HRH DUKE OF CAMBRIDGE
Receives RSM Honorary Fellowship

EDUCATION STRATEGY
Introduction by RSM Dean Fiona Moss

MEDICAL INNOVATIONS
10th anniversary celebrations at the RSM
Mental Health Matters @ the RSM

Patients - Professionals - Public

People “need” pets: Exploring the psycho-social benefits of the human animal relationship
Thursday 26 April

In Kraepelin’s shadow: Historical and philosophical foundations of contemporary biological psychiatry
Tuesday 8 May

Medicine & Me: Coping with losing a baby
Saturday 2 June

Migrant mental health
Saturday 23 June

Mental Health Act
Tuesday 3 July

Spotlight on paediatrics
Saturday 14 July

Upcoming events in the next academic year:

State of health of NHS staff – Bullying & undermining

Medicine & Me: Families dealing with suicide

Medicine & Me: Eating disorders

Developing, delivering and researching support for health and wellbeing for NHS staff

#RSMMentalHealth
To create and maintain spaces and facilities which provide long term financial security for the RSM and support the delivery of our new education strategy, Council agreed in January to the appointment of architects to work with the Society to develop potential plans for the future of 1 Wimpole Street.

The project will involve trustees, the executive team, staff, members and delegates over the coming months. The aim is to engage with these groups to provide feedback on potential approaches.

There are four high level principles informing the strategy for development and use of the building:

1. To create and maintain spaces and facilities to support the Society’s core services and the successful delivery of the RSM’s mission to advance healthcare through education and innovation.

2. To ensure a secure financial and operational position for the Society through better use of property assets to increase income and reduce costs.

3. To provide spaces and facilities which support and enhance the Society’s values including improvement, collaboration and respect.

4. To fulfil Council’s duties under charity law regarding property assets.

Since Council met in January architecture firm Berman Guedes Stretton has started work to develop suitable outline plans and recommendations. These will be considered at the May Council Meeting, alongside commercial and property strategy advice from chartered surveyors Cluttons.

Berman Guedes Stretton specialises in architecture for higher education, working regularly with a number of universities including Oxford, Queen Mary University of London, and Imperial College London (see photo below). Completed projects cover a wide range of building types, both new and refurbishment, and often with the added challenge of working in complex historic environments with Grade I, Grade II and Grade II* listed buildings.

The practice has been widely recognised with numerous awards, most recently the prestigious AJ Higher Education Project of the Year Award 2017.

RSM members will be updated over the coming months through regular email newsletters. If you have any questions email building@rsm.ac.uk.

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**PRESIDENT UPDATES**

Each month RSM President Sir Simon Wessely posts an online update for members to keep them in touch with latest developments at the Society.

Recently he has written about meetings held on assisted suicide and gross negligence manslaughter in collaboration with Roger Kirby, Chairman of the RSM Academic Board; how the RSM rose to the challenge of an emergency lockdown during the suspected West End terrorist attack in December; and the Wald Wire Code, which allows surgeons to 'write' a patient’s medical history in code inside their chest, as featured in the most recent Medical Innovations Summit.

Always an interesting and entertaining read, the updates are posted on the RSM website every month.

To catch up visit www.rsm.ac.uk/about-us/latest-news/president-updates

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**2016/17 ANNUAL REPORT**

The 2016/2017 Annual Report, which highlights the activities and work of the Royal Society of Medicine during the last academic year, is now available.

Pick up a copy when next visiting the RSM.

Alternatively, call 020 7290 2991 or email membership@rsm.ac.uk

The Annual Report is also available to download from the RSM website www.rsm.ac.uk
The Duke of Cambridge was admitted as an Honorary Fellow of the Royal Society of Medicine during a ceremony at the Society on Wednesday 17 January.

The Honorary Fellowship was presented to The Duke by Professor Sir Simon Wessely, President of the RSM and Mr Babulal Sethia, Immediate Past President, and was given in recognition of His Royal Highness’s contributions to healthcare and concern for the least fortunate in society.

The citation, delivered by Mr Sethia, referred to The Duke’s work in the Royal Air Force Search and Rescue Force and as a helicopter pilot with the East Anglian Air Ambulance, and went on to describe the work of The Duke and Duchess of Cambridge and Prince Harry to promote public awareness of mental health problems and the need to tackle the stigma often associated with these problems.

Mr Sethia said: “During his time with the ambulance service he discharged his responsibilities with great expertise, humility and good humour. I am sure that he will have learned a lot about emergency medicine during his time there. This experience enabled him to connect with local communities and was a particularly remarkable contribution to our public life when one considers the many responsibilities that he discharged as a busy member of the Royal family.”

After the ceremony, The Duke was introduced to RSM Council members, directors and key supporters by Sir Simon and Mrs Helen Gordon, RSM Chief Executive.

Sir Simon said: “It was a great honour for all of us to meet The Duke today and to celebrate the major contributions he is making to the health and mental wellbeing of our nation. We are delighted that he has joined a fellowship that already includes his father and grandfather and some of the most distinguished men and women in science and medicine.”
Sir Roger Bannister, who died in March this year at the age of 88, was known not only as the first man to run a mile in under four minutes, but also as a distinguished neurologist. A member of the RSM since 1958, he was a member of the Clinical Neurosciences Section and in April 1994 spoke at the inaugural meeting of the Sports & Exercise Medicine Section and became the first President of the Section. Sir Roger was admitted as an RSM Honorary Fellow in 2010.

The death was recently announced of Nobel Prize winner Professor Sir John Sulston. The RSM had the privilege of awarding Sir John with an Honorary Fellowship in February 2015 at the inaugural London Clinic lecture.

Sir John was awarded the Nobel Prize in Physiology or Medicine in 2002 jointly with Sydney Brenner and Bob Horvitz, for the work they had done in understanding the development of the nematode worm Caenorhabditis elegans.

Dr Huw Dorkins, a former president of the RSM’s Medical Genetics Section, who gave the citation for Sir John at the Honorary Fellowship ceremony, said: “C. elegans was the first multicellular organism to have its whole genome sequenced. The publication of this work in 1998 was a major achievement.”

“The establishment of C. elegans as a model organism, studied by biologists all over the world, led to the need to understand more about its genetics.”

Sulston’s role in C. elegans sequencing projects showed that large-scale mapping of the human genome was feasible and it provided a model for the Human Genome Project. In 1992 he became Director of the Wellcome Trust Sanger Centre, where one-third of the task to sequence the human genome was completed in 2000.

In his citation, Dr Dorkins said: “In medical genetics and in medicine more broadly we and our patients owe John Sulston a great deal.”

The RSM is proud to have welcomed Professor Stephen Hawking, whose death was announced on 14 March, to give a lecture titled The theory of the NHS at the Society in August 2017.

Described by RSM President Sir Simon Wessely as ‘a love letter to the NHS’, the lecture began with Professor Hawking describing his own experience of the NHS - an NHS that had saved his life on several occasions - before moving on to talk of his fears for the health service.

Moving, funny and controversial, the lecture is available to view on the RSM videos website and was published by the Journal of the Royal Society of Medicine shortly before his death.

View: videos.rsm.ac.uk
Download: journals.sagepub.com/home/jrs
GOODBYE TO AURORA SAMONTE

When Aurora Samonte first started work at the RSM in the summer of 1987 the Docklands Light Railway had just been opened by the Queen and the chart-topping Rick Astley single Never Gonna Give You Up was in the charts.

And now, 30 years later, RSM members have reluctantly given up Aurora as she heads off at the end of her Domus Medica career for an extended break in the Philippines to spend time with friends and family.

For many RSM members, appreciative of her gentle, welcoming voice over the phone and her warm greeting as they arrived at Domus reception, Aurora was the face of the RSM. She will be sorely missed for her kindness and professionalism as the many comments in the commemorative book at Domus reception testify.

Aurora said: “I am so thankful for my time at the RSM. I have learned much from the kindness of many RSM members over the years and I’m overwhelmed by the many lovely messages I’ve received since I decided to step down from full-time work at the Society.”

RSM MEMBERS WROTE:

“We have always looked forward to our visits to the RSM because we knew we had a friend here.”

“Thank you for 30 years of your lovely, warm smiling hospitality. We always felt truly welcomed.”

“How we shall miss you and the kindness and care you have shown us for so many years.”

21ST CENTURY HEALTHCARE

The RSM, in collaboration with ITN Productions, has released a news-style programme exploring collaboration and new thinking in medicine. 21st Century Healthcare explores the need for a collaborative approach to medicine to encourage new thinking and brings to life the solutions to some prominent healthcare issues.

The programme features the work of Amgen, Cumbria Partnership NHS Foundation Trust, Echo, Heraeus Medical, Northumberland Tyne & Wear NHS Foundation Trust, Norwich Medical School University of East Anglia, Proximie Limited, St George’s University of London, Tissue Regenix Group, University of Liverpool and University of Manchester.

View the programme at www.rsm.ac.uk/21centuryhealthcare

NEW YEAR HONOURS 2018

Congratulations go to the RSM members recognised for their achievements in the New Year Honours list for 2018.

DAME COMMANDER OF THE ORDER OF THE BRITISH EMPIRE

Professor Catherine Warwick for services to midwifery

CBE

Professor Timothy W R Briggs for services to the surgical profession
Professor Martyn Davies for services to pharmacy and pharmaceutical sciences
Professor Philip A Routledge for services to medicine

OBE

Professor Derek Bell for services to unscheduled care and quality improvement
Dr Timothy J Crow for services to schizophrenia research and treatments
Professor Ian M Goodyer for services to psychiatry research
Professor Christopher EM Griffiths for services to dermatology
Dr James P Vestey for services to dermatology

MBE

Dr Tracey Cooper for services to midwifery
Professor Michael Tipton for services to physiological research in extreme environments
Professor Lynne F Turner-Stokes for services to rehabilitation medicine
The NHS is 70 years old in July. An extraordinary achievement that has made a significant difference to the lives of many millions of people. Today, only people over 80 are likely to have any recollection of the impact of a healthcare system not free at the point of delivery. For the rest of us the NHS is a given, a fact of life in the UK. And although the UK spend on healthcare is among the lowest of developed countries, the NHS compares very well with health systems in similar economies on many of the measurable aspects of healthcare. However, winter pressures this year, resulting in cancelled elective operations and long waits in emergency departments, hospital corridors and GP surgeries, demonstrate that the NHS is struggling to cope with modern demands for healthcare. The problem is not that the NHS is 70, but rather that in the last 70 years, there have been extraordinary advances in medical technology plus a range of successful public health measures. We are living longer and expecting and demanding more.

Healthcare is delivered by teams of healthcare professionals supported by many others in essential, contributing roles. Not surprisingly 65% of the NHS budget goes on the cost of staff. The NHS is the largest employer in the UK and in 2012 was the fifth largest worldwide (outstripped by the US Department of Defense, the People’s Liberation Army, China, Walmart and McDonald’s). Getting the right number of healthcare professionals into the NHS and providing the support they need to work effectively together is key to continuing the ground breaking work of the NHS so it is both able to provide effective care for today’s patients and is flexible enough to respond to future challenges and technologies.

Growing the workforce is a significant concern: the NHS needs more people. Despite some significant improvements in staff numbers over recent years, for example, a more than 50% increase in the number of consultants (from 30,650 in 2004 to 47,816 in 2017) there are some worrying trends. The number of GPs is falling; there are vacancies in paediatric training posts; and an over-reliance on agency nurses is a matter of public knowledge. To meet more effectively the needs and expectations of today’s and tomorrow’s patients, not only will the NHS need to increase staff numbers but many will need to work differently and more flexibly.

Referencing HEE’s strategic framework and the NHS Five Year Forward View, the draft strategy also highlights the role of carers, the importance of shared decision making and of enabling patient choice - all part of changing health and social care environments. Here are just some of the facts: 5.5 million people support someone as unpaid carers with 1.4 million working unpaid carers.

**NHS Workforce Strategy**

To coincide with the NHS’s 70th birthday, Health Education England (HEE) will publish the first NHS Workforce Strategy for 25 years. As part of the consultation a draft workforce strategy Facing the Facts, Shaping the Future, was published in December. For anyone interested in health education it is worth reading. It includes many details indicating the numbers the NHS needs and, importantly, some idea of how we should shape services and work and learn together to make sure that modern treatments are delivered to those who should benefit by the right people, the right way at the right time and in the right place. But none of this is straightforward.

“Getting the right number of healthcare professionals into the NHS and providing the support they need to work effectively together is key”

Dr Fiona Moss, RSM Dean
in this capacity for more than 50 hours a week. Across the health and care sector 3 million people regularly volunteer.

A workforce strategy that tackles the problems of recruitment, retention and return to practice is sorely needed. But this needs to be a strategy with a difference. Education and training should go beyond individuals and acquisition of individual competencies and include teams, team development and team competencies. Here is an opportunity not only to improve educational support for specialists but to make sure healthcare organisations provide learning programmes for all those who work in the NHS, including patient leaders and the armies of carers and volunteers so essential to many aspects of health and social care. Perhaps the NHS will become a learning organisation?

Relevance to the RSM

So, what is the relevance to the RSM? As an organisation whose mission is to advance health through education and innovation, there is an obvious synergy. The RSM is one of the largest single providers of CPD and has a multi-disciplinary and increasingly multi-professional membership and is in a good position to reach out to the whole healthcare workforce. Last year over 26,000 delegates attended 370 RSM educational meetings at the RSM in London.

New Education Strategy

The RSM is soon to publish its education strategy - with the aim of modernising the content, delivery and scope of RSM educational programmes. The strategy was developed within a context that includes the rapid integration of innovation into practice, the need to focus on team learning as well as individual competencies, and the importance of the acquisition of organisational as well as technical skills. Understanding the importance of patient engagement and the opportunities for enhanced learning offered by today’s digital technology were key drivers for the strategy, which was developed through a consultation process.

Over two hundred people, including RSM members and non-members, delegates to RSM events, doctors and other healthcare professionals and patient leaders as well as RSM staff and Section members all attended workshops.

Through its education strategy, the RSM aims to target the broader learning needs of healthcare professionals and to increase the accessibility of RSM educational events to a much wider audience beyond London and the south east. Some of this will be covered at recent events including gross negligence manslaughter and choice at the end of life (see p.10)

Access to the RSM’s education programmes could be boosted significantly by the development of the RSM’s digital capacity. The RSM’s award-winning AV department, working with currently available technology, present the possibility of enhanced interaction at meetings and the live-streaming of more of our programmes outside London, as well as the development of RSM digital learning.

Involving and listening to patients and the public is one of the RSM’s six strategic themes.

Involving and listening to patients and the public is one of the RSM’s six strategic themes. There is already an active public engagement programme, including the very successful Medicine and Me series that brings together patients with a specific condition, a relevant charity and the clinical specialists. But now we want to increase the influence of patients throughout the programme of process development, and, by responding more explicitly to the views and voices of patients, reflect priority areas of need in our educational meetings.

Those who work in the NHS, or in any other healthcare system are what makes healthcare happen. The continuing education of the healthcare workforce is of vital importance for today’s and tomorrow’s patients. Enabling healthcare professionals to learn and to develop is core business for the RSM as it is for HEE.

HEE’s workforce strategy describes key decisions that will impact on the workforce until 2027. Implementation of the RSM strategy is planned over three years. But this is very deliberately a “first word” and not a “final word”. An important underpinning ideal of the RSM education strategy is to instil in this 216 year old organisation a sense of continual modernisation: that is to become agile enough to respond to the ever changing healthcare environment and learning needs of healthcare professionals and those who support them.

The RSM, as the NHS, will need to reflect and redesign its ways of working as medical technology, patient expectations and the understanding of organisational learning develop and change over the coming years.

Dr Fiona Moss
RSM Dean

Many of you joined us at the recent Annual Meeting of Fellows, where, as your Chief Executive, I provided a summary of activities in the first year of my appointment, alongside reports from the President and Dean. Notes of the meeting will shortly be available on www.rsm.ac.uk. Thank you to those who attended the meeting and to those of you who asked questions of us. We take seriously the imperative to listen carefully to the views of our members, and also our delegates and other customers. Your feedback aids our planning for our education, library, property and membership strategies going forward, in what is a challenging environment for membership and education bodies, as well as the NHS and the wider healthcare sector.

The Dean has spelt out the key components of our education strategy on page 8. I would add that much of what we do is in partnership. Partnership with our members, through large numbers of volunteers from our membership who work in the specialty sections and other work groups, and also with other organisations and talented individuals. This really enriches what we do, broadens possibilities and helps us reach a wider number of doctors and other healthcare professionals.

To work effectively, we need to become more agile in our approach, and ensure that all our resources and teams are able to work together for your benefit. So one priority in the months ahead is about organising ourselves better. This also means using our space effectively, as outlined on page 4. Given our responsibilities as a charity to strive to make impact as well as show public benefit, and our focus on advancing health through education and innovation, we are reviewing how we can feed in more of the views of patients and public into our planning and delivery of education, alongside the expertise of the talented health professionals with whom we work.

We will keep you abreast of developments and please do send us your feedback. You can contact me directly by email: ceo@rsm.ac.uk or follow me on Twitter for more news @MrsHGordon

Helen Gordon
Chief Executive
Here are some highlights from the RSM’s programme of educational meetings and events taking place over the next few months. To find out more and to view the full programme visit:

WWW.RSM.AC.UK/EVENTS

The 4th annual future of medicine: The role of doctors in 2028
Wednesday 13 June

This conference will explore just how far the delivery of health and care has been improved by the availability of new technology, and what the latest predictions are by those working in the field of how medicine will really be practised in 10 years’ time. It is aimed primarily at senior executives in the health and care world whose decisions today will hasten - or hinder - the arrival of improved technology-enabled care.

Human papilloma viruses and the public’s health: An unfolding story
Monday 9 July

More than 170 types of human papilloma viruses (HPV) have been fully sequenced and at least 200 further viruses have been identified. At least 13 types have been associated with increased risk of cancer. The aim of this meeting is to explore the current state of knowledge concerning HPV and the burden of illness with which they are associated. It will also explore the current situation in respect of vaccination programmes aimed at preventing HPV associated cancers, including issues of programme performance and gender equity.

38th primary care update
Tuesday 11 September to Thursday 13 September

The meeting will enable delegates to update their knowledge and understanding of a wide range of topics relevant to general practice. Topics to be covered include dermatology, women’s health, ENT, ophthalmology, mental health in the community, together with medico-legal issues and related pitfalls. The meeting will provide an opportunity for participants to discuss with colleagues topical issues related to general practice.

Friday 14 September

Run in partnership with breast cancer charity, Pink Ribbon, this meeting will focus on the causes of breast cancer, and how can it be prevented and cured. A range of UK and overseas speakers will assess the various biochemical, genetic and lifestyle risk factors, look at techniques for detection and prevention, and review the latest treatments and techniques available. The event is targeted at medical practitioners from all parts of the patient management cycle, as well patient groups and campaigners.

Global nursing: Towards a new agenda
Monday 17 September

The changing needs of the 21st century mean that nurses have an even greater role to play in the future of healthcare; but maximising nurses’ contributions will require that they are properly deployed, valued and included in policy and decision-making. This highly-anticipated meeting is jointly organised with the Nursing Now global campaign, launched in February 2018 in collaboration with the World Health Organisation and the International Council of Nurses.
Doctors gaining new perspectives from study, research or clinical training overseas can play a significant role in improving patient care when they return to the UK. The three latest recipients of RSM Ellison-Cliffe Travelling Fellowships will be visiting Canada, Australia, Spain and Denmark when they take up their fellowships later this year.

Sidhartha Sinha will be specialising in vascular surgery when he travels to Canada to spend a year with the Division of Vascular Surgery at the University of Toronto, which has an illustrious history of providing advanced training in vascular and endovascular surgery. Rotating through Toronto General Hospital, St Michael’s Hospital and Sunnybrook Health Sciences Centre, he will be gaining skills in advanced endovascular interventions such as complex aortic endografting and lower limb endovascular salvage.

Describing the benefits he hopes to bring to patients in the UK on his return, Mr Sinha said: “These advanced techniques provide new minimally invasive ways to treat complex disease patterns in increasingly frail patient populations. A large amount of evidence shows that such treatments are associated with fewer complications and faster recovery from surgery.”

ENT surgeon Alistair Mitchel-Innes will be splitting his time in Melbourne, Australia between clinical work and research. At the ENT department at The Royal Victorian Eye and Ear Hospital in Melbourne, he will be mentored by Professor Rob Briggs. Gaining experience in cochlear implantation, lateral skull base surgery and advanced middle ear work he will be working both in theatre and as part of a very busy multi-disciplinary team.

The research part of his fellowship will be carried out under the supervision of Professor Stephen O’Leary and is linked with the University of Melbourne and the Bionics Institute. Both institutions have an outstanding global reputation, in particular as a leader in bionic hearing research.

Of the Ellison-Cliffe Travelling Fellowship, Mr Mitchel-Innes said: “The fellowship is partially funded, but has such a good reputation that I specifically chose the Ellison-Cliffe Travelling Fellowship over many fully funded ones, because of the training that it offers.”

Colorectal surgeon Frank McDermott will be spending three months in Barcelona and three months in Aarhus, Denmark. At the Bellvitge University Hospital in Barcelona he will be under the supervision of the renowned academic surgeon, Professor Sebastiano Biondo.

At Aarhus University Hospital in Denmark, which has an excellent reputation for academic surgical practice and advanced techniques, he will be visiting the academic colorectal department where he will be working with Professors’ Christensen and Laurberg.

Mr McDermott said: “I hope to better understand how to develop an academic surgical practice and develop specific surgical skills. I will be exposed to training in techniques that are not currently performed in the UK, for example robotically assisted pelvic exenterations. Patients in the UK will benefit from a highly trained consultant who understands the importance of collaboration, but also strives to bring the best evidence based surgical practice to the NHS.”

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

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More about the awards
The £15,000 RSM Ellison-Cliffe Travelling Fellowship covers expenses for travel abroad, to one or two centres, in pursuit of further study, research or clinical training. For more information visit www.rsm.ac.uk/prizes-awards
**Dermatologist Dr Satveer Mahil has been named the Wesleyan RSM Trainee of the Year 2017 for her research that identified a group of inflammatory proteins as a new target for the treatment of psoriasis. This is the second year running that a dermatologist has been awarded this prestigious prize.**

Dr Mahil competed for the award against four other finalists representing the top prize-winners at the Royal Society of Medicine in the past year. Each finalist presented their work to a distinguished panel of judges followed by questions.

Dr Mahil said: “I am really thrilled to win! It was such a pleasure to meet registrars from other specialties who are at similar stages in their research and careers. It was inspirational to hear about their work. I am incredibly grateful to the judges for awarding me the prize and for giving me the opportunity to showcase my work at this exciting, cross-disciplinary meeting.”

**Dr Iqbal Toor (RSM Cardiology Section) was awarded second place and in third place was Dr Akhilesh Jha (RSM Respiratory Medicine Section).**

The awards evening included a poster award category, which was won by **Dr Ahmed Hashim (RSM Gastroenterology & Hepatology Section)**, for his poster titled: *A dedicated hostel-based community liver service for homeless and vulnerable adults.*

The judges included Professor Sir Simon Wessely, RSM President; Dr Fiona Moss, RSM Dean; Dr Keith Ridge, Deputy Chief Pharmaceutical Officer, NHS England; Professor Gillian Leng, Deputy Chief Executive, NICE; and Dr Bhavagaya Bakshi, Vice Chair, Junior Advisory Board, Wesleyan.

Chair of the judges, Sir Simon Wessely, said: “Presenting clearly and within time limits to a panel of senior clinicians was a challenge well met by all our finalists who answered some difficult questions, including a googly or two from myself, adeptly.”

Vicki Wentworth, Chief Customer Officer at Wesleyan, said: “The Trainee of the Year Award is very important to Wesleyan, allowing us to support the next generation of medics and help them with their groundbreaking work.

“The standard of presentations was incredibly high and it was fantastic to see the innovation and knowledge on show from all those shortlisted. Congratulations to Satveer. We will follow her career, and the careers of all the others who took part, with interest.”

The Royal Society of Medicine awards 80 prizes with a combined value of £60,000 to students and trainees each year. For more information visit [www.rsm.ac.uk/prizes-awards](http://www.rsm.ac.uk/prizes-awards)
At the mid-way point in the academic year the team at RSM Professionals are busy as ever, with a number of very successful meetings under their belt.

December 2017 saw RSM Professionals join with The Nutrition Society for their fourth annual joint conference. Focusing on the impact of diet and nutrition on cancer survivorship, this meeting was once again well received by delegates.

The inclusion of the patient perspective on the programme brought together speakers from the UK, Europe and USA, all sharing their expertise and insights with the audience, providing a rounded view of this increasingly important topic.

Plans are already underway for the next event, which will take place on Tuesday 4 and Wednesday 5 December and will discuss diet and lifestyle strategies for the management of cardio-metabolic risk.

In the last issue of RSM Engage mention was made of a new relationship developed with the Society of Cardiovascular Computed Tomography (SCCT). Since then RSM Professionals has managed a two-day conference at the RSM for the Society, together with practical workshops either side of the main event.

Taking place at the end of January, the conference was well attended by delegates from around the world and the feedback was exceptional. This was not only testament to the fantastic programme planning of the SCCT’s organising committee, but also the work of the RSM Professionals team in managing all the event logistics.

Work is already underway on planning next year’s SCCT winter conference and workshops which will take place in Dublin in January 2019.

This year’s annual update with the British Society of Head and Neck Imaging moved to Newcastle after three years in Manchester. This refresher course series has a three-year rotating syllabus and the organisers were pleased to see nearly 100 delegates attending the new location. Dr Andrew McQueen and his organising committee have certainly set the standard for the next two years. Dates are being discussed for February 2019 and will be announced in due course.

In October 2017 RSM Professionals was approached by pharmaceutical company Roche to work on an evening meeting looking at future-proofing healthcare, specifically debating the challenges and opportunities in the future of cancer care.

Working alongside Roche as professional conference organiser, RSM Professionals delivered a short notice evening event with a six-week turn around. Dr Bhawna Sirohi, President Elect, RSM Oncology Section, chaired the panel which included Gemma Milne, Co-Founder, Science: Disrupt; Emma Greenwood, Director of Policy, Cancer Research UK; and Michael Doherty, Senior Vice President, Head of Research and Development, Roche Foundation Medicine. With an audience of 50, this free-to-attend event offered delegates the chance to hear from experts about the need for change within cancer care.

Looking ahead to the next few months the focus is on professional development for the healthcare team. Once again the team is working with Eurekadoc to roll out three more Mini MBA in healthcare courses following the success of a trial in September 2017. These two-day courses cover seven core modules in business strategy allowing delegates to gain a basic understanding and build a foundation for their career and personal growth.

The suite of medico-legal courses offered by RSM Professionals continues, offering delegates insight into becoming an expert witness, help with developing their report writing skills and guidance on the medico-legal implications of the Francis Report. Run jointly with BPP, the trainer, Anton Van Dellan, originally qualified as a medical doctor training in neurosurgery before retraining in Law at Trinity College, Cambridge.

Challenges have been set for RSM Professionals to continually grow over the course of the next few years, initially by strengthening relationships with internal departments to help develop potential business opportunities.

To put forward an idea for a conference, or to enquire about the services offered by RSM Professionals, please contact rsmprofessionals@rsm.ac.uk or call 020 7290 3946.

Photography by M.U Photography
STUDENT ROUND-UP

The Students Section at the RSM has had a very successful first half of the 2017-18 academic year with events that educated, inspired and intrigued students from all over the country.

In November the annual Specialty Careers Fair drew in over 60 specialty stands where students could browse and learn about their future career choices. The Student study weekends, held in London and Manchester have helped more students to gain that extra revision to help them succeed in their upcoming exams.

A great run of revision events have included the Annual student and trainee ophthalmic conference 2017, Clinical investigations for finals, The national Duke Elder preparation course and Orthopaedic revision: Prepare to succeed. These events have helped more students gain success in their exams. Alongside the revision events, the Students Council have organised a policy writing event that involved over 100 students to create a document to look at how to improve innovation at medical schools.

The above events were just the beginning of the 2017-18 academic year. The annual Students Section conference will finish off the year on Saturday 26 May.

Titled Advancing global health, the conference is an unmissable opportunity for medical students to attend lectures delivered by distinguished clinicians working at the forefront of medicine, gain an insight into the future of healthcare in the UK and to learn more about careers in academic and research-based medicine.

For more information, please visit: www.rsm.ac.uk/events/stk01

NEWS FROM THE TRAINEES

During 2017/18 the Trainees Section has a full calendar of events for doctors in training to support their professional and clinical needs. The schedule has been completely revamped to ensure it stays relevant for today’s trainees.

The flagship Training Today event this year will be on the themes of resilience and mental health amongst trainees. The conference title is Medical Minds Matter: Thriving, not just surviving, in a modern medical career and the event will take place on Monday 16 July.

There has been a welcome national dialogue on mental health, increasing awareness and reducing stigma. We hope the July programme will focus on this growing awareness on clinicians too, who as a group are vulnerable to stress, burnout, anxiety and depression but are often unable to seek help for fear of the implications for their careers.

The July meeting will be a mixture of daytime practical workshops focusing on the individual trainee and evening talks focusing on the organisational support for trainees.

The dual aims for the day will be to provide practical help for doctors who might feel that they are struggling, at a point where their mental health is at risk, but help them to develop strategies to improve their wellbeing before it is too late. There will also be the opportunity to reflect on the wider topics of resilience and the challenges of a modern medical career.

Confirmed speakers include Professor Camilla Kingdon, Head of School at the London School of Paediatrics; Professor Clare Gerada, former Chair of Council at the Royal College of General Practitioners; and Trevor Gedeon, psychological skills mentor from the acclaimed Chimp Management team. By focusing on trainee wellbeing, the aim is to encourage more clinicians to stay in medicine and improve the experience of everyone who uses the NHS.

Trainees are often required to demonstrate leadership and management skills throughout their career, yet receive little formal training in these areas. Many leadership courses are aimed at senior trainees or junior consultants. Two new courses introduced by the Trainee Section aim to meet this demand. Trainees as Leaders, taking place on Saturday 22 September, will focus on how trainees can gain experience and develop skills while still in training, particularly in the early years.

The second meeting, Quality Improvement Projects in Healthcare (also in September - date to be confirmed), will address the expectation that all trainees should deliver a quality improvement project (Q UIP). The one-day interactive course will cover what is entailed in a Q UIP and provide practical workshops for how trainees can develop and implement their own projects.

The Trainees’ Section is committed to providing cross-disciplinary, non-specialty specific training that is relevant to as many trainees as possible, particularly in the early stages of training when trainees can rotate through very diverse posts with little prior experience.

With this in mind, there are two meetings planned for specialist topics for the generalist. The first, Dermatology for the non-specialist, taking place on Thursday 17 May, will be relevant to those in GP, general medicine, and geriatrics posts. The second meeting, Orthopaedic trauma: First steps, will take place on Saturday 30 June and will be particularly relevant to those in emergency medicine and orthopaedic posts.

These and the other exciting courses for trainees can be booked via the RSM website: www.rsm.ac.uk/events
More is being done to raise awareness about mental health issues amongst the general population, not least through Heads Together, the mental health initiative spearheaded by our newest Honorary Fellow, The Duke of Cambridge, together with The Duchess of Cambridge and Prince Harry.

Research has shown that 16 million people experience a mental health problem each year, with stress being a key factor.¹

The same can be said for medical professionals. Staff working in the NHS experience significant work-related mental health distress². In a survey by the Royal Medical Benevolent Fund in 2017, 75% of respondents think there is a lack of sympathy within the medical profession for doctors who seek support for stress and mental health issues.³ And in a survey by Student BMJ, over 80% of medical students experience mental health problems and feel under-supported.⁴

So how can the RSM support these issues? Over the next couple of years, the Society is aiming to help change the mindset and approach to mental health awareness through a programme of talks and meetings. (see page 2 for listings)

Through advice, training and information resources, the programme is designed to help medical doctors and healthcare professionals understand the importance of mental health illnesses and how to support illnesses such as stress, anxiety and depression.

However big or small, they need to be talked about.

¹ https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week
³ https://rmbf.org/infographic-survey-findings-highlight-doctors-under-pressure/
⁴ http://student.bmj.com/student/view-article.html?id=sbmj.h4521

UPCOMING HIGHLIGHTS

People “need” pets: exploring the psycho-social benefits of the human animal relationship
Thursday 26 April
Learn about the research that underpins animal assisted therapies (AAT) and how this can have a positive effect on companion animal and human interactions and psychosocial well-being.

In Kraepelin’s shadow: historical and philosophical foundations of contemporary biological psychiatry
Tuesday 8 May
Examine the clinical, historical and philosophical impact of Emil Kraepelin. His detailed observations and lucid writing defined manic depression (bipolar disorder) and dementia praecox (schizophrenia).

Mental Health Act
Tuesday 3 July
A one-day meeting with Prof Sir Simon Wessely, led by the Psychiatry Section, examining and debating revisions to the Mental Health Act.

To book visit www.rsm.ac.uk/events #RSMMentalHealth
A thought-provoking and stimulating series of public lectures at the RSM began in 2018 with the annual Arts, society and medicine lecture, which this year was given by Royal Academician, Cathie Pilkington. Working with the theme ‘Making things from stuff’ Ms Pilkington talked about how her work challenges our ideas about the female body.

Ms Pilkington presented images from her latest show Life Room: Anatomy of a Doll which transformed the Royal Academy Schools’ 19th-century life-drawing room into an immersive sculptural installation. Talking about her more recent works Ms Pilkington described how they present a developing language of increasingly ambivalent forms that challenge our approach to the sculpted female body and object.

Over 300 attendees attended the RSM’s 2018 London Clinic lecture which was delivered by award-winning TV comedy writer and best-selling author, Dr Adam Kay, a former obstetrics and gynaecology registrar. Dr Kay discussed the importance of the mental wellbeing of healthcare professionals through the medium of music and comedy.

Reading excerpts from his best-selling book, This is Going to Hurt: Secret Diaries of a Junior Doctor, Dr Kay captivated the audience with stories of life as a junior doctor and anecdotes about the patients he treated. He then went on to question whether the current retention crisis was due to the fact that doctors can’t look after themselves and concluded by urging doctors to be more transparent about the issues they face. After the lecture, attendees were able to meet Dr Kay and have a copy of his booked signed.

The annual Jephcott lecture was given by Professor Dame Sally Davies, Chief Medical Officer for England. Dame Sally presented an update on global activities to tackle antimicrobial resistance, outlining key achievements and work that has yet to be done.

Professor Carol Brayne will give this year’s Anne Silk lecture on Wednesday 18 April when she will discuss how we learn about brain ageing in health, including dementia. Furthermore, what we have learnt and how this fits with contemporary policy and practice. Professor Brayne will also explore future directions in the context of sustainable development goals.

The final public lecture for the year will be the annual Stevens lecture on Monday 21 May which will be presented by Professor Rachel Batterham, head of the Centre for Obesity Research at University College London.

To book for these lectures visit www.rsm.ac.uk

MEDICINE & ME

The RSM’s Medicine & Me meetings give top priority to the patient’s voice. Bringing patients, their families and carers together with healthcare professionals and researchers, the meetings explore the current management and research issues relating to particular conditions. The aim is to encourage an open discussion of the issues of greatest concern to patients.

The 2017/18 Medicine & Me programme began in November with a meeting dedicated to living with multiple sclerosis which was jointly organised with MS Society UK. Patients and healthcare professionals attended to hear an update on this medical condition and gave patients and their carers an opportunity to share experiences of diagnosis, investigation and management.

Life after facial injuries was the topic of a Medicine & Me meeting held in January, in collaboration with the facial surgery research foundation Saving Faces. Exploring the impact of facial injury caused by domestic abuse or gang violence, the meeting also heard about initiatives aiming to reduce street and domestic violence.

In March doctors and medical students gathered at a Medicine & Me meeting held in collaboration with the Royal Medical Benevolent Fund to offer their perspective on how to improve mental health care for those working in medicine. Providing an outline of current best practice and examining many key issues around mental health from both the doctor’s and patient’s perspective, the meeting programme included regulation, addiction issues and why doctors are reluctant to seek help.

All Medicine & Me events are free to attend for patients, carers, students and trainees.

Upcoming dates:

Medicine and Me: Coping with losing a baby
Saturday 2 June 2018

Medicine and Me: Living with Huntington’s disease
Date to be announced

Medicine and Me: Living with Pick’s disease
Monday 24 September 2018

To book visit www.rsm.ac.uk/events
Exhibitions

The current library exhibition A Georgian Miscellany: Medicine 1713 – 1768 runs until Saturday 21 April and sees the 250th anniversary of the death of the clergyman and author Laurence Sterne. Following the success of Shandy’s Physicians, an exhibition held at the RSM Library in 2013 to mark the centenary of Sterne’s birth, this latest exhibition celebrates the medical world of Sterne’s time with a presentation of texts from the RSM Library.

70 years of the NHS

On 9 February 1948, health secretary, Aneurin Bevan made a speech to the House of Commons, during which he said:

“I beg to move that this House takes note that the appointed day for the National Health Service has been fixed for July 5th; welcomes the coming into force on that date of this measure which offers to all sections of the community comprehensive medical care and treatment and lays for the first time a sound foundation for the health of the people; and is satisfied that the conditions under which all the professions concerned are invited to participate are generous and fully in accord with their traditional freedom and dignity.”

The Appointed Day, July 5th 1948: An exhibition to mark 70 years of the NHS will run in the Library from Monday 30 April – Saturday 28 July.

E-journal update

Over 377 new Lippincott, Williams and Wilkins e-journals have been added to the collection including: *AIDS : International Monthly Journal* and *Nuclear Medicine Communications*. The full listing can be found by following the links at www.rsm.ac.uk/library

Wiley Online Library

The RSM Library now has access to more reference books via Wiley. In particular, *Comprehensive Physiology* – a major, multi-volume, regularly updated e-only textbook which is no longer available in a printed copy.

This acquisition followed requests from RSM members to the Library to purchase the text. The Library is always pleased to consider further requests for other texts or journals to complement the collection. Please email collection.development@rsm.ac.uk

To access these resources log on to the RSM website and click the full text finder tab on the e-resources page.

Library timeline

A timeline has been created for the RSM Library, from 1816 when Peter Roget assisted with the creation of the Library catalogue to modern day Library services as seen on the AV screen by the entrance.

The Library is ever-evolving to meet members’ information needs and future plans can be seen in the Library strategy for the next five years by visiting www.rsm.ac.uk/library-strat

Comments or suggestions are welcome. Please contact customer services manager Nicolas Fernandez nicolas.fernandez@rsm.ac.uk

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TIP!

The first floor of the Library is open 24/7; this includes access to 21 computers with printing and photocopying facilities. Loans and returns can be made via the Self Service Kiosk in the Library foyer.

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Mary Tofts duping several distinguished surgeons, physicians and male-midwives into believing that she is giving birth to a litter of rabbits.
The first academic year of the RSM partnership with the King’s Centre for Global Health and Health Partnerships (KCGHHP) ran an annual programme of lectures, conferences, workshops and debates encompassing eight events and reaching more than 800 delegates.

All events were in line with the core mission of encouraging educational innovation and engagement with global health topics in three programmatic streams: Education, Big issues and Emergencies.

The 2017/18 academic year aims to continue to produce events that change people’s perceptions of global health, change practice, enliven debate and make emerging topics a priority on the global scale.

So far, three events have secured more than 300 delegates on access to healthcare for migrant and refugee populations, the prevention and management of non-communicable diseases in contemporary crisis and conflict zones and the engagement of UK health professionals in global health.

2018 events

Bookings are now open for upcoming events. On Monday 23 April, join experts for a half day meeting to explore how research, health and development communities can work better together through health partnerships. Joint organiser Tropical Health and Education Trust (THET) has supported health partnerships between UK and overseas health institutions for over 25 years.

On Tuesday 19 June, we will be addressing two key questions about global contraception: How do global health issues play out in UK contraceptive practice and what can UK health and policy organisations share to improve access to contraception worldwide? Organised with the Faculty of Sexual and Reproductive Healthcare, this day meeting will facilitate shared learning and debate on this important topic.

Global nursing

On Monday 17 September, the RSM Global Health team will be co-ordinating an unmissable meeting focusing on the development of nursing globally to achieve universal health coverage. This event will build on and support the work of the recently launched Nursing Now campaign, which aims to improve health globally by raising the profile and status of nurses worldwide.

The event will support Nursing Now by exploring topics related to the five campaign aims:
1. Greater investment in improving education, professional development, standards, regulations and employment conditions.
2. Increased and improved dissemination of effective and innovative practices.
4. More nurses in leadership roles and more development opportunities.
5. More evidence for policy and decision makers about these issues.

NURSING NOW

Nursing Now is a global campaign that aims “to improve health globally by raising the profile and status of nurses worldwide” through influencing policymakers and supporting nurses.

Launched in collaboration with the International Council of Nurses and the World Health Organization, the campaign stems from the Triple Impact report, which hinged on human resources for health as a key component to achieving the UN’s Sustainable Development Goals (SDGs), with nurses at the forefront of this push.

RSM Chief Executive Helen Gordon, who originally trained as a nurse at St Bartholomew’s Hospital, attended the high-profile Nursing Now campaign launch event in London, which welcomed HRH The Duchess of Cambridge as Patron and guest speaker.

Talking after the event, Mrs Gordon said: “It was clear from the Nursing Now launch that there is a real desire to empower nurses and develop the workforce because of the crucial role they can play in improving healthcare across the world. Radical change needs to take place if we are to achieve the UN’s SDGs and as a national body, the RSM has a responsibility to draw attention to the importance of developing the wider healthcare team around the world. We are pleased to be supporting the Nursing Now campaign with our own RSM global health event.”
RFS

**NEWS FROM THE RETIRED FELLOWS SOCIETY**

The Retired Fellows Society is a flourishing Society within the RSM with approximately 1,000 members. It is open to any member of the RSM who has reached retirement age or retired from their main professional work. The cost to members of the RSM is an additional £20 per annum to cover the cost of expenses and to support the publication of the *RFS Newsletter*, published three times a year, plus £5 to attend lectures, which includes coffee, or £35 to include a post lecture sit-down lunch.

Regular lectures on an eclectic range of subjects are held roughly eight times during the academic year. The lecture by historian Sir Barry Ife, titled *Shakespeare the Novelist*, took place in March.

On Thursday 19 April Professor Nick Hardwick, Chair of the Parole Board, will give a lecture titled *Healthy Prisons – what is happening behind prison walls?* Then on Thursday 21 June Sir James Munby, recently retired Head of the Family Court, will deliver the lecture *Children, Parents and Society in the Family Jurisdictions*.

In addition extra-mural activities are arranged. This year a tour of the British Library took place in February and various walks exploring interesting places, and other popular visits and excursions are on the programme.

We also have our own ‘Camera Club’, which is open to all our members at whatever level their skill at photography lies. Their work is displayed as a changing exhibition within the main auditorium.

**Further details of membership, enquiries and general information can be obtained at rfs@rsm.ac.uk or at www.rsm.ac.uk**

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**HISTORY OF MEDICINE SOCIETY**

The History of Medicine Society attracts participants from across the whole realm of healthcare. History of medicine relates to all disciplines across all time periods.

We meet, generally early evenings, on Wednesdays, five times through the academic year.

On Wednesday 7 February we were particularly lucky to have Mrs Sue Weir speaking on the joys and also tribulations of composing and maintaining medical artefact collections. Amongst other things, Sue is a medical historian and drew on her wide experience in the field. In the past, she has been President of the Hunterian Society of London and has intimate knowledge concerning the Hunterian collections, amongst others. On that date we also welcomed Mr Neil Weir, ENT surgeon, sculptor and artist, who described the mysterious history of the Onodi collection of nasal anatomy. Neil has also been President of the Hunterian Society of London.

Wednesday 4 April promises to be a very special afternoon and evening, as this is the occasion on which our young competition winners have the opportunity to deliver to us accounts of their (previously judged) essays. The winners are awarded the Norah Schuster Prize, in honour of Norah Schuster (1892 – 1991), pathologist, medical historian and member of the RSM. Also on that day, Dr Nicholas Cambridge will be telling us about Charles Dickens, his characters, and medicine.

The final meeting of this academic year will be taking place on Wednesday 6 June, bringing Professor Phillip Smith who will tell us about Neurology, as we can witness it in the National Gallery and Mr Francis Wells who will speak on the fascinating topic of anatomical studies, rendered in wax.

The programme for 2018 – 2019 is currently being finalised. It promises to be wide-ranging including a variety of aspects of medical history, often drawing on examples from art, culture and lifestyles of the past and relating them to the medical status of their time period.

To register for History of Medicine Society events visit www.rsm.ac.uk/history
During his time as Parliamentary Under-Secretary of State at the Department of Health, the surgeon Lord Darzi of Denham talked about the need for innovation within the NHS. He made it a key theme of his tenure at the Department of Health (2007 – 2009) and was particularly eager to link innovation to the experience of patients.

In 2008, a mile or two north of the House of Lords, the Royal Society of Medicine launched its medical innovations programme which this year celebrates its 10th anniversary.

The initiative, led by the RSM Development Department, was based on the principle of inviting medical innovators and entrepreneurs to come to the RSM and share their knowledge and experience in a 20-minute briefing. Little did the Society know what a popular and winning format this would prove to be.

Initially, speakers presented about various drugs and devices, with presenters often UK-based, male, and often over the age of 50. So much has changed in the intervening years. More speakers are female, under the age of 30 and a fair representation are now travelling from non-Western countries to talk about their innovations.

In the last three years, 10 presentations have been made by teenagers, including two 16-year-olds at the Medical Innovations Summit held in September last year. This year, the Society will host two Innovations Summits, the first on Saturday 14 April and the second on Saturday 29 September. The event in September will include the 250th briefing.

Almost all presentations by innovators and entrepreneurs are filmed, professionally edited and available to watch free of charge at videos.rsm.ac.uk.

For information about the speakers at the Spring Summit visit www.rsm.ac.uk/medical-innovations/future-summit

Registration for the Innovations Summit in the autumn will open in July.

In late February, the RSM welcomed 100 designers, artists, coders, biomedical engineers, architects and a retired nurse (now studying ceramics) to the Society to take part in the inaugural ‘Design Jam: Design for Health’. This special event was organised by the Royal College of Art, in partnership with the Royal Society of Medicine and CW+ (the charity for Chelsea and Westminster NHS Hospital). The event created the opportunity for talented designers, coders and graduates in business and medicine to stimulate the creation of real design solutions to challenges in healthcare.

The Design Jam was held over a long weekend and followed two earlier briefing evenings, called ‘Provocations’ held at InnovationRCA in Battersea. Medical innovators presenting at the Provocations included Hector Smethurst (who is trialling text messages aimed at patients with chronic conditions), Nicci Gerrard (co-founder of a campaign to allow better access for relatives to be with dementia patients in hospital) and Murtada Alsaif of Written Medicine (who is trialling bilingual prescription labels).

The weekend at the RSM was similar in format to the BBC’s Dragon’s Den programme, where teams were brought together, identified a medical/health challenge to be addressed, spent two days working on a potential solution and then presented their ideas in front of a team of judges. Given that everyone was attending in a voluntary capacity and for an entire weekend, this was an impressive display of commitment, dedication and compassion.

Photography by Sam Rockman
Hiscox Home Insurance includes £10,000 of cover for art and collections as standard. Their 2017 Online Art Trade Report reveals a growing trend for art buyers to go online.

Buying art online might seem counter-intuitive. It’s fine to use the Internet to get your weekly grocery shopping, browse hotels, or book theatre tickets but can a piece of art be truly appreciated and bought if it’s seen online? How can you create an emotional connection with a watercolour, an oil painting or ceramic sculpture, without seeing it in person?

Well, given online art buyers spent $3.75 billion globally in 2016 – up 15% from 2015 – according to The Hiscox Online Art Trade Report 2017, many buyers are seemingly very happy to buy their art online.

**Typical price online is below £4,000**

According to Guinness World Records, the highest price paid so far for an artwork sold at an online auction was over £7 million for November on Cape Cod by the American painter Edward Hopper, at a Christie’s internet auction on 28 November 2012. But this example is very much an outlier. According to Hiscox, the online art market is largely dominated by art at a much lower price point with more than three quarters (79%) of buyers online spending less than £4,000 per piece.

Despite the growing popularity of buying art online, there are still barriers for many, not least the inability to see a piece in person. Among those surveyed by Hiscox who had not bought online, worries that the artwork might look different from its digital image was a concern for 80%. Nearly three quarters (73%) who hadn’t bought online would also like the opportunity to talk to an expert before buying online.

So, if you’re considering buying a piece of art online, where should you start?

**Where to buy art online**

There are a number of online art buying platforms, the most popular of which are run by the more traditional auction houses – Christie’s and Sotheby’s – while Artsy, 1stDibs and Artnet make up the top five online art buying platforms in Hiscox’s 2017 report. Whichever you use, the key is to spend time doing your own research which includes finding out about the artist of the work you’re interested in. Of course, the better known the artist is, the more you’re likely to pay. However, delving into the back-story of an artist you have never heard of, may help create an emotional connection to the piece you’re looking at.

The rise of social media can help with research and has already been a real boon to the online art buying market. According to the Hiscox report, Instagram has emerged as the most popular social media platform for buyers looking for reviews and recommendations. Facebook can also provide a valuable source of information for the would-be art buyer.

**Tips to remember**

Other tips when looking to buy art online include thinking about how the piece of art will work in your home. Where do you intend to hang or position the piece? Will it complement or clash with your decor for instance? And make sure the space is suitable from a practical perspective – for example, the artwork shouldn’t be exposed to direct sunlight.

It’s also important to be patient. The immediacy of the online world shouldn’t mean you’re hurried into buying something you could later regret. If a piece really grabs you, then that can be motivation enough but taking care to do your homework is important.

**Don’t forget the practicalities**

The practicalities of buying a piece online should also include checking shipping and insurance arrangements. Some auction houses may offer return guarantees - an important consideration for those buyers Hiscox surveyed who were still hesitant to enter the online art market. Once you have the piece at home, it’s also important to think about whether your home insurance will cover your purchase. Hiscox Home Insurance includes £10,000 of cover for your art and collections as standard, so there’s no need to take out a separate art insurance policy.

Hiscox Home Insurance has been rated 5 star by Defaqto for 11 years and is available with an exclusive 12.5% discount to RSM members. Visit www.hiscox.co.uk/rsm or call 0800 840 2373.
One of the benefits of RSM membership is that during the year special events are organised to provide opportunities to meet other members and enjoy a themed evening related to healthcare and medicine.

In the next few months the following events are taking place. If you haven’t already booked please get in touch to secure a place for yourself – and perhaps a friend or colleague too.

**Monday 9 April**

**HANDEL, HEALTH AND HALLELUJAH**

6.30pm Registration and lecture at 7pm

George Frederic Handel lived to the considerable age of 74, well beyond contemporary life expectancy and for many years he lived just a few minutes’ walk from the Royal Society of Medicine. However, the last 20 years of his life were troubled by periodic ill health and eventually he lost his sight. Scholars have taken an interest in attempting to identify his maladies and their causes. So this lecture by Mr Charles Bonney will review the evidence and also provide an opportunity for questions followed by a wine reception.

**This event has been organised in conjunction with the London Handel Festival. Tickets (including wine reception) are just £8.**

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**Thursday 12 April**

**ESSENTIALS OF GLOBAL HEALTH**

Exclusive book launch with editors Mr B Sethia and Professor Dame Parveen Kumar

7pm Registration and discussion at 7.30pm

This new book has been edited by two RSM past presidents and provides a unique introduction to the essentials of global health. It has been constructed by medical students from all over the world through the help of Medsin (now Students for Global Health) and the International Federation of Medical Students’ Association (IFMSA).

This evening provides an opportunity to meet and chat with the authors, meet the publishers Elsevier (who are sponsoring the wine reception) and also talk with others involved and interested in global health issues.

There will also be the opportunity to win one of five signed copies of this new publication.

You can also buy the book with 20% discount and get it signed by the authors.

Free attendance but limited places so early booking recommended.

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**Thursday 7 June 2018**

**CURiosities AND CURES:**

with Natasha McEnroe, Keeper of Medicine at The Science Museum

6pm Registration and lecture at 6.40pm

This talk will include highlights of the Science Museum’s Medicine collection, why the pieces were chosen and how they were collected. Natasha McEnroe will also talk about the plans for new galleries and other major projects at the Science Museum.

This is a free event for RSM members and is jointly organised by the RSM Membership team and Jon Baines Tours who are sponsoring the drinks reception.

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**Tuesday 10 July**

**MEMBERS’ RECEPTION**

6.00pm Registration and welcome by Honorary Secretary at 6.30pm

You may have been a member for a long time but not visited the RSM recently or perhaps have joined in the last few months and want to know more about what membership really provides. This welcome evening will provide you with the opportunity to:

- Share your thoughts about the RSM with key trustees who are leading medical and healthcare professionals
- Meet other members (particularly those new to the Society) and discover more about what the RSM has to offer
- Ask RSM staff about the wider range of membership benefits
- Enjoy a tour of the facilities and network over wine

Free attendance for RSM members and an accompanying guest. An optional dinner (3 courses, coffee and wine) is also available.

For all these events please either register online at www.rsm.ac.uk or call the Membership team on 020 7290 2991
As a member of RSM, you have access to RSM Membership Benefits, a portfolio of money-saving discounts, designed to support you both personally and professionally. There is no sign up process, or any extra charge to access these benefits – you are automatically eligible by virtue of your membership.

National Price Promise - This stamp means that you should be getting the best possible price/deal in the UK, for this product or service.

Provider Price Promise - This stamp means that you should be getting the best possible price/deal that this company makes available.

YOUR RSM MEMBERSHIP BENEFITS...

The benefits fall into three categories:

**Lifestyle** - Great savings on discounted cinema tickets, retail cashback at over 50 major retailers, discounts on Apple products, corporate gym membership rates, flowers, breakdown cover and top UK attractions and much more*.

**Travel** – Currency exchange, short breaks, hotel accommodation, cottages, airport parking, lounges & hotels and car hire*.

**Advice** – Legal advice – Free dedicated member legal helpline*.

To access RSM Membership Benefits, login via [www.rsm.ac.uk](http://www.rsm.ac.uk)

*Terms and conditions apply. See website for details. Offers subject to change without notice. Cannot be redeemed against previous purchases or used in conjunction with any other offer, voucher, discount code or gift card purchases. RSM Member Benefits is managed on behalf of RSM by Parliament Hill Ltd.

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**GYM MEMBERSHIP DISCOUNT FOR RSM MEMBERS**

While working in the medical profession is hugely rewarding, you spend so much time helping others that you’re often left with limited time for yourself.

A notable benefit of your RSM membership is that it grants a 10% discount for you and your partner at your local Anytime Fitness club*.

Anytime Fitness helps members Get to a Healthier Place™ and works hard to offer supportive teams, flexible access and great locations. With over 140 clubs across the UK, Anytime Fitness offers convenient 24/7 access, 365 days a year, so regardless of your working patterns, you can work out at a time that best suits your busy lifestyle.

Anytime Fitness membership also includes access to ‘Anytime Workouts™’, a dedicated member app offering over 1,100 workouts and plans at the touch of a button, plus high-spec equipment, a range of virtual classes, private changing rooms and showers - all in a welcoming environment with friendly staff. Whether you’re looking to exercise close to work or home, convenient UK locations include clubs directly opposite Chelsea and Westminster Hospital as well as Guy’s and St Thomas’ Hospital in London.

What’s more, with membership, you’ll receive a fob which allows you access to the club outside staffed hours. After 30 days, this will extend to all 4,500+ Anytime Fitness clubs worldwide. This unique benefit means that if you’re travelling, either at home or abroad, you’ll have around-the-clock access to the nearest Anytime Fitness, wherever you are.

To find out more and take advantage of this exclusive offer, visit the Member Benefits section on the RSM website for the unique promo code. You can join Anytime Fitness either online using this code or visit your local club during staffed hours and show your RSM membership card to claim your discount.

Find out more about Anytime Fitness at [www.anytimefitness.co.uk](http://www.anytimefitness.co.uk)

*Ts&Cs apply
Then look no further than the Society’s own prestigious premises at 1 Wimpole Street which offer some of the most advanced and comfortable meeting spaces in central London.

Behind the impressive façade at 1 Wimpole Street, there is a series of flexible spaces that range from the intimate to the imposing - from the fascinating Marcus Beck Library housing the Society’s collection of rare books, to state-of-the-art lecture theatres and exhibition rooms.

The perfect marriage of up-to-the-minute facilities and timeless style at 1 Wimpole Street make it the ideal setting for any event – from a small meeting to a major conference, and from a business dinner to an inspiring product launch.

Medical education events
Professional event organisers are available to help plan and run medical education events through RSM Professionals, a team dedicated to organising meetings and events outside the Society's main educational programme.

With an established pedigree for exceptional event management and the delivery of medical education, RSM Professionals arrange bespoke conferences and meetings for medical institutions and clients in the pharmaceutical and related fields.

External conferences and smaller meetings
The highly experienced Venue team at 1 Wimpole Street work with external event organisers to make every meeting - large and small - a success. Working tirelessly behind the scenes the Venue team will create a real sense of occasion and ensure that everything works like clockwork, from planning the perfect menu using locally sourced produce, to liaising with the RSM’s award-winning in-house AV technical support team.

Parties, dinners and receptions
The private dining rooms and other spaces at 1 Wimpole Street are also available for RSM members wishing to use the facilities to host their own special occasion. Often members will enjoy preferential rates – as well as the dedicated support of the 1 Wimpole Street Venue team to ensure their event will be one to remember.

Contacts
RSM Professionals
E: rsmprofessionals@rsm.ac.uk
T: 020 7290 3946

1 Wimpole Street Venue Team
E: enquiries@1wimpolestreet.co.uk
T: 020 7290 2951

Visit www.1wimpolestreet.co.uk to view the range of event spaces, private dining and meeting rooms.
THE JOYS OF CRUISING WITH JON BAINES TOURS

RSM members enjoy a 5% discount off their standard rates

Sitting on the sun deck with a cold drink in hand taking in spectacular views, it’s hard not to think yourself lucky. The views, the sunset, the delicious drinks and food onboard, and of course the excursions! Cruising changes the way you visit a destination whether it be by sea or river.

The world is getting smaller, it’s getting easier to travel to those far flung destinations, so it’s time to start thinking about how you get to those places. Planes and trains are fine, but cruising adds a touch of elegance and old-time glamour - drinks after dinner anyone? No matter your budget, there is a cruise and a cabin out there for you. Cruising by ship or river boat offers a relaxation that travelling by land just does not. On a sailing day, your biggest decision is where do you read your book, by the pool or on the sun deck?

Cruising allows you to explore multiple countries and multiple cities all in one go, without having to pack and unpack. It does not matter if you have visited those cities or ports before, as there is always something new to discover, a new restaurant to lunch in or a café to people-watch from. Excursions offer you multiple chances to see the variety of cultures and landscapes around the world, meet people you wouldn’t normally meet and do things you would not normally do!

It doesn’t matter your age, cruising allows everyone to experience travel, to delve into another culture, enjoy another cuisine in a relaxed way with likeminded company. Be it a river cruise on the Volga or Mekong, or a cruise along the Atlantic Coast there is still somewhere new to explore.

Jon Baines Tours offers both sea and river cruises around the world offering an opportunity to experience wonderful destinations with likeminded people. Set sail now!

To find out more about upcoming cruises and dates visit www.jonbainestours.co.uk or telephone on 0207 223 5618/9485. Please quote ‘RSM’ to receive 5% off JBT cruises*.

*Ts & Cs apply
JOIN WEXAS TRAVEL FOR EXCLUSIVE TRAVEL BENEFITS

Established in 1970, Wexas is one of the UK’s most respected tailor-made travel companies, endorsed by 19 honorary presidents including Sir Ranulph Fiennes, Michael Palin and John Simpson.

As a member of Wexas you’ll enjoy a range of exclusive travel benefits, including specially negotiated offers and discounts, UK airport lounge access on qualifying holidays, complimentary membership to Priority Pass (worth £69 a year)*, personal one-to-one advice and booking service from well-travelled destination specialists, 24/7 emergency assistance and comprehensive financial protection. And best of all, it’s free for RSM members to join.

With more than 45 years worth of experience, Wexas are able to negotiate great value offers on flights, hotels, cruises, tours and more. All the latest offers can be found on their website, wexas.com, while the pick of the bunch are highlighted in weekly e-newsletters.

Right now RSM members can enjoy the following holidays:

- **Portugal’s Lisbon & Porto in Style** – 8-day tailor-made self-drive from £920 pp incl. flights
- **Rhythms of the Deep South USA** – 15-day tailor-made self-drive from £1,975 pp incl. flights
- **Sydney, Uluru & the Great Barrier Reef** – 15-day tailor-made journey from £2,255 pp incl. flights
- **Venice Simplon-Orient-Express** – 4-day luxury rail journey from £2,670 pp incl. flights
- **Costa Rica Classic Holiday** – 14-day tailor-made journey from £2,920 pp incl. flights
- **Best of Namibia Self-Drive** – 16-day tailor-made self-drive from £3,275 pp incl. flights

*Free UK airport lounge access and Priority Pass membership are available on Wexas bookings that include international flights with at least two nights’ accommodation. Priority Pass membership is free for one year and is only renewed if a subsequent booking is made.

For a taste of what Wexas can offer, order a complimentary brochure personalised for you. Packed full of destination guides, itinerary ideas and the finest accommodation, there’s plenty to inspire, whether it’s a Big-Five South African safari or a fun-filled summer break in Spain.

To request a brochure or discuss your travel plans with a Wexas specialist, register for free membership by visiting wexas.com/RSM or calling 020 7664 2271.
NEW ENTRY SYSTEM FOR MEMBERS

The RSM has introduced a new entry system for members to improve the security in the building and to assist in the event of an emergency.

Members are now required to enter via the Members’ only entrance at Henrietta Place and will need to scan their membership card when entering or exiting the building using the card readers located by the doors.

Guests should be accompanied by a current RSM member, or enter the building via the 1 Wimpole Street entrance and make themselves known to the friendly reception staff who are always happy to help and answer any questions.

USING YOUR PHONE AT THE RSM

Please consider other RSM members and their guests when taking or making phone calls in the Club and Restaurant areas, to ensure their conversations and relaxation remains undisturbed.

It may be better to move into the reception areas of the building to continue your calls.

Free Wi-Fi is available throughout the RSM building, with access codes readily available at the reception desks.

SPECIAL MAY BANK HOLIDAY ACCOMMODATION RATES

4 – 7 May and 25 – 28 May

Make the most of a short city break to catch up on culture, shopping and great food in the heart of London’s West End. Stay at Domus Medica or Chandos House on Friday, Saturday, Sunday and Monday. Prices from £400 including VAT and continental breakfast. Treat yourself to a bottle of Blanc de Blancs and a box of chocolates in your room for just £30.

Or go Deluxe and stay for four nights including a bottle of Blanc de Blancs and chocolates in your room, plus a two-course meal in the restaurant on Friday with a bottle of wine. From just £500 for two people.

Simply quote MBH18 when booking. T&Cs apply. New bookings only.

To book call: Domus Medica: 020 7290 2960 or Chandos House: 020 7290 3820

Look out for our summer accommodation rate offers – coming soon.

CLUB NEWS

A TASTE OF SUMMER AT THE RSM

We’ve got bundles of offers at our on-site bar and restaurant over the summer months. Visit our website or social media channels for regular updates on upcoming deals…

Think pink
Join us to celebrate Pink Month in June, with pink sparkling wine, Rosé and pink gin cocktails adding a splash of summer to our pink-themed menu*. Think fresh beetroot salad, strawberries and cream and sweet raspberry parfait.

*£1 for each purchase will be donated to Cancer Research.

A sparkling serve
Clink your glasses to welcome our sparkling offers during July. With Pimms, champagne and tasty Wimbledon-themed food menus that will really cause a racquet.

Summer sizzler
We’ll be ramping up the summer savings during August, with a selection of sensational light bites and sizzling menu specials, including salads, sundaes and refreshing chilled soups.

To book call the restaurant on 020 7290 2957 or email restaurant@rsm.ac.uk

CLUB NEWS