



Wessex
Mentors

Mentor Application Form

Please fill out the form below to allow us to help match :

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| Name | Ness Hewertson |
| Where do you live? | Bartley (New Forest) |
| What level of training are you? | ST4 |
| Are you a full or less than full time trainee? | LTFT |
| Where is your training post from March 2017? | QA Portsmouth, general paed. |
| What are your career aspirations (including SPIN or Grid)? | General Paediatrics |
| Have you had any previous mentoring experience or training? | I have been a mentor several times and I organised a mentor program for the juniors last time I was at QA. |
| What other work related interests do you have? e.g. education, research | Education |
| What non-work related interests do you have? i.e. hobbies? | Baking (and eating cake, lots of it!) Photography Cycling Walking |

Tell us about yourself
and what you can offer
to a mentee:
(approx. 250 words)

I grew up in central London and then moved this way to train at Southampton university. I fell in love with the local area and have lived here now for 12 years. I live in the New forest with my husband and our little boy Harry, who was born in 2016.

Paediatric training is great but it isn't always easy and for me it has always been really important to have people to talk to when the going gets tough. Friends and family are great, but I've always found it really useful to talk to more senior trainees who have been through it all before. Having benefitted so much from this myself, I am very keen to continue this on and support those of you starting out. Copious amounts of cake and/or wine are likely to be involved.

From a training point of view I am very happy to help give you advice and support to pass your RCPCH exams. I found it invaluable talking to more senior trainees and getting the low down for each exam.

But it's not all about training, life outside paediatrics is just as important. If you have just moved to Wessex I can offer lots of advice about the area, things to do/places to go/best places to eat/where to live/where not to live etc etc!