

# PASTORAL NEWSLETTER

The Quarterly Pastoral Newsletter for ESHT Doctors' and  
Medical Students

## Introduction

Welcome to the inaugural 'quarterly pastoral fellow newsletter'. Our newsletter will give you just a snippet in to the pastoral service that is available for you here at ESHT. How you are feeling reflects in your work, we want you to feel as well as possible. Our newsletter will aim to motivate you and give you tips, along with the opportunity to see some of our latest event photos!

If you haven't met us yet, please do make contact or pop in and see us in the education centre.

## Your Pastoral Fellows



### Jolie - Conquest Hospital

*I have spent over 8 years supporting a wide variety of staff in all aspects of wellbeing. I have worked in a variety of industries including motor racing, mining, education, infrastructure and healthcare. I am a mental health first aider, Reiki master and teacher. My passion is motivating and inspiring people to live their best life. My hobbies are: looking after and riding my horse Ultime, running, bodyweight training and spending time when I can with my family and friends.*

**Mobile - 07971 984285**

**Email - [jolie.wilkinson@nhs.net](mailto:jolie.wilkinson@nhs.net)**



### Paul- Eastbourne DGH

*My passion for health promotion, wellbeing and pastoral support derives from my experience as a practitioner. I have journeyed through theatres, health visiting and a mental health trust. Having such a varied nursing career serves to show how important holistic wellbeing is in every aspect of life, particularly health. Outside work, I have authored a book about health promotion, qualified as an England boxing coach and in the summer 2021 I will be qualifying as a kitesurfing instructor. Recently I started 'barefoot connecting with creation', in fact, despite my healthcare passion, I am most happy outdoors in the elements!*

**Mobile - 07971 798192**

**Email - [paul.gosling@nhs.net](mailto:paul.gosling@nhs.net)**

Great things never  
came from comfort  
zones

## New Drop In Service

Conquest

Every Tuesday afternoon 2pm - 4pm

Eastbourne DGH

Every Wednesday afternoon 2pm - 4pm

# Pauls' Pastoral Passage

## Stay Well This Summer

"There is no doubt that the last year has been incredibly tough. From our personal lives to our professional practice, no other year in living memory has been so emotionally, mentally and physically demanding and yet, though lockdown starts to ease and our personal lives feel more personal again, there is the risk to 'move on' and not acknowledge the effects the last 12 months have had on us. Add to this the backlog of work that is already coming our way and you have a recipe for burnout. It is in these times that we often neglect our most important patient. Ourselves. We skip a meal, forget to drink 2 litres of water, work double shifts and generally forget that the core principle of leadership is positive self-leadership. To be at our best for others, we need to prioritise ourselves and give the best to ourselves.

So, my message over these next three months to you is simple. Look after yourselves. Myself and Jolie have many events and activities coming up in the next three months, but would strongly recommend you book in to a wellness one to one, or a specialist pastoral support one to one with us. Thank you for EVERYTHING you have given over the last year".

### Jolies' Top 5 Wellness Tips

#### When outside breathe

Take 3 deep breaths and look around for 3 beautiful things to ground yourself

#### Out with the old and in with the new!

Having a clear out of even a small space can make you feel a lot more organised.

#### Lay in the sunshine for 10 minutes

Feel the warmth on your face, listen to the birds and relax.

#### No more snooze!

Try not hitting the snooze button for a more motivated start to the day.

#### Start a new exercise routine

As the weather is so much better add some new exercise to your routine. It could be just a 10 minute walk or some morning yoga to start your day in a more relaxing way.

### Event Photos



### What's Coming Up?

**Thursday 24th June**  
Doctors' School Sports Day & Rounders Match

**Friday 23rd July**  
The Summer Ball

### Try this?

With so much negativity on the news and social media, plan a digital detox. It could be one day, the weekend or one week. Notice how much extra time you have and how you feel when doing your detox.

It takes time to build a better, stronger version of yourself. Keep going!