London School of Paediatrics

Working in partnership with NHS
Health Education England
RCPCH
Royal College of Paediatrics and Child Health
Leading the way in Children's Health

SURVIVING & THRIVING

PRESENTS

COVID-19 HANDBOOK

A guide to surviving and thriving in the current pandemic

A little Hello…

As paediatricians we are known for our enthusiasm and positivity but COVID-19 is going to test us all.

We wanted to provide you with a toolkit to both 'Survive' and 'Thrive' during this challenging time. You're going to need up to date information about where to buy your food and suggestions for ways to relax after a stressful day at work. We have tried to give you as many ideas as we could find!

Please remember - it's ok not to be ok. If you need support, the LSP are here to help (please see details below).

We hope this helps you conquer the next few months at work - if there's anything you would like us to add, please let us know.

Thank you to all our contributors who have helped to put this document together at such short notice.

In the meantime,
Wash your hands and stay safe!

With love,

'Surviving and Thriving' Subgroup
London School of Paediatrics 2020

Please get in touch with the **Surviving & Thriving** subgroup for further information, ideas and support
surviveandthrive2019@gmail.com

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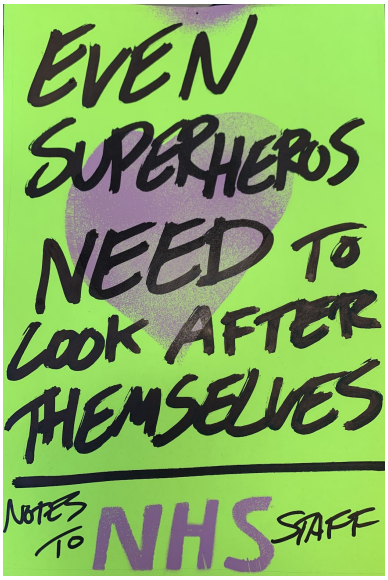
Please Note: anything in this format is a HYPERLINK and will take you directly to that specific webpage

Top 10 Tips

Surviving & Thriving at Home

We have collated a guide of plenty of ideas to keep active or relax in your home environment. From things you've always wanted to do to things we all should be doing more of. Here is a list of our top 10 ideas for those of you who need some inspiration for passing time at home - be it for self isolation, quarantine or even on your days off!



1. REST

It can be difficult for medical staff to be off work and at home but remember - you may never get this time again. Take it as an opportunity to rest your mind and body. Our rotas are tough and often feel relentless. Spend your time at home making sure you get plenty of rest - whether it's perfecting your sleeping habits, reading a book, listening to music, or watching TV.

2. PHYSICAL WELLBEING

It is really important to be looking after your physical health, perhaps even more so than before. With gyms closed and time outside the house limited - now is a great time to pick up some home workouts. As well as all of the well-known benefits of exercising, being active can significantly improve your mood and the endorphin release will definitely make you feel happier and healthier.

3. MENTAL WELLBEING

Looking after your mental and emotional health is so important during times like this. Now is a great time to start learning mindfulness and meditation. Not only will it help you to relax, it helps with sleep and focus. See our mental health and mindfulness section for lots of ideas and links!

(Tip: NHS staff are entitled to free HeadSpace subscriptions)

4. LEARN A LANGUAGE

What a great time to learn a new skill - maybe to practice on your first holiday after this is all over, or just something you've always wanted to do.

(Tip: the Duolingo language app is free & amazing)

5. CLEAN & DE-CLUTTER

This may be my favourite one of all. Let's be honest, it's so much easier to leave the spare room for another time or keep tidying the same space over and over again. Make a list of areas of your home you've needed to tackle and work on them one by one. I guarantee that when your home is clean and sparkling it won't seem like a bad thing to be spending all your time in it!

Spending more time at home is a good way to realise the essentials you really need at home and identify clothes, books and items which are really just clutter. Again - go room by room making piles of items to bin, donate or recycle. Food banks are really struggling right now so a good look in your kitchen cupboards may be more helpful than you think.

- Marie Kondo has books, videos and tips on decluttering your home
- Check out companies who are collecting food for the hungry

6. COOK

What an excellent time to learn to cook more at home. Baking is a good first step for novices and it is such a treat to cut into a cake you made yourself. See below for some of our suggestions.

7. GET A HOBBY

Always wanted to join a bookclub? Try knitting? There are plenty of hobbies you can learn and do at home and some virtual meet-ups are going down a treat. Here is a list of stuff you can take up!

8. BINGE A TV SHOW/MOVIE MARATHON

Watch that show all your friends have been going on about or how about a movie marathon? Netflix have launched an app where you can watch things virtually with friends and even chat about it! See our top 10 movies/TV shows for ideas.

9. LISTEN TO MUSIC/POETRY

What a great way to wind down or even jump up and dance in your living room! Get those endorphins flowing. We have a section on our favourite albums to boogie too below! But here are just a few albums and playlists to feed your imagination... (click the links)

Jazz/world music

- The Classic Blue Note Mix - tracks from Miles Davis, John Coltrane and many others
- The British Jazz Explosion - a more modern collection of jazz tracks, this playlist of British jazz tracks hits the mark and might even introduce you to some new artists
- Buena Vista Social Club - an amazing album to transport you from your quarantine to the beaches and dance halls of Cuba. Also worth checking out the beautiful and uplifting documentary (of the same name) of how Ry Cooder tracked down these forgotten musicians to reform the band and record this album.

Classical

- Yo-Yo Ma playing Bach - a classic escape via Bach's Cello Suites
- Open Ears Project - part mix tape, part sonic love letter, the Open Ears project is a daily podcast where people (some well known, some not) share the classical tracks that mean the most to them...
- Max Richter - Richter's music is radically unafraid of appealing to our emotions - put on loud and let go.
- Nils Frahm - Frahm's music is deeply relaxing and moving, it makes a beautiful yoga playlist or just use it to chill out.

Electronic

- Altar - Altar is the home of current electronic music and this playlist is amazing for home workouts, 'house' parties, or just chilling on your own after a long shift!
- Flow State by Above and Beyond - this album is the ultimate electronic chill out music and has the added bonus of an amazing guided meditation at the end
- Jon Hopkin's Late Night Tales Mix - a chilled out collection curated by the legendary Jon Hopkins. If you enjoy then explore the rest of the Late Night Tales series.

Poetry

- Poetry Unbound - in these difficult times, poetry can be an amazing way to help us understand the world. Poetry Unbound lets you immerse yourself in a single poem, read by a different person each day.

10. GET SOME FRESH AIR

Whether it's your daily walk/run, walking your pet or just taking a few minutes in your garden, getting out of the house once a day is really healthy. Take a long walk on a sunny day and explore your environment or if you are lucky enough to have outdoor space just spend a few minutes outside, breathing in the fresh air, maybe even practicing mindfulness.

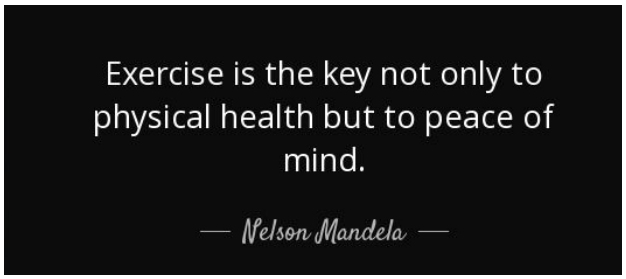
These are amazing links for things to do at home:

TIME OUT GUIDE TO STAYING AT HOME

CHATTERPACK BLOG

SURVIVING

Physical Wellbeing



Time to get up and get active!! Here are some ideas to get you started: *(click on the links)*

Take up yoga - there's lots of online yoga happening right now with teachers and studios running live and pre-recorded classes online. Lots of places are also offering their classes or subscriptions free for NHS workers.

- Movement for Modern Life - a great platform with tons of classes from some of the best teachers in the UK, straight to your living room.
  [10 weeks free for NHS]
- Annie Yoga - experienced yoga teacher Ann Pidcock has taken all her classes online and is offering a range of vinyasa, slow flow/yin and meditation classes.
  [All free to NHS workers]

Start working out at home - exercising at home need not be boring! There are some awesome apps and some great inspiration online...

- Nike Training Club - has an amazing FREE app where you can download workouts from 15 - 60 mins, from beginner to advanced, in the comfort of your own home.
- Couch to 5K - a great way to use your daily exercise slot, get outdoors and learn to run with the encouraging support of Michael Johnson!
- P.E with Joe - Joe Wicke's is running daily PE classes - get the whole family up and bouncing around each morning from 9 - 10am (a good one to tell patients about too!)
- Brompton Bikes - hire a Brompton bike for free to get to work safely and get your exercise in at the same time (don't forget your helmet!)
- Dance in your living room! - If all else fails, turn your music up loud and have a dance around your living room - even better set up a 'house party' and dance together with friends on Zoom :)...or try an online morning rave with Morning Gloryville and check out our 'Lets Boogie' section for some great album choices!

Mental Health & Mindfulness

It is ok, not to be okay! Just dont give up and ask for help! Here are some recommendations: *(click on the links)*

Learn to practice mindfulness

- Meditate: (Tip: NHS staff are entitled to free HeadSpace subscriptions)
- Go for a walk in the fresh air with some calming music
- Limit social media and news (maybe to twice a day) to lessen anxiety
- Have phone-free time
- Talk to someone - friends, family, colleagues. Have some COVID free chat!
- Be honest - with your friends and family about what worries you and what you would prefer to discuss. Telling your friends you would prefer a catch up without discussing the C word may come as a relief to more people than you think! Also be honest in the workplace, we are all in this together and there are plenty of people who will be understanding and willing to support you during this time.

Other resources

- Practitioner Health - a free, confidential NHS service for doctors/dentists across England
- Professional Support Unit - provides a shared service of expert resources to support the professional development of clinicians in London and Kent, Surrey and Sussex (KSS).
- Tea & Empathy on Facebook - A national, informal, peer-to-peer support network aiming to foster a compassionate and supportive atmosphere throughout the NHS.
- Serena's Support Sessions: Dr Haywood, Paeds Consultant & Guardian of Safe working at St. George's is running 'Zoom' sessions every Friday at 10:30am, click on direct link to join
- Dr Sanjay Suri's Mindfulness Sessions: Link straight to the mindfulness 'Zoom' sessions that one of our Consultant Paediatricians is running everyday at 12:30pm
- RCPCH: Wellbeing for health professionals - A whole section of the RCPCH website dedicated to giving us the guidance, advice and support we need during training
- Unmind: mental health platform empowering staff to proactively improve their mental health and wellbeing, free access with nhs emails till Dec 2020
- Sleepio: clinically-evidenced sleep improvement programme that is fully automated and highly personalised, using CBT to help improve poor sleep. Redeem code: NHS2020

Please remember there is support available for ALL trainees, should you need it

Thinking About Our Bellies

As the lockdown continues, the supermarkets have kindly allocated time for NHS workers only to make sure you get those essential supplies to keep you all fed and watered! We've gathered all the information you need right here:

Supermarket	Opening Times	NHS staff priority	Rationing
ALDI	8am - 8pm Monday - Saturday 10am - 4pm Sunday	30 mins before opening	Four items per product Two items for nappies and baby products
ASDA	8am - 8pm Monday - Saturday 11am - 5pm Sunday	8am - 9am Monday, Wednesday and Friday	Three items per product
co op	7am - 8pm Monday - Sunday	8am - 9am Monday - Saturday 10am - 11am Sunday	Two items per product
Iceland	Reduced opening hours (varies by location)	Last hour of trading First hour 7 - 8am in food warehouse stores	Varies by location
M&S EST. 1884	Normal hours Monday - Sunday	First hour of trading Tuesday and Friday	Two items per product
Morrisons Since 1899	Monday - Sunday (varies by location)	7am - 8am Monday - Saturday	Three items per product
Sainsbury's	8am - 8pm Monday - Saturday Sunday - varies by store location	7.30am - 8am Monday to Saturday	Three items per product Max two of most popular products (toilet paper, soap and UHT milk)
TESCO	Monday - Sunday (varies by location) Note - no longer open 24 hours to allow for restocking	9am - 10am Tuesday and Thursday Priority browsing hour on Sundays	Three items per product
WAITROSE & PARTNERS	Normal hours Monday - Sunday (varies by location)	Proportion of essential products set aside Priority checkout service	Three items per grocery product Max two packets toilet roll

NHS food discounts

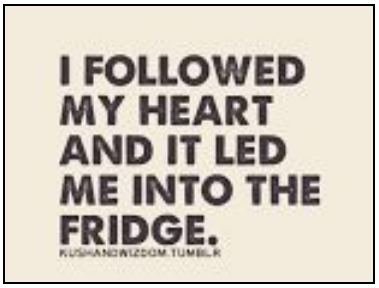
Dominos	Free medium pizza, delivery only
Costa	Open in hospitals - 250,000 coffee cans for NHS workers
YO! Sushi	50% off all food. Get a code from the Blue Light card website or app
WH Smith	20% off all food and drinks in hospital stores
Hotel Chocolat	50% discount
LEON	50% off takeaway food
Las Iguanas	50% off at locations that remain open for takeaway plus a free drink
Mindful Chef	30% discount on recipe boxes and ready meals. Email hello@mindfulchef.com from your NHS email account to get a code
Natoora	50% off in shop- organic/specialty fruit and veg
Yard sale pizza	50% off for collection and 25% off for delivery for all NHS staff
Big Drop Brewing Co.	30% off. They deliver.
Coal Office	50% off
Athenian restaurants	50% off

Alternative grocery deliveries

Farm Drop	Food chain	Good Sixty
Riverford	Abel & Cole	Harvey and Brockless
Natoora (London zone 1-4)	Oui Chef Veg: Fruit and Veg Boxes with 20% NHS discount	Entremettier: Veg boxes
Pale Green Dot	New covent garden market: fruit and veg box delivery	Solstice Food
Primeur.co	First Choice Produce	Odd Box

So many online butchers:

- Turner and George: Islington butchers with national home delivery capabilities
- The Butchery Ltd: brilliant butcher in Spitalfields and Forest Hill, with home delivery
- HG Walter: next day delivery in London, Mon-Sat (they do Patty & Bun burger kits too…)
- Parson's Nose: delivering around Fulham, Putney and South Kensington.
- Pipers Farm: established free range meat box sender (national).
- Cobble Lane Cured and Tempus Foods for deliveries of cured and dried meats.
- The Ginger Pig: national delivery



Dry Goods:

- Shipton Mill / Wessex Mill — flour. Deliver nationally.
- Sous Chef — pastas, flours, rice, vinegars etc, deliver nationally.
- Hodmedods — British grown pulses and grains, deliver nationally.
- Belazu — pastas, flours, rice, oil, vinegars, deli treats, spices etc
- Rooted Spices — for your spice cupboards
- Spice Mountain — for your spice cupboards. Some dried beans and pulses too. Online.
- SeeWoo — Chinatown's Oriental/Asian supermarket, now delivering central London
- WaiYeeHong — online Oriental/Asian supermarket, nationwide delivery

Most importantly- BOOZE

- ***Free beer!!! for NHS workers*** - click on the link to Brewgooder
- DropWineApp — same day (sometimes hour) delivery in London
- Uncharted Wines — nationwide delivery;
- Berry Bros - wine suppliers to the Queen (!)
- Beer hawk - for all your beer needs

Eating in

- Fresh pasta kits delivered nationwide, Pasta Evangelists.
- Supper London: Snazzy version of deliveroo
- Pophams: fresh pasta and sauces (and croissants?) 1 mile radius delivery, London Fields.
- Ombra — fresh pasta, sauces, produce, tiramisu. Pick-up and delivery (set times) Hackney.

RECIPE INSPIRATION: Lots of store-cupboard recipes at Smitten Kitchen

Top 10 Tips
Surviving Maternity Leave

1. First of all, **look after yourself**. Have at least 3 meals a day, drink plenty and rest. Share care with your partner where possible so you can have some time for yourself.

2. If your partner is working from home - this is a great opportunity for you **both to bond with your baby.**

3. It's hard not to keep checking the news for information about COVID 19 - try **playing with your little one or reading to them**.

4. Sign up to **online classes** that you can do with your baby (e.g. baby massage or baby yoga).

5. Arrange an **online coffee date** with your friends on FaceTime or Zoom.

6. If you don't know many people that have just had a baby, you can download **apps** to **get in touch with new mums** in your area (e.g. Mush, Peanut, mummy social).

7. While nursing you can do **online surveys** that will regard you will reward you with vouchers (e.g. what mum says) or what a good Netflix series.

8. Join an **online fitness programme** for new mums (FIIT currently offers free membership for NHS staff or mumhood by FRAME).

9. Once a day, make sure you do at least **one nice thing for yourself**.

10. It's ok if you feel guilty about not being able to work but remember that there are many ways to help and support your colleagues; sometimes a **phone call or a message can go a long way**.

Being a new mummy can sometimes be lonely, especially if your partner is at work. If you want another new mummy to chat to, you can email Val on: val.pompa@gmail.com

Training & Education

I think we can all agree that due to COVID-19 our training has been somewhat compromised. However our amazing teachers/educators have found innovative ways for us to still learn and enrich our minds where we can! All the resources below have their own sections on COVID-19. **Click on the links for direct access!**

London School Of Paediatrics Online teaching

'The LSP team have created a timetable for online group teaching with 'GoToMeeting": a mixture of general teaching, group support sessions and a 'shared learning' session each week; mostly Consultant led where possible'. Take a look at the diverse timetable and enjoy!

Royal Society Of Medicine

Live Webinar Sessions & COVID Series: *'RSM Live brings together leading experts and decision makers to share, discuss and debate the latest developments on a range of healthcare topics and specialties.'*

Two Paeds in a Pod

'This leading Paediatric Medical Education podcast hosted by PEM Consultant Dr Ian Lewins is a weekly informal discussion between two healthcare professionals exploring a wide range of paediatric topics'

Paedaitric FOAMed

'Free Open Access Medical Education. Medical education for anyone, anywhere, anytime.'

Don't Forget the Bubbles

'Paediatric blog & podcasts providing online medical education for paediatric medical professionals.'

Resources for Work

Health, Pregnancy & COVID

This is not an exhaustive list of useful websites but is a starting point to give you some basic knowledge about the legal support and information there is to help with any aspect of your career when it comes to your health and during pregnancy.
We've also got some resources to guide you through COVID times!

Contracts/Pay	BMA: Pay & Contracts
Sick leave	Taking Sick Leave Sick Leave and Sick Pay Explained
Study Leave	LSP How does Study leave work?
Pensions	Camilla"s Blog about Pension Tax
Careers Advice	London Deanery Careers Service RCPCH Career Development
Less Than Full Time Training	LSP LTFT Guidance Eligibility, applying, tips and resources Blog: Realities of LTFT working
Return to Clinical Practice	LSP Return to Practice Programme AoRC Guidelines on Return to Practice
Out of Programme	LSP OOPE's Frequently Asked Questions
Pregnancy	Pregnant employees rights BMA: Now you are Pregnant
Working Parents	BMA: Life as a working parent BMA: Tips for Childcare From Parent to Paediatrician
COVID-19	Annual Leave during COVID-19 - claim over 2years LSP COVID Updates RCPCH: Guidance on Staffing and Rota What to do if you have underlying health problems COVID & ARCP: Will be available shortly

THRIVING

Let's Boogie

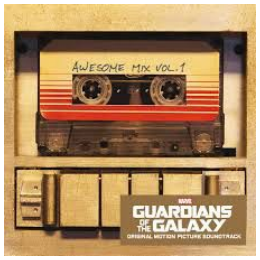
Our Surviving and Thriving team have created a list of our favourite music albums to crank up the volume and go crazy with some mad dance skills... in our living rooms! Don't judge us for our guilty pleasures....but click on the link and get dancing!!!!

1. Nisha's Pick: Spice Girls- Greatest Hits

2. Roland's Pick: Paul Simon - Graceland

3. Steph's Pick: The Manic Preachers - This is my Truth Tell Me Yours

4. Joseph's Pick: Beatles - Abbey R I'm oad



5. Saranya's Pick: Guardians of the Galaxy - Awesome Vol 1

6. Erin's Pick: LUNGS- Florence & The Machine

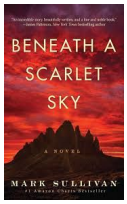
7. Anji's Pick: Backstreet Boys - The Hits

8. Joseph's Second Pick: Metallica - S&M

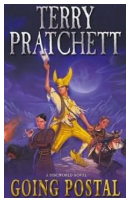
Top 10 Books

Reading a book is a great way to escape into a fantasy world, whether this may be for sixty minutes of your morning commute or for five minutes before you go to sleep. I have compiled a list of 10 books that should appeal to all literary tastes (thanks go to my local book club for their suggestions). Remember that there are many ways of accessing books – whether this be in paper format, electronic format or via your headphones. I really recommend downloading an audiobook – it's less effort after a long day at work and can brighten any commute! Please note all opinions are my own.

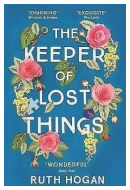
A funny, moving book about an unlikely heroine who lives a simple life until one act of kindness changes her life forever.



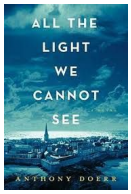
Based on the true story of forgotten hero - a young Italia teenager forced to experience th realities of the Second World War



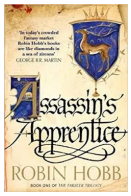
A fast-paced fantasy novel about the rise of the post office in a corrupt city.



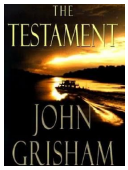
A retired author collects lost objects, trying to make up from a promise broken many years ago. An enchanting, easy read.



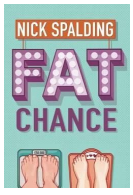
A beautifully written novel set in World War II where the paths of a blind French girl and a German boy cross in occupied France.



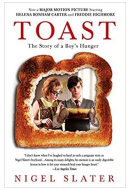
An epic fantasy novel following an orphan's rise to become a royal assassin. A must read for any Game of Thrones or Lord of the Rings fans.



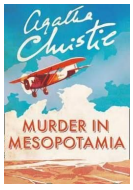
An exciting crime thriller about a rich man rewriting his will just before his death...



6 couples compete to see who can lose the most weight and win £50,000. A laught out loud comedy looking at the way we live.



An entertaining autobiography about Nigel Slater's childhood experiences leading to his love of food.



A classic Hercule Poirot novel set on an archaeological excavation in Iraq where inevitably a suspicious murder occurs!

Top 10 TV Shows

A TV show can provide a short, sharp escape from the mundanity and repetition of self-isolation. There are some absolute classics that won't make the list, simply because (without wanting to insult anyone) they are pretty obvious*. Below are some of my favourite shows, in no particular order:

COMEDIES

1. **Curb Your Enthusiasm**

With its tenth season just released onto Sky, fans of Larry David and his semi-scripted, semi-autobiographical comedy are salivating. With ten episodes per season available to watch, you'll be laughing all the way to the end of the pandemic.

Available on Sky. Rotten Tomatoes rating: 92%. Episode duration: 30 min.

2. **Brooklyn Nine-Nine**

Andy Samberg stars as Jake Peralta, a class-clown of a detective in an eclectic group of cops at a busy New York precinct. The arrival of a new Captain means Jake needs to change his ways!

Available on Netflix. Rotten Tomatoes rating: 97%. Episode duration: 23 min.

3. **The Thick of It**

This timeless comedy is a satirical, behind the scenes view of a government department and the mishaps of a team of civil servants therein. The acerbic wit, and masterful use of profanity by Malcolm Tucker, the government's head of communications (inimitably played by Peter Capaldi) are iconic and timeless.

Available on Netflix. Rotten Tomatoes rating: 85%. Episode duration: 30-60 min.

ACTION

4. **La Casa de Papel (Money Heist)**

This absolute thriller of a show out of Spain follows "The Professor" and his band of highly skilled, and potentially personality-disordered criminals as they take control of the Royal Mint of Spain. Packed with drama, action, intrigue, romance, and the most catchy quasi-theme tune of the 21st century.

Addendum: the fourth season just came out this week and it was easily the greatest thing I have ever watched. Ever. This show is an absolute ***must watch****.*

Note*: I highly recommend this in the original Spanish with English subtitles, not the dubbed or American versions.* **Available on Netflix. Rotten Tomatoes rating: 100%. Episode duration: 52 min.**

5. **Fauda**

An addictive action series focusing on both sides of the Israeli-Palestinian conflict, through the eyes of Doron Kabilio, a former counter-terror undercover operative called back into action, and his team.
Note: this show is in hebrew and arabic, with English subtitles.
Available on Netflix. Rotten Tomatoes rating: 100%. Episode duration: 42 min.

DRAMA

6. **Unbelievable**

Based on a true story, Unbelievable follows the journey of a young girl who reports being raped, but then recants her report, and the investigation that follows thanks to two detectives determined to find the truth.
Available on Netflix. Rotten Tomatoes rating: 98%. Episode duration: 45-58min.

7. **This Is Us**

This emotional rollercoaster of a TV show follows the ups and downs of the Pearsons, a unique American family. It's touching, uplifting, sometimes hilarious, and always heartwarming. Men: you will want to become Jack Pearson. Women: you will wish you could marry him.
Available on Amazon Prime Video. Rotten Tomatoes rating: 91%. Episode duration: 43 min.

8. **Delhi Crime**

Based on a true story, Delhi Crime follows the detectives charged with the task of hunting down and bringing to justice the perpetrators of the infamous Nirbhaya case, when a young woman in India was brutally and horrifically gang-raped and murdered on a bus.
Available on Netflix. Rotten Tomatoes rating: 92%. Episode duration: 44-60 min.

DOCUMENTARIES

9. **Tiger King: Murder, Mayhem, and Madness.**

No description of this show could do it justice. It is simply the most intense, intriguing, interesting documentary of 2020. Tiger King is the insane story of Joe Exotic, one of America's most eccentric big cat breeders, and his quite remarkable life.
Available on: Netflix. Rotten Tomatoes rating: 97%. Episode duration: 45 min

10. Salt Fat Acid Heat

If like me you live to eat, you'll love Samin Nosrat and her presentation of what she proposes are the vital aspects of any great dish. her warmth and love for all things gastronomic is infectious, and the show will give you a great number of things to try during those boring self isolation days!

Available on Netflix. Rotten Tomatoes rating: 100%. Episode duration: 48 min.

***If you haven't already watched The Sopranos, The Wire, The West Wing, Breaking Bad, Game of Thrones, you should probably get to those first.**

Top 10 Movies

Movies are a great way to get lost in the moment especially when passing time at home. I have compiled a list of movies divided into categories which may help to curb boredom. Help yourself to popcorn and enjoy!

CLASSICS

1. The Shawshank Redemption – Netflix

Andy Dufresne, a successful banker, is arrested for the murders of his wife and her lover, and is sentenced to life imprisonment at the Shawshank prison. He becomes the most unconventional prisoner.

2. The Notebook – Amazon Prime

Duke reads the story of Allie and Noah, two lovers who were separated by fate, to Ms Hamilton, an old woman who suffers from Alzheimer's, on a daily basis out of his notebook.

COMEDY

3. 21 Jump Street – Netflix

Schmidt and Jenko are high school friends who go on to become police officers. The two friends go undercover as students in order to bust a drug ring and find the source of a synthetic drug.

4. Jumanji – Netflix

When Spencer goes back into the fantastical world of Jumanji, pals Martha, Fridge and Bethany re-enter the game to bring him home. But the game is now broken -- and fighting back. Everything the friends know about Jumanji is about to change, as they soon discover there's more obstacles and more danger to overcome.

ACTION

5. Ocean's Eleven – Netflix

Danny Ocean, a gangster, assembles a group of eleven people in an effort to steal money from three popular casinos in Las Vegas owned by his rival, Terry Benedict.

6. Inside Man – Netflix

The mastermind behind a bank robbery in Manhattan has planned the heist in great detail. A detective tries to negotiate with him, but the involvement of a broker worsens the situation further.

CRIME

7. Goodfellas – Netflix

Young Henry Hill, with his friends Jimmy and Tommy, begins the climb from being a petty criminal to a gangster on the mean streets of New York.

8. The Lincoln Lawyer – Netflix

Defence lawyer Mick Haller lands a case defending a wealthy realtor's son who is accused of raping a prostitute. Believing his client to be innocent, Haller soon finds evidence that proves otherwise.

OTHER

9. La La Land – Netflix

Sebastian (Ryan Gosling) and Mia (Emma Stone) are drawn together by their

common desire to do what they love. But as success mounts they are faced with decisions that begin to fray the fragile fabric of their love affair, and the dreams they worked so hard to maintain in each other threaten to rip them apart.

10. About Time – Netflix

When Tim Lake (Domhnall Gleeson) is 21, his father (Bill Nighy) tells him a secret: The men in their family can travel through time. Tim resolves to improve his life by getting a girlfriend. He meets Mary (Rachel McAdams), falls in love and finally wins her heart via time-travel and a little cunning. However, as his unusual life progresses, Tim finds that his special ability can't shield him and those he loves from the problems of ordinary life.

And for those of you with similar tastes – I highly recommend Disney plus subscription which comes with a 7 day free trial and is heaven for Disney/Marvel lovers!

Workplace Positivity Menu

At a time when morale and positivity will be low, and anxieties and fears of the unknown are peaking, we need to look after one another. The LSP Positivity Team have adapted our positivity menu with suggestions for what your department could do to keep spirits high during current climates.

LEARNING FROM EXCELLENCE: We are amazing everyday -Celebrate it!

1. Positivity Boards: use a notice board and give a special mention to someone who went 'the extra mile', performed an 'epic clinical skill' or appreciate a moment of 'clinical genius'

If you don't have a board…

2. Positivity round: make everyone smile at the end of handover or safety huddles
3. Learning from Excellence awards: everyone loves a certificate!
4. GREATix postbox: weekly shout outs from anonymous admirers

MINI SESSIONS: There is always time for you & your team

1. Drop-in Drop-it sessions – opportunity to discuss the good, the bad & the ugly
2. I-scream round – classic ice cream and ranting session
3. 10 at 10 – take 10 minutes at 10am and do something FUN – play catch, sing a song, dance, act it out with charades!
4. Thirty-minute Teaching & Tea at Three – although our courses and formal teaching programmes are cancelled doesn't mean we can't have a quick round of teaching gems!

ORGANISE A VIRTUAL SOCIAL: Work hard, Play harder!!

1. Virtual book club while self-isolating!!!
2. Virtual hobbies- share your skills and show someone how to knit/crochet/do origami
3. Virtual choir over skype!
4. Virtual wellbeing sessions ensuring everyone is checked in on!
5. Virtual buddy system - pair up and be one another's go to person

FUN WITH FOOD: A well fed team is a HAPPY team (ensure good hand hygiene though!)

1. Team lunches
2. Breakfast club during handover
3. Tea at three!
4. There's always time for birthday cake for the poor soul working on their big day!

HAVE FUN!!!

Stuck at Home with the Kids?

Despite key workers being provided childcare and education support during the pandemic, it is not unlikely that most of us will spend up to 14 days in isolation with our little ones at some point. The days can seem long, and repetitive, and there isn't any chloral hydrate for miles. However, if you're prepared with a schedule of potential activities, it should make it more bearable and, dare I say it, fun! Here is my list of tips:

1. **Plan, plan, plan**. In the morning, sit down with your child and devise a plan for the day. Plan an activity for each hour of the day and map it out on an activity clock.. If you have a child over the age of six months, this will sound patently ridiculous, until you get to Tip #2.

2. **Be flexible and ready to improvise**. The kids will probably change their mind about what they want to do multiple times throughout the day, and that is totally fine.

3. **Relax**. Factor in down-time/rest/naps.

4. **Get out!** Ensure an appropriate amount of outdoor play and physical exertion. Now may be the time to discover that your child is a football prodigy!

5. **Don't sweat the mess**. Try to imagine all of the messy play children of these ages will get up to in Nursery/school. It is their opportunity to be creative and expressive without limits.

6. **Submit your soul to the gods of television**. Parents will appreciate the suspiciously convenient arrival onto the streaming market of a certain service. There are lots of streaming services for relatively low subscription costs, and for the max. sensible screen time your kids are allowed per day, they're totally worth it. Otherwise these *Youtube channels are free and educational...*

Crash Course Kids	Geography Focus
Science Channel / Science Max	TheBrainScoop
SciShow Kids / Mike Likes Science	SoulPancake
National Geographic Kids	Kids Learning Tube
Free School	Geeek Gurl Diaries

Home Schooling: Recommendations from a parent who Home Schools

- Scholastic: a free learn-from-home site with 20+ days of learning and activities.
- Pretend to travel the world..Go on a virtual tour of these 12 famous museums.
- A free curriculum: everything from preschool activities to 12th grade is here!

Lots of online websites to help too…

https://www.starfall.com/h/	http://www.mathgametime.com/	Creative Bug
https://www.splashlearn.com/	https://www.uniteforliteracy.com/	BrainPop
https://www.funbrain.com/	http://www.literactive.com/Home/index.asp	Curiosity Stream
https://www.storylineonline.net/	https://www.turtlediary.com/	Tynker
https://pbskids.org/	https://www.e-learningforkids.org/	Outschool
https://www.highlightskids.com/	https://www.seussville.com/	Udemy
https://www.switchzoo.com/	https://kids.nationalgeographic.com/	iReady
ttps://www.coolmath4kids.com/	http://www.sciencekids.co.nz/	Beast Academy

Activities:

All those hobbies we spoke about earlier can definitely be explored with your kids! So to prevent repetition here are some other activities you could keep your kids busy with…

1. Make thank you cards for NHS staff
2. Organise a Treasure hunt
3. Make play-doh and play with play-doh
4. Play with sand - either an outdoor sand table or a set of Kinetic Sand (mess-free)
5. Talent show (subject to talents)
6. Make slime! (mix up ½ cup of PVA glue, ½ teaspoon bicarbonate of soda, food colouring, then add in a couple of squirts of contact lens solution, and a couple of drops of baby oil and hey presto, slime!)
7. Water play - sink vs. float, what item makes a bigger splash etc
8. Make Easter eggs/Passover seder plates
9. Exercise on Youtube: playdough disco, funky feet music, cosmic kids yoga
10. Obstacle Courses

Let's talk about cake!

Baking is a great way to relieve stress, entertain the kids and please your work colleagues! Please see some of our favourite recipes for inspiration but don't be afraid to have fun creating your own!

Steph's eggless chocolate orange cake

Egg's are usually pretty important when making cake but they appear to be in short supply at the minute. So I've adapted one of my favourite recipes. It uses apple cider vinegar as the raising agent (sounds fancy but no one else is buying it and it's available in the supermarkets). It's not got quite the same texture but it pleased everyone at work.

Ingredients

420 grams caster sugar (ideally golden caster sugar but any will do)
225 grams unsalted butter
2 teaspoons vanilla essence
560 grams self raising flour
450ml milk
2 tablespoons of apple cider vinegar
Zest of one orange
1 Terry's chocolate orange

Method

1. Choose your tin. This recipe will make 24 cupcakes or 2 x 8 inch round tins or anything you've got that's similar!
2. Preheat the oven to 180 degrees.
3. Great your tins or put your cupcake cases in the tin.
4. Beat the butter and sugar together.
5. Add the vanilla essence to the butter and sugar.
6. Measure the milk in a jug and then add the cider vinegar to the milk.
7. Add the flour and milk mixture a bit at a time to the butter/sugar and mix until smooth.
8. Zest the orange and mix into the mixture.
9. Scoop the mixture into your cupcake cases or tins.
10. Bake for 20-25 minutes. The cake should be a light golden colour, and if you put a skewer in the middle, it should come out clean.
11. When the cake has cooled, melt the Terry's Chocolate Orange and spread on top. Add some sprinkles if you wish.
12. Enjoy!

Neena's tried and trusted chocolate brownies

I have rotated through countless trusts through my training and have never ever failed to win the hearts of our hard working nurses and colleagues with this moist chocolate brownie cube batches that melt in your mouth! I make this a lot with my little one in all different sorts of variations and is always a sold out feature in our school bake sale as well. Here is my easy to follow recipe, spelled out each step by step for a total beginner for baking. This is adapted from BBC Good Food best ever brownies, which earned 1486 five stars ratings!

Ingredients:

200g unsalted butter
200g dark chocolate
100g plain flour
50g cocoa powder or hot chocolate powder
50g milk chocolate and 50g white chocolate blocks
3 eggs
250g caster sugar

Method:

1. Heat up your oven to 180˚C in fan oven (or 190˚C in traditional oven).
2. Find a big pot which can have a heat resistant mixing bowl (like a Pyrex bowl).
3. Fill water to a quarter of a pot and boil. Place the glass mixing bowl in the middle.
4. Molten chocolate/butter mixture: Put cut cubes of butter and dark chocolate in the bowl to melt with gentle stirring.
5. When completely mixed and melt, remove the bowl out of the pot to chill.
6. Eggy mixture: pour in 250 caster sugar in a new bowl. Break 3 eggs ONE BY ONE into the mixture. NB: this is super important: you do not just dump everything in one go, and mix it at high speed to generate lots of foams to introduce air for last 3-8 minutes. It is ready when the mixture is pale and doubled in its volume)
7. To the foamy eggy mixture, tip in the molten chocolate/butter mixture very gently. Mix everything bit by bit especially fishing out the bottom-heavy chocolate layers to the top VERY gently!
8. Also dump the cut cubes of white chocolate and milk chocolate blocks into a eggy mixture bowl.
9. Now tilt the flour and cocoa powder into this one bowl through a sieve bit by bit for homogeneity!
10. Line your baking paper on a shallow 20cm square tin and pour your eggy mixture. Lots of licking allowed at this stage by children.
11. Re-distribute the mixture to the edge of the tin because the middle part will raise the most (unless you would like a chocolate volcano mountain).

12. Bake for 45- 55 minutes in the centre of the oven. Keep your eye on the bake especially after 40 minutes or so.
13. You can add in extra stuff like almond flakes, demerara sugars and rose petals to decorate in the last 5minutes of baking.
14. Check if it is baked by inserting a metal rod or even a chopstick in the middle of the bake. It should come out clean on the surface (careful not to over bake as the texture will be wrong)
15. Take it out from the oven, let it rest and cut into whatever shapes you would like.

Top tips:

1. It is super-important to keep the bubbles throughout mixing for the correct soft texture. Check by lifting the mixer wings and wiggle them from side to side. The mixture should leave a trail for a second or two!
2. Every oven is a bit different so keep checking and find the right setting for your own oven at first so that you can adapt. It is like getting to know your girl/boy friend (!).
3. I used to think organic stuff is a big faff but really, it can make a difference!!! Organic flour, butter and chocolate are a good point to start.
4. Be creative with chocolate; If no white chocolate, just use milk chocolate. Dairy milk with nuts or fruits can also be used.
5. Also with the sugar, you can mix a little bit of soft brown sugar (not a lot though!) for more hearty tastes or add some coffee powder.
6. Mini marshmallows can be added within the mixture to make it even more moist (but reduce the sugar to 150-200g).
7. Add almond flakes on the top in the last 10 minutes of baking or you can add chopped nuts (but not walnuts because it tends to be bitter!)
8. If it is browning too quickly and burning, cover the tray with a tin foil, especially in hot fan ovens
9. More fancy ideas: dried rose petals, salted caramels chips, pistachio crumbles, gold glitter sugar?

Steph's - use what you have in the cupboard cake

You can adapt the below recipe to include most things you have in the cupboard - making it easy to have fun if you haven't got all the ingredients. This recipe will make 12 cupcakes or 1 x tray bake.

Ingredients

170g self-raising flour
170g caster sugar (preferably golden caster sugar, but any will do)
170g butter/margarine (I prefer unsalted butter but you can use any)
3 eggs
1 teaspoon of baking powder (not essential)
3 tablespoons of milk
1 tablespoon of vanilla essence
For decorations see below!

Method

1. Preheat the oven to 180 degrees.
2. Put cupcake cases in the tray or line the tray with baking parchment or grease with butter.
3. Measure all the ingredients and put them all into a mixing bowl.
4. Mix until mixture is silky and smooth - if it's a little bit dry, add another splash of milk.
5. Put into your chosen tray.
6. Cook for approx 18 minutes - they should be golden brown and if you put a skewer through the middle, it should come out clean)
7. Leave to cool.
8. Choose your decorations!

Decorations: Let's use what you have to alter the recipe!

1. Plain sponge is delicious - serve it with some custard or cream. Add a layer of jam to make a jam sponge dessert.
2. Got apples or raspberries or any fruit lying around? Put a thin layer of fruit under the cake mixture prior to baking. Don't use juicy fruit as the cake won't cook properly.
3. Fancy lemon drizzle cake? Add the zest of 1 x lemon into the cake mixture. Then make runny icing (icing sugar+water+lemon juice to taste) and drizzle on top.
4. Love chocolate? Grab your favourite bar of chocolate and melt it in the microwave (keep stirring so it doesn't burn). Decorate with anything you can find.
5. Have you got kids? Make runny icing and use food colourings (a tiny bit) to make the icing different colours, then let them decorate!
6. You can use store bought, pre-made buttercream (in a variety of flavours) or if you want to make some yourself, simply put butter and icing sugar in a bowl and squish until smooth. You can work out how much of each by tasting as you go along.

How can I help?

Lots of us want to 'help others' (even though we are already doing so much!) but below are some examples of some things you can do which your friends, colleagues and the community will definitely appreciate.

FRIENDS:

- Arrange a FaceTime / HouseParty with friends (Tip: pub quizzes/dinner parties are super fun -and you don't have to wash-up!)
- Order online birthday cards / presents in place of celebrations which have been cancelled (Tip: Moonpig/Not On the High Street offer personalised gift deliveries)
- Join a 'virtual group activity' (Tip: try out 'The Sofa Singers' / free London Theatre shows)

COLLEAGUES:

- Check-in with your colleagues to see how they are doing - a chat / message / call can make all the difference! (Tip: check out the hashtag #HowYouDoing)
- Check-in with colleagues who are self-isolating/in adult medicine who might be having a tough time (Tip: send them this handbook for ideas or this gift could be thoughtful)
- Set-up a baking rota at work so that everyone gets to have some cake brought into work on their birthday (Tip: The Hummingbird Bakery has become 'The Homing Bird Bakery' with lots of great recipe ideas)
- Create a 'Treat Box' for work (Tip: can include fun snacks, be creatively decorated, and topped up by the team)

THE WIDER COMMUNITY:

- Check-in with your elderly neighbours to see how they're doing (Tip: drop a card through their letterboxes so they can contact you if they need some shopping dropping off or a prescription collected - AN EXAMPLE)
- Good Gym - sign-up to support vulnerable people during the covid-19 outbreak

10 Things To Look Forward To
Post COVID-19

There is a light at the end of this tunnel, so look forward and keep hope!

1) London School of Paediatrics Sports Day & Family Picnic - a celebration post COVID!
2) The rescheduled Conferences for next year- a bit of enrichment for our brains
3) Christmas - lockdown will be over and we can enjoy all those super messy Xmas parties!
4) Saving Money - Splash the cash on a great holiday next year
5) Cuddles, Hand shakes, Kisses, Hugs, High-Fives and more Cuddles to EVERYONE!
6) Hopefully this sudden surge in team spirit, enthusiasm and camaraderie through ALL medical specialities, is the start of something NEW and UPLIFTING!
7) Visit loved ones we have socially distanced from and are missing dearly
8) Watching LIVE sports again!
9) Let's hope that the love and the appreciation for the NHS and all the key workers will continue into the distant future!
10) Never taking anything for granted again: We are HEALTHY, SAFE AND HAPPY!

But until then....

A Final Note…

We hope that you found this handbook useful and enlightening! We thoroughly enjoyed writing it!

It definitely was not created just for Paediatricians!

SO please do pass it on to all of your friends & colleagues: Medics, Surgeons, Nurses, HCA's and the whole MDT!

We are all ONE Team!

Remember our teamwork and the support we give one another right now is paramount to our wellbeing and happiness.

So please- be kind, be positive and SMILE :-)

WE WILL SURVIVE AND THRIVE THROUGH COVID-19

Thank You

I would like to thank the London School of Paediatrics Surviving and Thriving team who dedicated their time to this Handbook over the past couple weeks and worked super hard to create an incredible resource for all during and after this pandemic.

From top left: Nisha Patel, Stephanie Tolan, Joseph Matcha, Saranya Ravindran
From bottom left: Roland Bensted, Anji Mallick, Mumtaz Mooney, Erin Butterworth

A special thanks to Val, who kindly added a Surviving Maternity Leave section and Neena who gave us some baking tips! I would also like to acknowledge all the creators of the quotes and pictures we have used.

Please get in touch with the **Surviving & Thriving** subgroup for further information, ideas and support: **surviveandthrive2019@gmail.com**