

# This month on trickle - October 22



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.

October 2022

To contact your trickle champions team email here: [ea0292f3.scottish.onmicrosoft.com@uk.teams.ms](mailto:ea0292f3.scottish.onmicrosoft.com@uk.teams.ms)

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

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!**

## October 2022 You asked, we listened!

**Who are my F1 and F2 deanery reps?**  
Thanks to a post on trickle, we've been able to share the details of recently appointed foundation doctor reps, you can see them here:  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/187393>

**Hot drinks @ Braids RIE & Drs mess fund**  
Thanks to a post on trickle, we've tried to signpost better the rest spaces and facilities available already:  
<https://www.med.scot.nhs.uk/wellbeing/quiet-spaces-and-refreshments>  
But we'd also like to hear what doctors in training would like, and thoughts on paying for a doctor's mess in NHS Lothian:  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/186075>

**Phones in the Braids room at RIE**  
Thanks to a post on trickle there was some discussion about access to a phone within the education centre at RIE; the decision was made to protect this as a rare "phone free" zone but with a phone very nearby!  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/184762>

**How do I go about booking leave in advance for something like surgery?**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/180348>

**When will arrears for the 4.5% uplift be paid?**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/184930>

**Will we get any additional annual leave for the extra public holiday in September?**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/186325>

## We're working on it!

**How do I stop getting so many "all site" emails?**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/185966>

**Hot food vending at St John's**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/188385>

**Parking permits at St John's**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/188245>

**Public transport after shifts at RIE**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/187380>

**And even more!** You can find all of the unlinked trickles above online now and add to the discussion!

## We'd love to hear from you:

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**I'd like to be involved in improving the changing facilities at RIE (or elsewhere):**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/180190>

## Key messages this month...

**Who are my F1 and F2 deanery reps?**  
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**How to contact your BMA reps**  
**From Trickle:**  
Zack Hassan is one of your BMA representatives for Scottish Council and the Scottish junior doctors committee this year:  
<https://app.trickle.works/team/nhs-lothian-dit/shout-about/182918>

**When will arrears for the 4.5% uplift be paid?**  
<https://app.trickle.works/team/nhs-lothian-dit/trickle/184930>

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