



## PRESIDENT'S COLUMN



**Dr Daniel Weinberg**  
President of The Society of Radiologists in Training 2019/20  
ST2 Radiology Trainee, Manchester

It is an honour to be elected as the new President for the Society of Radiologists in Training for the forthcoming year, and I am very excited to undertake this role. I look forward to working alongside the Committee in driving the SRT forward and delivering upon our aims as well as organising another fantastic conference for next year.

On behalf of the Committee, I would like to thank Dr Youzar Jafar very much – not just for serving as President for the last two years, but also for working extremely hard to push the society forwards, and foster new relationships with individuals and organisations. I would also like to thank the rest of the Committee for their hard work throughout the last year.

Dr Nicola Strickland, outgoing President of the Royal College of Radiologists (RCR), has truly engaged with and supported the SRT throughout her time as President, which we are extremely grateful for. As the official society for Radiology trainees across the UK, we hope to strengthen our relationship with the Royal College and work closely with the newly elected RCR President, Dr Jeanette Dickson, who has kindly written an article outlining her vision for the RCR for the next 3 years under her leadership.

This will be my fourth consecutive year on the SRT Committee, during which time I have fulfilled a number of roles including Foundation Doctor Representative, Secretary and Vice-President. I thoroughly enjoy working closely alongside a team in organising the SRT's events and activities, and helping to put together the Annual Conference,

which we continue to improve upon year on year. Hence, it is my goal to deliver a fantastic Annual Conference for 2020, in addition to some other new ideas for the near future.

There have been many exciting developments in the last year for the SRT, including welcoming our 12 Regional SRT Representatives to the team, who are already providing invaluable public contact across the UK, acting as a local point of contact for trainees nationwide, and promoting our events and Annual Conference. We are still looking for SRT Representatives in certain areas, so if you wish to get involved, we very much welcome your support. You can find more details on how to become your Training Scheme's SRT Representative and the benefits of this role in this newsletter.

With the growing popularity of social media, especially amongst trainees, we as a Committee are devoting more time than ever before to our social media channels, including on Twitter (@\_the\_SRT), Facebook (The Society of Radiologists in Training) and now Instagram (the\_official\_srt!). Follow us on our social media channels to receive the latest news and events, and in particular our Instagram channel through which we will soon be posting regular interesting and educational radiology cases. No doubt we will be checking in with Dr Vikas Shah, our Keynote Speaker at the 2019 Annual Conference, who has established himself as a leading social media profile providing excellent educational resources to trainees worldwide. We have plans in the pipeline to further enhance the SRT's presence on social media, and also to use this as a platform to provide further educational material for our members.

There has never been a better time to join the SRT, with members benefiting from a whole host of discounts to support you from your journey into Radiology training right through to sitting your FRCR 2b exams and applying for fellowships.

## PRESIDENT'S COLUMN - Cont

Details of the member benefits can be found online under the 'About - Becoming a Member' page. We are always striving to engage with other societies and organisations to provide our members with great educational opportunities at discounted rates and these are advertised on our colourful Events page, which is regularly updated with courses and conferences relevant to trainees. As a member of the SRT, you will also receive a discount off our two-

day Annual Conference – which alone more than covers the cost of your SRT membership! You can now easily sign up and pay via PayPal on our new website, [www.thesrt.co.uk](http://www.thesrt.co.uk) for just £20! The SRT aims to provide a platform for talented trainees to showcase their work and achievements via our Newsletter, and we are always on the look out for innovative and creative trainees! We are pleased to include features from RadCast, 'The Singing Radiologist' and Songs4FRCR in this newsletter. Having personally engaged with RadCast at last year's RCR18 event, I was impressed by their enthusiasm in delivering a range of insightful podcasts,

which highlight some important hot topics in radiology. As the rush hour traffic only worsens in Manchester, I can also say I have made much use of Songs4FRCR's fun and comprehensive podcast series to lighten up my daily commutes and help prepare for the FRCR 2A examination. I would highly recommend listening to these fantastic resources, and why not put your feet up to some of Amar Chotai's music when home from work! I look forward to welcoming our speakers and delegates to the 2020 Annual Conference in Manchester and wish you all the best in your training and upcoming examinations.

## Become a Member of SRT

It is only £20 a year to join the SRT!

Why become a member of the SRT?

The SRT is a registered charity working to support radiology registrars throughout their training to by providing excellent educational resources and organising the Annual Conference which includes a varied programme to suit the needs of radiology trainees from ST1 - 5.

Below is a list of current membership benefits offered:

- Special discounted rates for members to attend the SRT Annual Conferences
- Showcase your work as a poster or oral presentation at the well-recognised national SRT Annual Conference and be in with a chance of winning a prize sponsored by the British Sub-Specialty Societies (BSGAR, BMUS, BSUR, BSSR, BSBR, BSIR, BSNR, BSTI, BSHNI, BSER)
- 20% discount off British Institute of Radiology (BIR) membership

- Discounts off popular FRCR exam revision courses
- Up to £100 off the South West FRCR 2b Revision Course
- £50 discount off the FRCR 2a Aintree Revision Course
- £50 discount off the BIR Essential Physics Revision Course
- £99 discount off the London Head & Neck imaging Course
- Subsidised ticket to our Annual Conference Dinner
- 20% discount off Radiology Recipes Interview Course for Specialty Training
- Medical student membership of £10 enables students to enter The SRT Medical student Essay Competition with the prize worth £150 and a mention in The SRT Newsletter
- You can save up to £200 in the academic year if you take advantage of the special discounts we have negotiated!

You can become a member by registering online at [www.thesrt.co.uk](http://www.thesrt.co.uk)

## The SRT Regional Representatives

The SRT is a trainee-led society that aims to engage with radiology trainees across the UK. This year, the SRT Committee have rolled out the project of recruiting an SRT Representative from each training scheme in the UK and so far we are delighted to have 12 SRT representatives.

The role of the SRT Representative is to:

- Promote our Annual Conference to trainees
- Organise the SRT Trainer of the Year awards in their training scheme
- Provide the SRT Committee with any news/achievements from their training scheme and trainees to include in the SRT Newsletter
- Inform their trainees of educational opportunities which are advertised through our website (and come with a discount for SRT members!)

### Why get involved?

This is an excellent opportunity to develop your leadership and management skills that will be useful when it comes to applying for Consultant jobs.

Only Training Schemes with an SRT Representative are able to nominate Trainers for the SRT Trainer of the Year Awards and have local achievements documented in the SRT Newsletter.

The SRT Representative will get £10 off the SRT Annual Conference fee for each trainee that attends from his or her training scheme.

If you are interested in becoming the SRT Representative for your training scheme please email [president@thesrt.co.uk](mailto:president@thesrt.co.uk) with a 100 word statement on what you will bring to this role.

## SRT Representatives 2019/20:

<b>Birmingham</b> Dr Mert Sirakaya (ST1)	<b>Leeds</b> Dr Karen Lau (ST3)	<b>Plymouth</b> Dr Mohammed Babsail (ST2)
<b>Bristol</b> Dr Naomi Fenton (ST4)	<b>Liverpool</b> Dr Nicolas Ellerby (ST2)	<b>Portsmouth</b> Dr Salma Kamaleddeen (ST3)
<b>Cambridge</b> Dr Flora Daley (ST5)	<b>Northern Ireland</b> Dr Aaron Campbell (ST4)	<b>Sheffield</b> Dr Sam Kular (ST2)
<b>Hull &amp; East Yorkshire</b> Dr Sandra Ngu (ST2)	<b>North Wales</b> Dr Canice O'Mahony (ST1)	<b>Southampton</b> Dr Simon Wong (ST1)

## Message from RCR President-Elect

### Dr Jeanette Dickson

Many thanks to Dr Youzar Jafar and the executive team for inviting me to set out my vision for the Royal College of Radiologists for the coming three years. Perhaps unsurprisingly, I have given a lot of thought to this over the past few months.

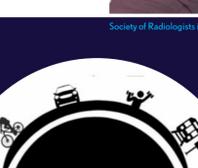
Firstly, I want to thank all folk who joined in the debate. The College is not a (admittedly lovely) building in Holborn, it is solely the product of members and fellows' engagement. I am keen to widen this as much as possible. Across both Faculties, input from those in the earliest stages of their career is often the most difficult to achieve. There are many understandable reasons for this. A noteworthy exception to this is Hannah Tharmalingam, my successor to oncology. I look forward to working with her to re-engage our joint ambition to better reach out to all. For many who wish to become involved, employers are becoming less willing to release a stretched workforce for "nonessential roles". This

is a mistake – being valued reduces burnout and encourages workforce retention, an important fact to recognise. One aim I have is to facilitate engagement in ways that suit everyone's lifestyle.

The workforce crisis currently facing both our faculties cannot be ignored. This is now, thanks to the hard work of my predecessors, a well-recognised issue by our political masters. I will continue to emphasise the impact this has now and for the future. I will continue to lobby for an expansion of training numbers. The spending review currently underway, hints at extra funding being available.

In addition, we need to offer solutions which can highlight the efficiencies which can easily be released. A national rolling hardware and software equipment replacement programme will free those managing the service to address quality improvement and service development rather than repetitive, mostly futile business case writing. Implementing fit for purpose IT connectivity establishing regional networks allowing effective sharing of imaging and other patient data will contribute to reducing frustration in our everyday working lives.

Internally, the College is looking at how it functions. It is important we have governance structures which are fit for the future, whilst retaining the best of what was, in places, an extremely well-crafted Charter. I am committed to do this for the benefit of all. Whatever happens, my next three years will be occupied improving the working lives of all colleagues in every way I can. I look forward to seeing and talking to as many of you as I can during my tenure.



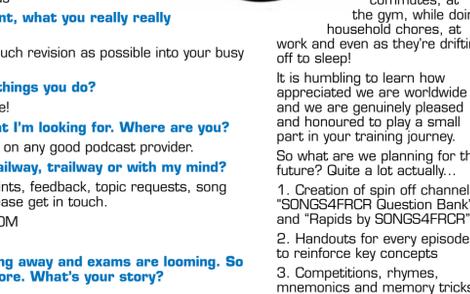
## RadCast

is a podcast series developed by Clinical Radiology trainees on a mission to provide a grassroots perspective into all things Clinical Radiology. Every month, we release a podcast that focuses on a different pertinent issue within Clinical Radiology, with periodic special edition episodes from major Radiology conferences. From the role of skills mix to the rise of social media and the impact of artificial intelligence, RadCast aims to shed light on these issues through interviews with expert guests from the international Radiology community, such as Gold Medal winners, Forbes featured Radiologists, and past and present society presidents. So whether you're a trainee keen to keep up to date with the latest developments in the field, or you're trying to get the inside scoop on hot-topics for your Clinical Radiology application, then RadCast is for you. Our entire podcast collection can be accessed via various streaming platforms, with the most popular being iTunes, Spotify or anchor.fm/radcast.

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commitment to spreading the word about all the great things going on in Radiology. There's a lot of every episode, more than we anticipated, and the feedback so far has been excellent. It motivates us to continue to find high profile figures such as and ask the questions our peers want answers to. We are looking forward to developing RadCast further, raising the profile of radiology as a speciality, and spreading



Dr John Curt as our first guest who can talk confidently and charismatically about anything, and subsequent guests have been very supportive. We did not anticipate interviewing other high profile figures such as Dr Nicola Strickland, president of the RCR, so early in the process, and we are very grateful for her endorsement of RadCast. The willingness of potential guests to feature on the show is a testament to their

the word around the country and beyond. If you have any suggestions for future content, or recommendations for how we can improve, we can be contacted via <https://twitter.com/radcast/podcast/> <https://www.instagram.com/rad.cast/> [radcast.podcast@gmail.com](mailto:radcast.podcast@gmail.com).

## The Singing Radiologist

Amar Chotai, also known as 'The Singing Radiologist', is unique: an Interventional Neuroradiology trainee by day, and a Pop Star by night.

He started singing at the age of 6, soon after which he had his first public performance in front of 1,000 people. He has since been schooled in Indian Classical Music and has developed a unique vocal style and texture. Amar's music is also influenced by the pain of sadly losing his mother at the age of 16.

At 18, he had the difficult decision to make between Medicine and Music. After much deliberation, he decided to accept his offer at King's College London, and place his musical ambitions to the back burner for the present time. After qualifying as a Doctor and completing his Foundation training in North West London, he began training in Clinical Radiology (Newcastle-upon-Tyne, Northern Deanery) in 2014.

Upon completing his ST1 year, he was granted a year-long sabbatical by the deanery to pursue music, and that is when his life slowly began to change. During the year, he went to India to participate in two reality shows, the second of which saw him ranked in the top 50 out of thousands of participants. Amar recalls the unforgettable experience of standing in the queue for 8 hours, from 5am, with thousands of people, in the scorching heat of Mumbai! The sabbatical also saw Amar performing over 60 gigs all over the UK, in venues including the Ingigo2 and Hammersmith Apollo. Furthermore, he proudly released his first Hindi-English fusion single, 'Girl I Miss You', in October 2016.

'Girl I Miss You' was extensively played on radio and television both nationally and internationally. It caught the attention of Pramyo Anastasiades and his music label, 'Rise International Ltd', who promptly signed Amar in March 2017.

'Rise International' saw Amar as a strong and versatile international artist, and thus a decision was made for him to enter the 'Latin Pop' genre of music. He made his debut in June 2018 with the track 'Nunca Digas Adios' which translates to 'Never Say Goodbye'. This track was played on BBC Radio, Kiss FM and several regional stations. Furthermore, it allowed Amar to gain substantial popularity in Latin America, namely Brazil, Colombia, Argentina and Mexico.

#1 in the UK Latin Pop chart. Kiss FM, having taken a very strong liking to the tracks, have since produced club remixes of both songs. They have subsequently been played extensively in nightclubs, bars and resorts across the UK and Mediterranean, with Amar performing it live in Ibiza.

Over 2018, Amar's music was streamed for approximately 260,000 minutes, and he amassed thousands of followers on the major digital streaming platform, 'Spotify'. It is a great credit to his talent, work-ethic and determination, that he is also excelling within Radiology and successfully completed the FRCR in the Autumn of 2018.

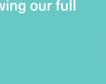
Amar's music is being streamed on all major digital streaming platforms; he can be followed on social media; and his videos can be watched on YouTube. Follow The Singing Radiologist on social media

Facebook: [www.facebook.com/thesingingradiologist](https://www.facebook.com/thesingingradiologist)

Instagram: [www.instagram.com/the\\_singing\\_radiologist](https://www.instagram.com/the_singing_radiologist)

Twitter: [www.twitter.com/singingrad](https://www.twitter.com/singingrad)

## Meet Songs4FRCR



Hey I just met you, and this is crazy, but... Who are you?

Hi. I am a group of 4 ST4+ radiology trainees from the Midlands

So tell me what you want, what you really really want?

To help you squeeze as much revision as possible into your busy life using our podcast.

But why do you do the things you do? Because we're nice people!

I still haven't found what I'm looking for. Where are you? Search for SONGS4FRCR on any good podcast provider.

Should I reach you by railway, trailway or with my mind? For compliments, complaints, feedback, topic requests, song ideas or just to say hi, please get in touch.

SONGS4FRCR@GMAIL.COM  
Twitter: @SONGS4F

Summer days are drifting away and exams are looming. So tell me more, tell me more. What's your story? Okay, since you asked...

On a wet Wednesday evening 5 months ago, Songs4FRCR was born on a gridlocked motorway I realised the daily 3 hour commute was eating heavily into my already limited revision time, so I decided to utilise the car journey.

After discussions with a few other radiology trainees in the Midlands, we began creating podcasts intended for use within our recordings. Following the addition of topic relevant music, the recordings evolved into a cross between revision notes and a radio show.

To our surprise, people outside of the study group began to listen. In an attempt to help radiology trainees everywhere, we decided to create regular high quality episodes, and the trickle of initial listeners quickly became a flood. Five months post-conception, our episodes have been heard over 9 thousand times!

Each episode is created by collating information from textbooks, Radiographics articles, question books and expert opinion from local Consultants. The information is then distilled into a 45-minute podcast.

We are currently producing weekly episodes, published on Sundays, with topic selections based largely on listener requests via email and twitter.

Listeners have been in contact with messages of gratitude from countries all over the world - Portugal, Spain, USA, Middle East, Nigeria and

India to name just a few. Trainees have been listening during commutes, at the gym, while doing household chores, at work and even as they're drifting off to sleep!

It is humbling to learn how appreciated we are worldwide and we are genuinely pleased and honoured to play a small part in your training journey. So what are we planning for the future? Quite a lot actually...

1. Creation of spin off channels "SONGS4FRCR Question Bank" and "Rapids by Songs4FRCR"
2. Handouts for every episode to reinforce key concepts
3. Competitions, rhyems, mnemonics and memory tricks
4. Gameshow style episodes with live contestants and quizzes

So put your hands up, coz we'll be playing your song, as exam butterflies fly away!

### Songs4FRCR Team



## RCR19 The Royal College of Radiologists Annual Conference

14-16 OCT 2019 ACC LIVERPOOL

Dedicated trainee workshop stream: Tuesday 15 October

More reasons to attend RCR19:

- 20% reduction in fees for trainees
- Varied and interesting topics including AI and it's impact on imaging, Imaging of coronary artery disease, Pitfalls in acute imaging, Emergency paediatrics and The golden rules of plain film

- Two streams of workshops, including those run by Special Interest Groups
- Full social programme, including drinks reception, conference dinner, conference run

View the full programme and book your place at [www.rcr.ac.uk/college/rcr19](http://www.rcr.ac.uk/college/rcr19)