Some points to note

- Please turn up on time. It is disrespectful to your peers if you walk in late to their presentations.
- Ensure that if you are down for a presentation and are away for study leave or holiday that you swap your session with someone else & let your TPDs and Mary Tilling know who you have swapped with.
- It also counts as teaching/presenting experience to log on your ePortfolio.
- Please prepare for your teaching sessions so that you and your peers get the most out of your presentations

Rash of the week (ROW): 10 mins

Choose a rash – preferably one from your own clinical experience. Try and keep your colleagues guessing initially including considering differentials – give some history, show some photos (derm net useful unless you have had formal consent from your patient), ask your colleagues to describe the rash & guess what the condition might be, then provide some more information about that rash and it's management.

Soap Box of the week (SOW) : 10-15min presentation

This section allows you to enthuse your colleagues with a topic of your choice - it should be medically relevant in some way although not necessarily a direct clinical link. Previous examples include: voluntary roles, working as a drug rep, experience of medical system in Peru, + photos of the experiences, previous career as a nurse and experience of this, other things you do/know about that might be good to share - in the past we have even had medical benefits of chocolate, sporting activities that have boosted resilience & wellbeing, and a mindfulness enthusiast...

Book/Film of the week (BOW): 5-10 mins

Your opportunity to share a book with your colleagues – somehow medically related, in the past we have had people bring fiction and biographies to talk about that are somehow medically related, as well as more factual books – including in the past 'Toddler Taming', books by Atul Gawande...etc. Tell us a bit about the book, perhaps read a paragraph if there is a good one to share or talk about how it may have influenced you or changed they way you approach something.

Politics of the week (POW): 10-15mins including discussion time

This is a round up of the week's medical news, from any source, so could use BMJ, Pulse, GP, Times, Daily mail -whatever you or your patients may have read. No need for overheads, ripping sections out to read/show is adequate and often stimulates interesting discussion amongst the group.

Website of the week (WOW): 2-5 mins

Which website have you discovered to change your practice/entertain you/inform you medically? Demo if useful too.

Feedback

Nominated person collects forms from both small groups (i.e. waits for both to finish) and collates the comments constructively, (see feedback guidance on website) fwd to Mary Tilling, Penny Milsom & Tom Gamble

Cake/biscuits/snack

Self explanatory & very important – bake your own, share a recipe (or go to the shops!)