

Lately on Trickle: May 2023



To access trickle right now go to <https://app.trickle.works/team/nhs-lothian-dit> enter your **NHS email address**, and then follow the link in that email to access on the web, or use the access code to use the app.

To contact your trickle champions team email here: trickle@nhslothian.scot.nhs.uk

Have a browse below to see what we've responded to, what we're working on and our key messages!

Your chief registrars and other members of the MED team are working hard in the background on a range of issues highlighted (anonymously or not) via trickle.

If you have any issues, or indeed anything positive to shout about and aren't sure the best way to do so, **trickle** is here! We want doctors in training to feel engaged, and engaged with, and we hope trickle can be a place to highlight what works and what doesn't, and become **the place where change starts!**

May 2023 You asked, we listened!

Thanks to some great topics raised on Trickle we've helped find solutions to a few common issues in NHS Lothian. Some things, like parking, are harder to fix, but hopefully the discussion and response to these trickles offers some clarity:

- A guide to completing travel expenses in NHS Lothian**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/203167>
- WGH Car Park Barriers - Solved!**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/210921>
- Bring back the recliners at the RIE Braids Room!**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/207449>
- BMA Locum Rates and NHS Lothian**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202299>
- Rota in Emergency Department**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/201098>
- When you should expect your rota by (and what to do if not!)**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202571>
- Updating sunray cards**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202528>
- Accessing Echos**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202904>

Key messages this month...

Some useful information from trickle that you might have missed:

- A guide to completing travel expenses in NHS Lothian**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/203167>
- Email & Office 365 at home and on own devices**
There is a lot of discussion on this trickle, and as well as trying to resolve this problem our chief registrars are holding a **Trainee Management Forum** to specifically discuss on **30th May**:
<https://app.trickle.works/team/nhs-lothian-dit/trickle/201080>
- To contact your trickle champions team email here:**
trickle@nhslothian.scot.nhs.uk

We'd love to hear from you:

- Canteen and Food Choices in NHS Lothian**
After a lot of food and catering related trickles recently there is now an NHS Lothian survey on catering at WGH. We want junior doctors opinions heard on this so please submit your response here:
<http://nhslothiansurveys.onlinesurveys.ac.uk/wghcatering>
- How to find healthier options?**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202592>
- Canteen closing time at RIE**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/201137>
- WGH Vegetarian options**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202470>
- WRVS closure at WGH**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/204379>
- Improving communication around medical student attachments**
Please add to the discussion if you'd like to help improve the experience of medical students' attachments and arrangements:
<https://app.trickle.works/team/nhs-lothian-dit/trickle/210667>
- Smoking on hospital grounds**
This issue affects many staff and doctors in training, and the NHS Lothian smoke free places team have been in discussion with our chief registrars about this. You can add to this discussion here:
<https://app.trickle.works/team/nhs-lothian-dit/trickle/203244>

We're working on it!

- Your trickle champions have a few things to work on; you can add to the conversation and help your colleagues out too:
- NHS email addresses when out of training**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/210773>
 - Water bottles at work**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/202475>
 - Barriers to Active Bystanders**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/209460>
 - How is study leave and budget calculated in Scotland?**
<https://app.trickle.works/team/nhs-lothian-dit/trickle/208983>
 - And even more!** You can find all of the trickles above online now and add to the discussion!