



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 Grange Hotel, www.grange-hotel.co.uk, a luxury four-star gem located on the idyllic southern fringe of the beautiful English Lake District.

The privately-owned Grange Hotel enjoys an unrivalled position in the pretty little coastal town of Grange-over-Sands.

This lovely setting, with its breathtaking panoramic bay views, is only five miles from Lake Windermere, and provides an ideal gateway to the awe-inspiring majesty of the Lake District National Park.

Built in 1866, in a graceful neo-Italianate style, the sumptuous interiors are elegant yet welcoming.

Private, terraced gardens and mature woodlands offer lots of lovely little areas where guests can appreciate the stunning views at every turn.

How do I get there?

The Grange Hotel is easy to reach from both the north and south.

BY RAIL

Is REALLY easy as the hotel is directly opposite Grange Railway Station, which enjoys a regular service with direct links from the north and south, including Manchester (and airport), Glasgow, Aberdeen, Preston.

BY ROAD

From Junction 36 M6 (Kendal / South Lakes), follow the A590 to Grange. We are directly opposite Grange Railway Station.

For more info see

<https://www.grange-hotel.co.uk/home/find-us/>

How can I get more information?

Email Linda Latif llatif2129@gmail.com