offer throughout the day in the Club areas, adapting to the increasing time pressures all of us now experience in our working day.

Free private dining room hire

RSM members are entitled to complimentary private dining room hire when booking a meal in one of the RSM’s private dining salons. Seating up to 24 guests the salons are available for breakfast, lunch and dinner, Monday to Friday. Please note pre-booking is required. For more information email restaurant@rsm.ac.uk or call 020 7290 2957.

May Bank Holiday Special Packages

Stay in the heart of the West End during one of the upcoming bank holiday weekends and take advantage of our special packages at both Domus Medica and Chandos House.

- **Early May bank holiday**: Friday 29 April – Monday 2 May
- **Spring bank holiday**: Friday 27 – Monday 30 May

**Silver Package**

**SAVE £85**

Stay from Friday until Sunday for the package price of £360 for a double room (£390 for a twin room). The package includes a bottle of Prosecco and a box of Hotel Chocolat chocolates.

**Offer code**: BS16: for Early May bank holiday
**Offer code**: SS16: for Spring bank holiday

Add another day and stay on Monday for only £35.

(Monday promotional rate only available in conjunction with one of the advertised packages above. No further discounts apply in the Club facilities. Dinner offer excludes drinks)

Please quote the offer codes above when booking. Book now via our website www.rsm.ac.uk, email domus@rsm.ac.uk or call 020 7290 2960.

**Gold Package**

**SAVE £125**

Stay from Friday until Sunday for the package price of £430 for a double room (£463 for a twin room). The package includes a three course dinner for two people on the Friday night in the Member’s Restaurant, a bottle of Prosecco and a box of Hotel Chocolat chocolates.

**Offer code**: BG16: for Early May bank holiday
**Offer code**: SG16: for Spring bank holiday

15% off for members at 1 Wimpole Street

RSM Members are entitled to a 15% discount on room hire when booking the RSM’s event spaces at 1 Wimpole Street. Offering the perfect match of up-to-the-minute facilities and timeless style, spaces are available for a range of events. For further information please call 020 7290 2951 or visit www.1wimpolestreet.co.uk

10% off for members at Chandos House

A 10% discount on room hire is also available to RSM members booking event spaces at Chandos House. Impress your guests or delegates with House’s six beautiful function rooms decorated with ornate painted ceilings, carved fireplaces and crystal chandeliers. For further information please call 020 7290 3861 or visit www.chandoshouse.co.uk

Prestige award for 1 Wimpole Street

The Support Services Team at 1 Wimpole Street were delighted to win a 2016 COOL Venue Award for best AGM venue recently. The team received their well-deserved award during a glittering ceremony at London’s Café de Paris. Congratulations go to everyone involved in working behind the scenes at 1 Wimpole Street to ensure events run like clockwork.