**RCS Fellowship Scheme**

Below is a Q&A session we asked RCS Fellow Rebecca Seaton to complete, together with her testimonial and a picture of her presenting cases at the MDT session during our 6th International Rectal Cancer Conference held at the Radisson Blu Hotel, Stansted, UK on 12/13 December, 2018.

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| What is your grade and where were you working before commencing the fellowship? | Completed general surgical training in Australia and obtained FRACS. Completed one year of colorectal fellowship in Sydney. |
| What were your objectives for joining the RCS fellowship programme? | To further my experience, both operative and non-operative, in the field of colorectal (specifically laparoscopic) surgery. Also to experience a different health care system in a new country. |
| How was the support you received from the admin team prior and during the programme? | Excellent support. Always kept informed of upcoming courses and conferences of interest. |
| How would you describe your experience with the clinical team and activities you undertook? | Whilst I was primarily working under my supervising consultant, there were 4 other colorectal surgeons on the unit who took me under their wings and welcomed me into their theatres and clinics. This lead to a more diverse range of cases and techniques. |
| What benefits did it give you? | Outstanding training of a very high quality. I learned a huge amount from my supervisor in terms of technical and non-technical skills. One of the most important things I learned was how to plan an operation well, so that even the most complex of cases can be broken down into simple steps – a great framework to use for all future operations. |
| Would you recommend joining the ICENI Centre Fellowship Programme | Absolutely! |
| What are your plans for the future after the Fellowship programme finishes? | I will be moving on to a 6 month fellowship at St Mark’s Hospital then I plan/hope to return to Colchester to re-join the team as a consultant. |
| TESTIMONIAL: I had high hopes for my fellowship at Colchester in relation to my further training in laparoscopic colorectal surgery. Having never worked in the NHS before, I wasn’t quite sure what to expect though. Nothing could have prepared me for such a welcoming and supportive team. Admin staff, nurse practitioners and of course, the surgeons themselves were all dedicated to my training needs – nothing was ever too much trouble to ask of them. I would highly recommend the fellowship program to any newly qualified surgeon looking to hone their laparoscopic skills or pick up new ones whilst working in a wonderfully dynamic and embracing surgical unit. |

