



**Scaling the Heights™**

## **Scaling the heights #meded unconference FAQs**

### **What do previous attendees say?**

"joining up people, ideas, inside/outside"

"like a retreat"

"to explore what is vague and off piste"

"thank you for inclusivity"

"new ideas shared openly"

"opportunity to meet with interesting people"

"good listening"

"great opportunity to network"

"small group work very stimulating"

"good to hear new ideas and new slant on old topics"

"please do it again"

### **What is Scaling the Heights?**

Scaling the Heights is an organisation of like-minded medical educationalists based around the UK.

We are committed to learner-centred teaching and in particular valuing the individual. We believe that by focusing on valuing one another we can contribute significantly to a healthier and happier morale and ethos in the Health Service, and ultimately to an improved standard of patient care.

The educational activities we provide aim to enable participants to learn more effectively and enjoyably.

For more information see <http://www.scalingtheheights.com/>

### **What is an unconference?**

According to Wikipedia, an unconference is a participant-driven meeting. The term "unconference" has been applied, or self-applied, to a wide range of gatherings that try to avoid one or more aspects of a conventional conference, such as fees, sponsored presentations, and top-down organization.

See <https://en.wikipedia.org/wiki/Unconference>

## **What is a Scaling the Heights #meded unconference?**

We take the participant driven philosophy and meld it with the Scaling the Heights ethos. There are no “keynotes”, sponsorship or defined agenda. The majority of the time is spent in small groups with the agenda of each group set by the group itself. The facilitators may have a toolkit of ideas, techniques and models as a resource but these may also come from participants

The focus is on creativity, humanities, collaboration and problem solving.

## **Who is it for?**

The focus is GP postgraduate education and for more experienced educators, eg experienced GP trainers, TPDs or more senior educators, however anyone who is involved in primary healthcare education and shares our values and interests would be welcome.

## **What will happen at the event?**

We will start with an introduction session of all participants. The group facilitators will introduce themselves and suggest some ideas/thoughts/reflections to start the event. We will then split into small groups of 8-10. Each group will set its own agenda and plan for the rest of the event. Examples of what groups might do includes: sharing ideas on using medical humanities in group and 1-2-1 teaching, trying out a new teaching idea, helping a group member with an educational challenge, sharing good ideas, exploring ideas from complexity/chaos theory, using Balint techniques .....

On the afternoon of the first day we will go for a walk with all participants.

## **What is the timetable for the event?**

### **Day 1**

|       |                                |
|-------|--------------------------------|
| 09:00 | Registration                   |
| 09:30 | Introductions                  |
| 10:00 | Group sessions                 |
| 10:30 | Coffee                         |
| 11:00 | Group sessions                 |
| 12:30 | Lunch                          |
| 13:30 | Walk - Inspiration from Nature |
| 16:00 | Tea                            |
| 16:30 | Group sessions                 |
| 17:30 | Close                          |
| 19:30 | Dinner                         |

## **Day 2**

|       |                                  |
|-------|----------------------------------|
| 09:00 | Group sessions                   |
| 11:00 | Coffee                           |
| 11:30 | Group sessions                   |
| 12:30 | Lunch                            |
| 13:30 | Group session                    |
| 16:00 | All participants closing session |
| 16:30 | Close                            |

## **What is the venue like?**

Welcome to The Izaak Walton Country House Hotel, [www.izaakwaltonhotel.com](http://www.izaakwaltonhotel.com), situated between the picturesque villages of Ilam and Thorpe and nestled within the Staffordshire and Derbyshire Peaks. The Izaak Walton Hotel is a 2 AA Rosette rated converted 17th Century Country House Hotel offering comfort, history and views of outstanding natural beauty.

Named after the famous author of "The Compleat Angler", the hotel is privately owned and located in an idyllic setting with modern facilities offering a unique combination of warm hospitality, tranquillity and tradition, whilst maintaining high standards of service.

There are 38 well appointed ensuite bedrooms, the majority of which have wonderful views over the hotel gardens and the Derbyshire/Staffordshire Peaks.

## **How do I get there?**

The Izaak Walton Hotel is located in the Derbyshire Peak District near the villages of Thorpe, Ilam and Tissington. East Midlands Airport is 34 miles away whilst Manchester Airport is 41 miles.

If using satnav or google maps, the postcode is DE6 2AY.

Alternatively you can follow the brown tourist signs through Ashbourne to Dovedale and you will find the Izaak Walton Hotel set in the middle of the Dovedale Valley.

For more info see:

[www.izaakwaltonhotel.com/our-location](http://www.izaakwaltonhotel.com/our-location)

## **How can I get more information?**

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